

Hey, Say, Pray and Obey



- **“Hey!** I know what this is. This is sadness.” Once you know what you are feeling, you can start to do something about it!
- **Say**, truth from God’s word. For sadness, you can say this Bible verse: ***“Let each of you look not only to his own interests, but also to the interests of others.” – Philippians 2:4***
- **Pray.** Pray something like, “God, I am feeling sad right now, but I really want to obey you. Will you show me how I can help someone else and to get my mind off of just myself. Thank you, God.”
- **Obey.** After asking God for help, the last thing to do is obey. Instead of letting our sadness cause us to think only of ourselves, we can step out and obey God, knowing he is with us and will help us find ways to help others.