

Why Are You Troubled?

Find the 35 **bold** words from Luke 24:36-43 (ESV)

I T Y H A X E O G G S I D M T
D O R B M C J N Z S U S E J A
U E O O A Y I P Z E T H N A L
D U V E U L S T A R T L E D K
T E P E E B O E X Y H S T F I
D F L V I U L E L I G H H I N
A O R I C L N E M F N A G S G
Q A O H O S E S D W O N I H S
M E A T B R E B V R M D R T H
F E E T S L B N S W A S F I O
H S E L F J F A O I T L R R W
I V T H G U O H T B D L S I E
H E A R T S Y Y U E R I Z P D
A R I S E O A O H W H T I S Q
E F I T J W D C B W S S P I J

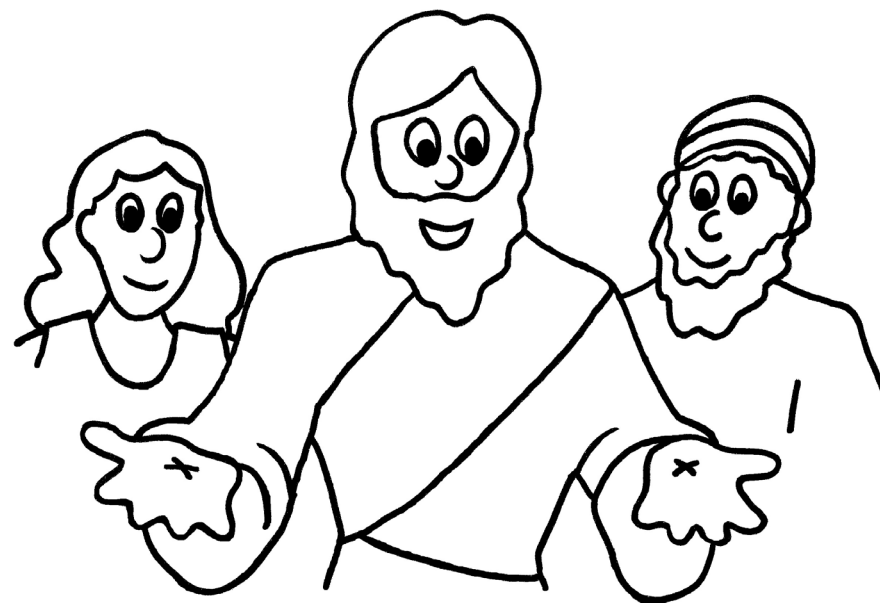
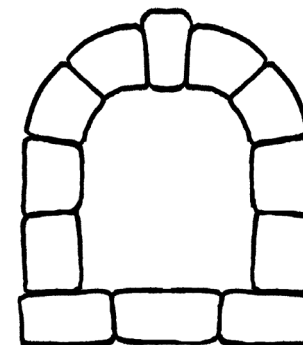
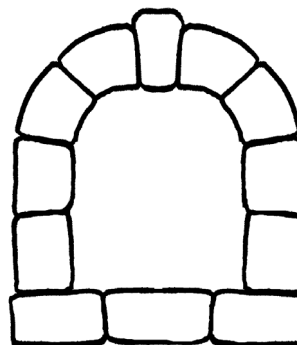
As they were **talking about** these things, **Jesus himself stood among them**, and said to them, “**Peace to you!**” But they were **startled** and **frightened** and **thought** they **saw a spirit**. And he said to them, “**Why** are you **troubled**, and why do **doubts arise** in your **hearts**? **See** my **hands** and my **feet**, that it is I **myself**. **Touch** me, and see. For a spirit does not have **flesh** and **bones** as you see that I have.” And when he had said this, he **showed** them his hands and his feet. And while they **still disbelieved** for joy and were **marveling**, he said to them, “Have you anything here to **eat**?” They gave him a piece of **broiled fish**, and he took it and **ate** before them.



Today's Gospel Lesson

Third Sunday of Easter

April 18, 2021

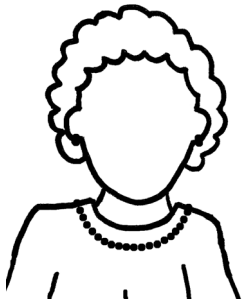
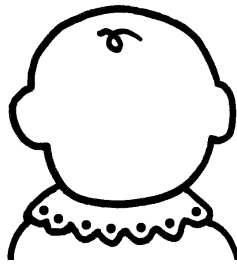
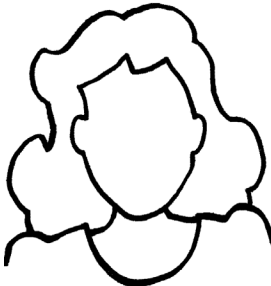
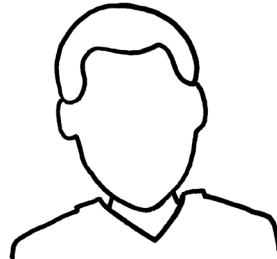
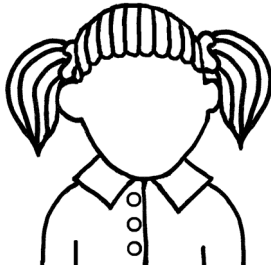


“Why are you troubled?” Jesus asked his friends.

Children's Worship Pages

The Bible tells us that we are all God's children.

Draw a smiling face on each of the people below. Then, color everyone. They are happy to know that they belong to God!



*"See what kind of love the Father has given to us,
that we should be called children of God; and so we are."
(1 John 3:1 ESV)*

Everyone feels angry and upset at times.
How does God want us to handle our anger?

Look at the list below.

Write the good ideas under "Helpful Solutions."

Write the not-so-good ideas under "Unhelpful Solutions."



How do you deal with anger?

Have a tantrum
Count to ten
Yell at someone
Try to get even
Talk to an adult

Take a few deep breaths
Hit, kick or punch
Listen to music
Pray to God
Gossip



Helpful Solutions

Unhelpful solutions



"Be angry, and do not sin." (Psalm 4:4 ESV)