

## Jesus and Emotions: Creative Exercise:

Label each bowling pin in the bowling alley with an emotion that limits you or keeps you from being your best.

Label any remaining pins with persons or experiences that are emotionally trying for you.

On each bowling ball, write the name of a gift or strength you possess that can help you turn that trying person, experience, or emotion into something positive.

In the gutter sections, list first names of people or experiences that you have discarded emotionally or hurt emotionally.

Color each bowling pin with a color that is representative of the emotion, person, or experience. Choose a color for each bowling ball that best represents that gift or talent. Color the gutter regions gray.

