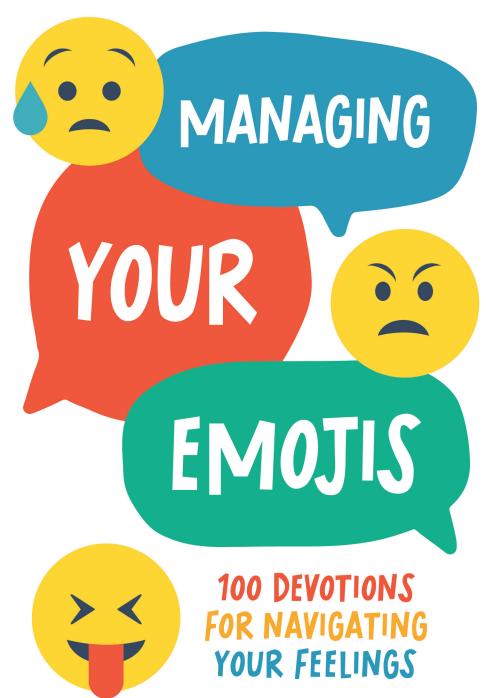
MICHELLE NIETERT, LPC-S AND LYNN COWELL



A PDF COMPANION TO THE AUDIOBOOK

ZONDERKIDZ.

Managing Your Emojis Copyright © 2023 by Michelle Nietert and Lynn Cowell

Requests for information should be addressed to: Zonderkidz, 3900 Sparks Dr. SE, Grand Rapids, Michigan 49546

ISBN 978-0-310-14423-6 (hardcover) ISBN 978-0-310-14425-0 (audio) ISBN 978-0-310-14424-3 (ebook)

Library of Congress Cataloging-in-Publication Data

Scripture quotations unless otherwise marked are taken from The Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission of Zondervan. All rights reserved worldwide. www.Zondervan. com. The "NIV" and "New International Version" are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.®

Any internet addresses (websites, blogs, etc.) and telephone numbers in this book are offered as a resource. They are not intended in any way to be or imply an endorsement by Zondervan, nor does Zondervan vouch for the content of these sites and numbers for the life of this book.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

Lynn Cowell and Michelle Nietert are represented by the literary agency of The Blythe Daniel Agency Inc., Post Office Box 64197, Colorado Springs, CO 80962.

Zonderkidz is a trademark of Zondervan.

Zondervan titles may be purchased in bulk for educational, business, fundraising, or sales promotional use. For information, please email SpecialMarkets@Zondervan .com.

Cover Design: Micah Kandros Interior Design: Denise Froehlich

Printed in India



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



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."

EPHESTANS 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)