

MICHELLE NIETERT, LPC-S AND LYNN COWELL



MANAGING

YOUR



EMOJIS



100 DEVOTIONS
FOR NAVIGATING
YOUR FEELINGS

A PDF COMPANION TO THE AUDIOBOOK

ZONDERKIDZ

Managing Your Emojis

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SAD— EMBRACING HOPE

Meditation Matters

**“The LORD is close to the brokenhearted and
saves those who are crushed in spirit.**

PSALM 34:18

“For the LORD hears the needy.”

PSALM 69:33

**“. . . Never will I leave you;
never will I forsake you.”**

HEBREWS 13:5b

**God is our refuge and strength, always
ready to help in times of trouble.**

PSALM 46:1 (NLT)



SCARED— EMBRACING BRAVE

Meditation Matters

“Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.”

DEUTERONOMY 31:6

“The LORD hears his people when they call to him for help. He rescues them from all their troubles.”

PSALM 34:17 (NLT)

“When I am afraid, I put my trust in you.”

PSALM 56:3



MAD- EMBRACING CALM

Meditation Matters

“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.”

JAMES 1:19

“Fools vent their anger, but the wise quietly hold it back.”

PROVERBS 29:11 (NLT)

“In your anger do not sin: Do not let the sun go down while you are still angry.”

EPHESIANS 4:26

“People with understanding control their anger; a hot temper shows great foolishness.”

PROVERBS 14:29 (NLT)



HAPPY- EMBRACING JOY

Meditation Matters

"Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever."

PSALM 23:6

"Delight yourself in the LORD, and he will give you the desires of your heart."

PSALM 37:4 (ESV)

"Rejoice in the Lord always; again I will say, rejoice."

PHILIPPIANS 4:4 (ESV)

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

1 THESSALONIANS 5:16-18 (ESV)