



Read Luke 12.49-56

*You may like to use this material as a basis for discussion in your family.*

When was the last time that you felt really stressed or upset? What caused it? How did you react? Were you angry, did you cry, did you go away to be on your own, or did you shout at other people? It is sometimes hard to control our emotions, especially when something happens that upsets us. Emotions can make us vulnerable, so we need to think about how we should respond when life is challenging. You may find it helpful to talk to someone when you feel stressed or upset. Who would you choose talk to?

In today's reading from St Luke's gospel Jesus is very upset. He chooses to talk to his disciples about how he is feeling. They are his closest friends but they don't seem to realise the pressure that he is facing. Jesus is aware that he is on his way to Jerusalem where he will suffer and die. He is under pressure to complete the task that he has set out to do. He wants to pass on the news of God's love to the people of Israel but he knows that he doesn't have much time. He feels frustrated because they can't seem to understand how important his message is.

Jesus warns his disciples that following him will bring conflict – even within families. He says that they understand the weather signs but they can't seem to understand what is going on in the world around them.

Do you feel shocked by what Jesus is saying? We usually hear Jesus talking about love and peace but here he is talking about disagreement and division.

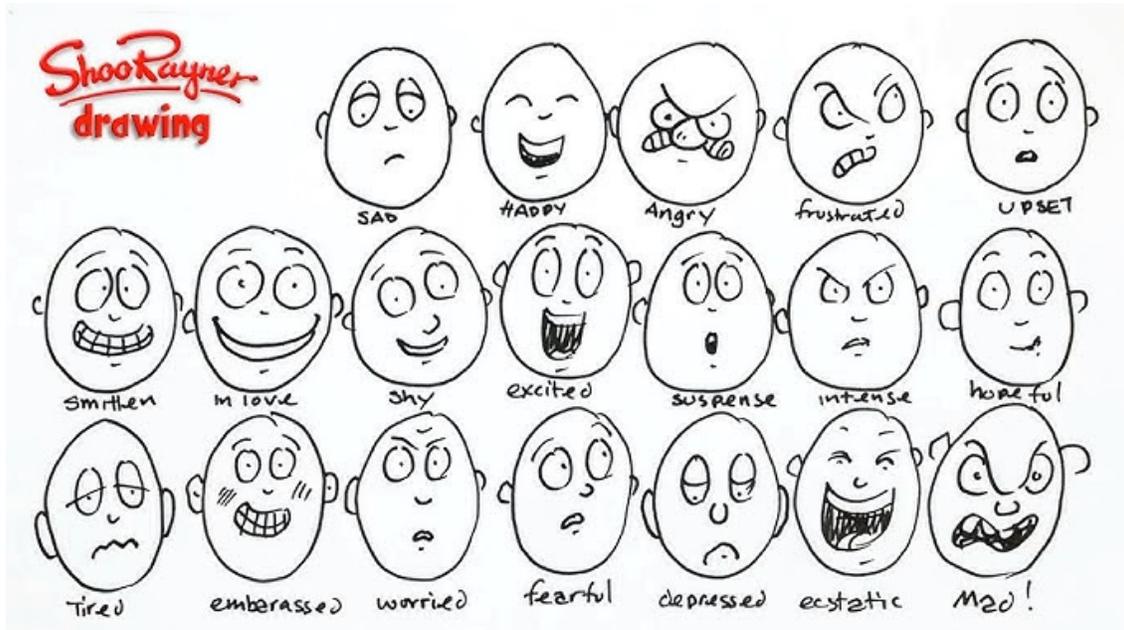
If Jesus was here today, do you think he would be upset or stressed about what is happening in the world? When we say the Lord's Prayer we say "Thy Kingdom come on earth as it is in heaven". But the news seems to be full of examples of war and cruelty and tension. What do you think God's kingdom on earth should look like?

**Activity**

- This picture shows "Worry beads" – a small circle of beads that people can play with when they are upset. They help to relieve tension. Make your own circle of beads – but use them as prayer beads. Hold each bead in turn and say a short prayer when you feel upset.



- Look at the drawings of faces on the next page. Practise drawing cartoon faces that express your emotions. Can you add any more images to the ones on this page?



### Prayer

You are with us, Lord, when we are happy, sad, angry or scared.

Help us to show all our emotions to you.

Share our joys with us and support us when we find life difficult. Amen.