



Jesus Therapy *For Kids*

Helping Kids Find Peace in Every Emotion



John Allen and Madalyn Allen

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www.madalynallen.com

Journey
This Journal Belongs to:

Dear Parents,

Thank you so much for choosing Jesus Therapy for Kids as a resource for your family. I am deeply grateful for the opportunity to walk alongside you in nurturing your child's emotional and spiritual growth. It means so much to me that you've entrusted this journal to be a part of your child's journey, and I want you to know how carefully and prayerfully it was created.

This resource was born out of my own journey as a parent. I have experienced the challenges of helping a child process big emotions, and at times, I felt uncertain about how to guide my daughter in managing them in a healthy way. I wanted her to know that her feelings matter, that it's okay to feel sadness, anger, or fear, and most importantly, that God cares about every single one of those feelings. Through this process, I created a way for her to name her emotions, bring them before the Lord in prayer, and leave her worries where they belong: at the foot of the cross of Christ.

What began as a tool for my own daughter has now become a resource for families like yours, and I could not be more grateful. Each section of this journal was designed with kids in mind:

- **Emotion Identification:** To help children recognize and name their feelings, giving them a chance to express what's on their hearts.
- **Faith and Feelings:** To teach them to turn to God in prayer, asking for His help and guidance with whatever they're facing.
- **Processing Challenges:** To guide them in surrendering their struggles to Jesus through an activity where they can draw or write what's on their mind and leave it at the foot of the cross.
- **Positive Reflections:** To cultivate gratitude by focusing on the good things in their lives, from big blessings to small everyday joys.

I created this resource with a simple goal: to equip kids with the tools they need to process their emotions while pointing them to the One who loves them most. My prayer for every child who uses this journal is that they come to know the peace of laying their burdens before Jesus, the joy of cultivating gratitude, and the comfort of knowing they are never alone in their struggles. I pray that God will meet them in these moments, helping them to grow not only emotionally but also spiritually, as they draw closer to Him.

To you, as parents and caregivers, I want to encourage you that what you are doing for your child is so important. By helping them navigate their emotions in a Christ-centered way, you are laying a foundation for their faith and emotional health that will last a lifetime. It is my hope that this journal becomes a meaningful tool for your family, sparking important conversations and moments of connection, both with one another and with God.

Thank you for inviting Jesus Therapy for Kids into your home. I pray that this journal blesses your child and your family as much as creating it has blessed mine.

With love and many blessings,

Madalyn Allen

Frequently Asked Questions about Jesus Therapy for Kids

1. What is Jesus Therapy for Kids?

Jesus Therapy for Kids is a faith-based resource designed to help children process their emotions in a healthy and Christ-centered way. The journal guides kids through identifying their feelings, turning to God in prayer, surrendering their worries to Jesus, and reflecting on God's blessings with gratitude.

2. Who is this journal for?

This journal is designed for children who are learning to understand and express their emotions, typically ages 6–12. It is also a great tool for parents, teachers, and caregivers who want to help children connect their feelings with their faith.

3. How does Jesus Therapy for Kids work?

The journal is divided into four sections:

1. **Emotion Identification:** Kids track how they feel using an emotion face chart and prompts.
2. **Faith and Feelings:** Includes a prayer prompt where kids ask God for help with their feelings or struggles.
3. **Processing Challenges:** A surrender activity invites kids to draw or write their worries and leave them at the foot of the cross.
4. **Positive Reflections:** Encourages kids to write or draw something they're thankful for and color the tree's leaves.

4. How can I use this journal with my child?

You can use this journal during quiet time, family devotionals, or as part of your child's daily or weekly routine. Encourage your child to take their time with each section, offering guidance if needed, and pray with them as they work through the journal.

5. Do I need to be a Christian to use this journal?

While the journal is rooted in Christian principles and encourages a relationship with Jesus, anyone can use it as a tool to help children process emotions and practice gratitude. However, the activities and prompts are designed to point children to God as their ultimate source of peace and comfort.

6. How does this journal help children with their emotions?

This journal provides a safe space for children to identify, express, and process their emotions in a structured way. By incorporating prayer, gratitude, and faith-based activities, it helps kids learn to trust God with their feelings and find comfort in His promises.

7. Can this journal replace professional counseling for kids?

No, this journal is not intended to replace professional counseling or therapy. It is a supplemental tool that helps children process emotions while growing in their faith. If your child is experiencing significant mental health challenges, we encourage you to seek the guidance of a licensed professional.

8. How often should my child use this journal?

There's no set schedule for using the journal. Some children may benefit from using it daily, while others might prefer to use it weekly or as needed. Encourage your child to use it whenever they feel the need to reflect, pray, or process their emotions.

9. What supplies will my child need to use this journal?

Your child will need writing utensils (e.g., pencils, markers, or crayons) for writing, drawing, and coloring.

10. What makes this journal unique?

This journal integrates emotional awareness with Christian faith, providing children with practical tools to manage their feelings while pointing them to Jesus as their source of peace, guidance, and strength.

11. Is the journal appropriate for group use, such as Sunday school or Christian counseling sessions?

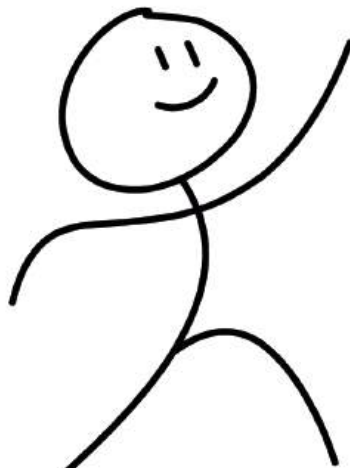
Yes, Jesus Therapy for Kids can be used in group settings like Sunday school, Christian counseling, or small groups. The activities are versatile and can be adapted for individual or group discussions.

12. How can I encourage my child to be consistent with using the journal?

Make journaling a fun and meaningful activity by setting aside a regular time for it, such as after school or before bedtime. Join them by discussing your own feelings or gratitude, and celebrate their progress as they learn to share and process their emotions with God.

The Lord
hears me
and saves me
from all my troubles.

Psalm 34:17



Today is: _____

How are you feeling today?



Calm



Happy



Upset



Nervous



Sad



Funny



Surprised



Confused



Disappointed



Annoyed



Scared



Sick



Tired



Embarrassed

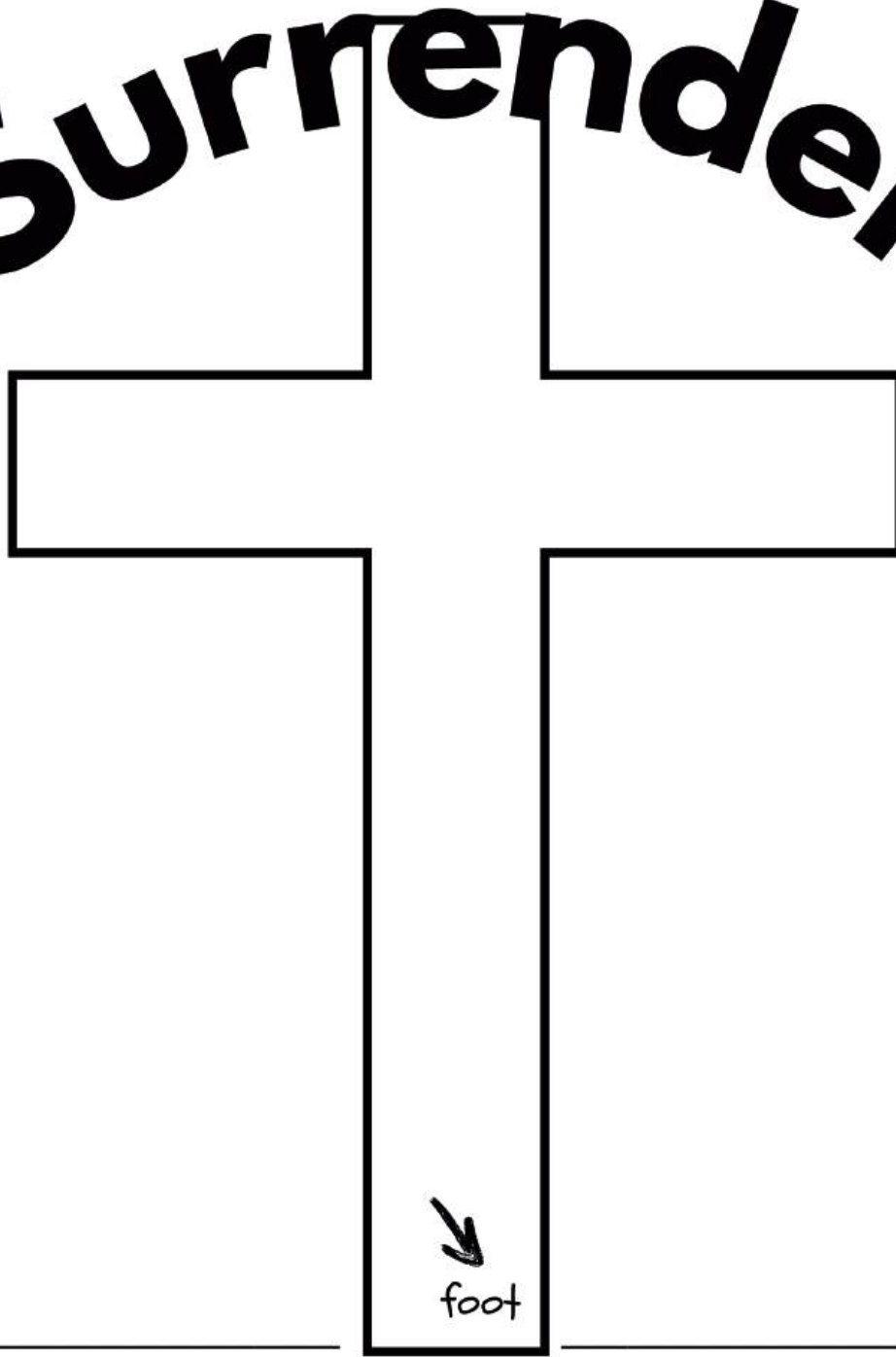


Cool

Why do you feel like this?

Write or draw something(s) you're worried about and place it at the foot of the cross.

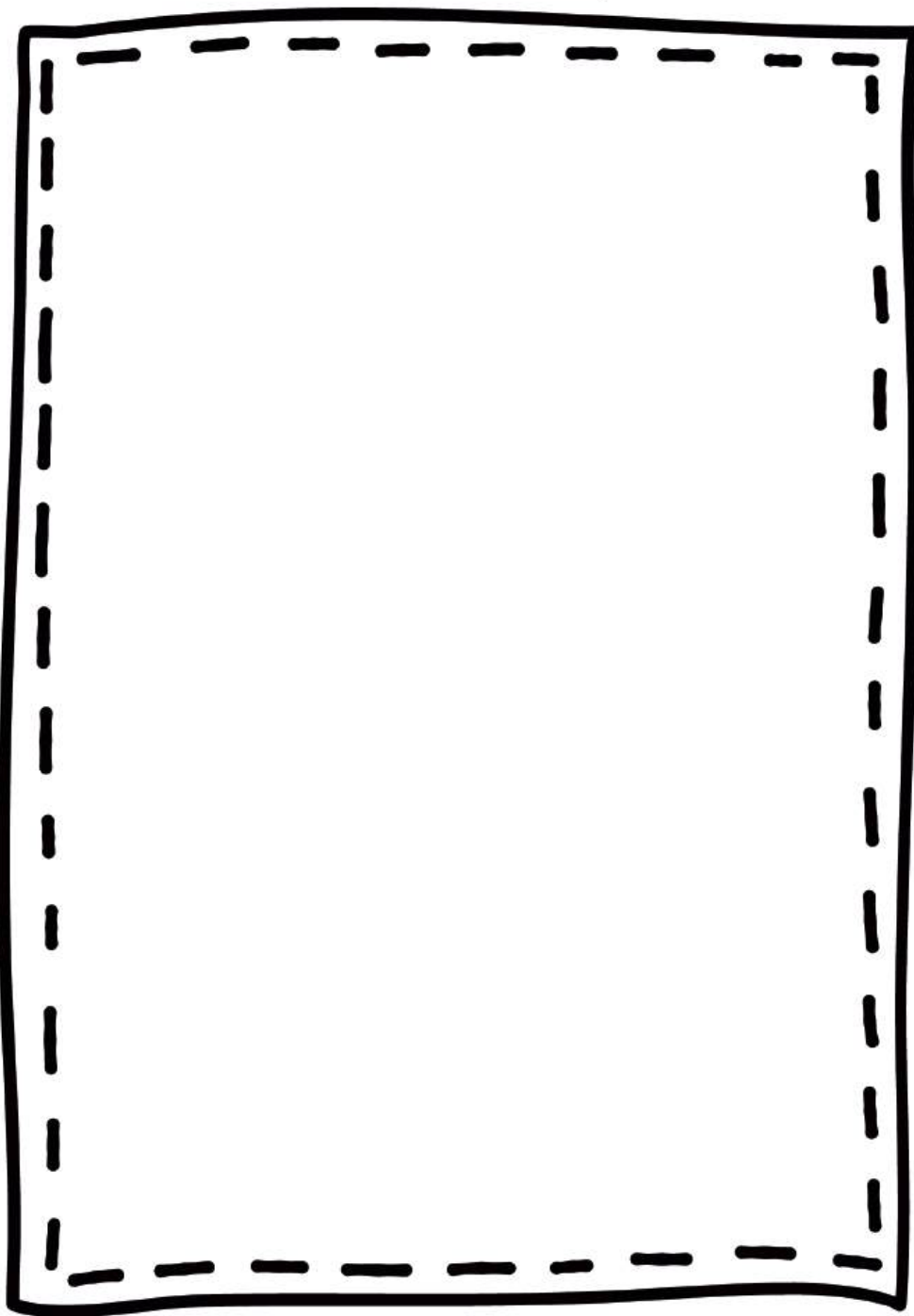
Surrender



Write or draw something you're thankful for on the leaves.



Use this space to draw a picture of how you feel right now after checking in with God. Remember: be honest about how you feel. God loves your honesty.



Today is: _____

How are you feeling today?



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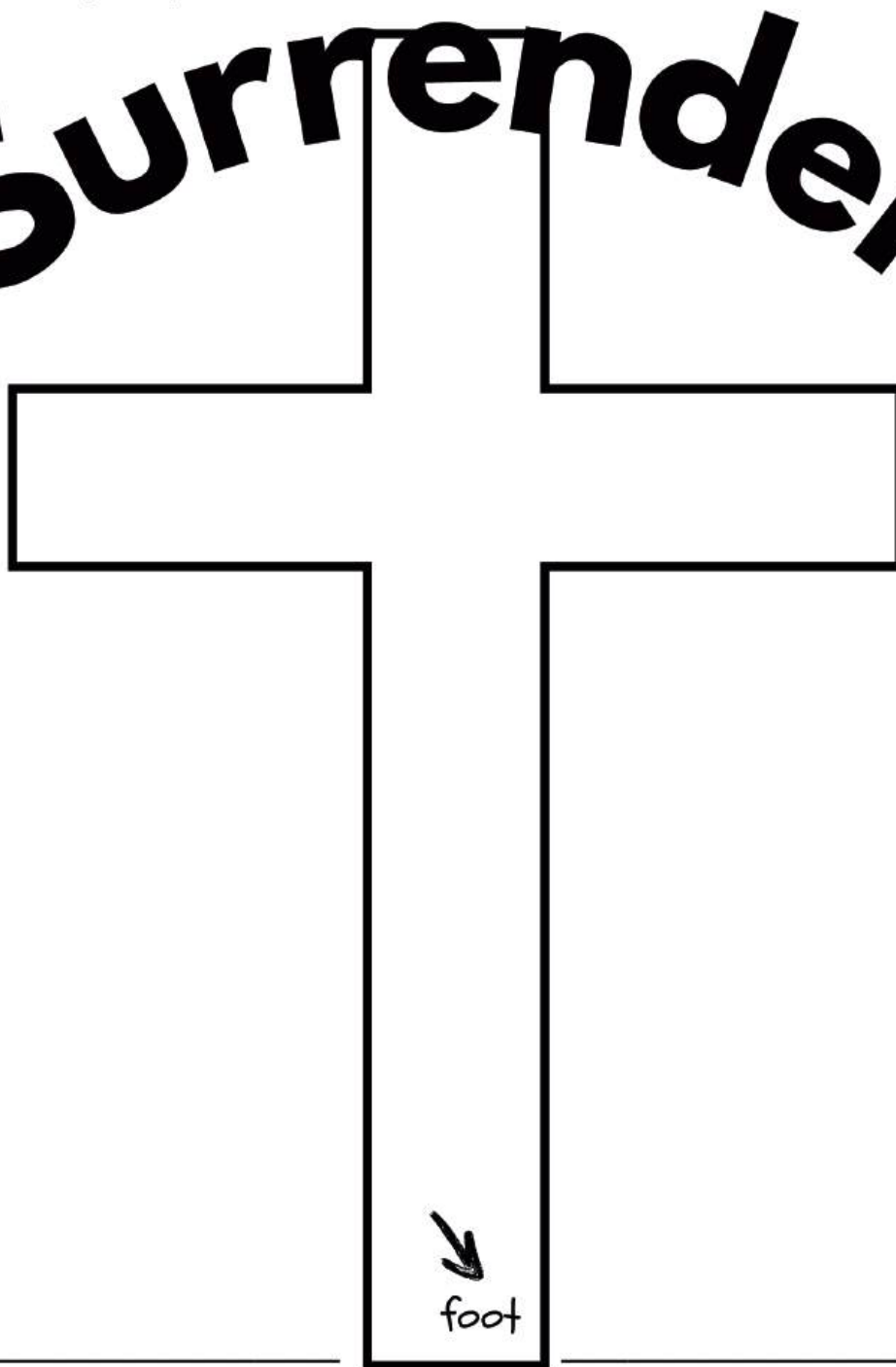


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Surrender



Choose your prompt and then write or draw your prayer below.



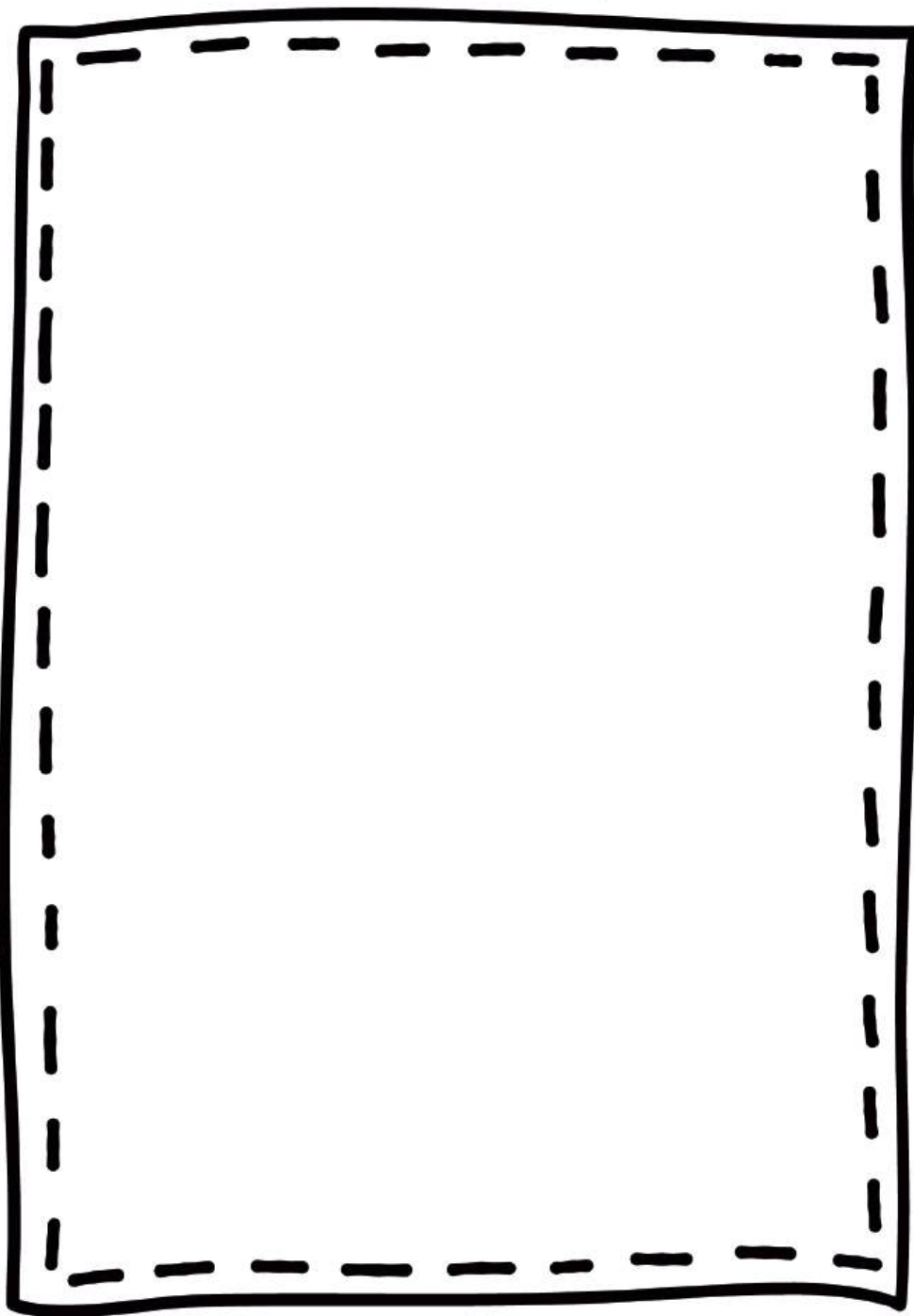
- Dear God, I trust you to take care of.....
- Dear God, I believe you can help me with.....
- Dear God, I know you are with me when.....

A large rectangular area for writing or drawing, featuring a spiral binding on the left side and a grid of small dots for writing.

Write or draw something you're thankful for on the leaves.



Use this space to draw a picture of how you feel right now after checking in with God. Remember: be honest about how you feel. God loves your honesty.



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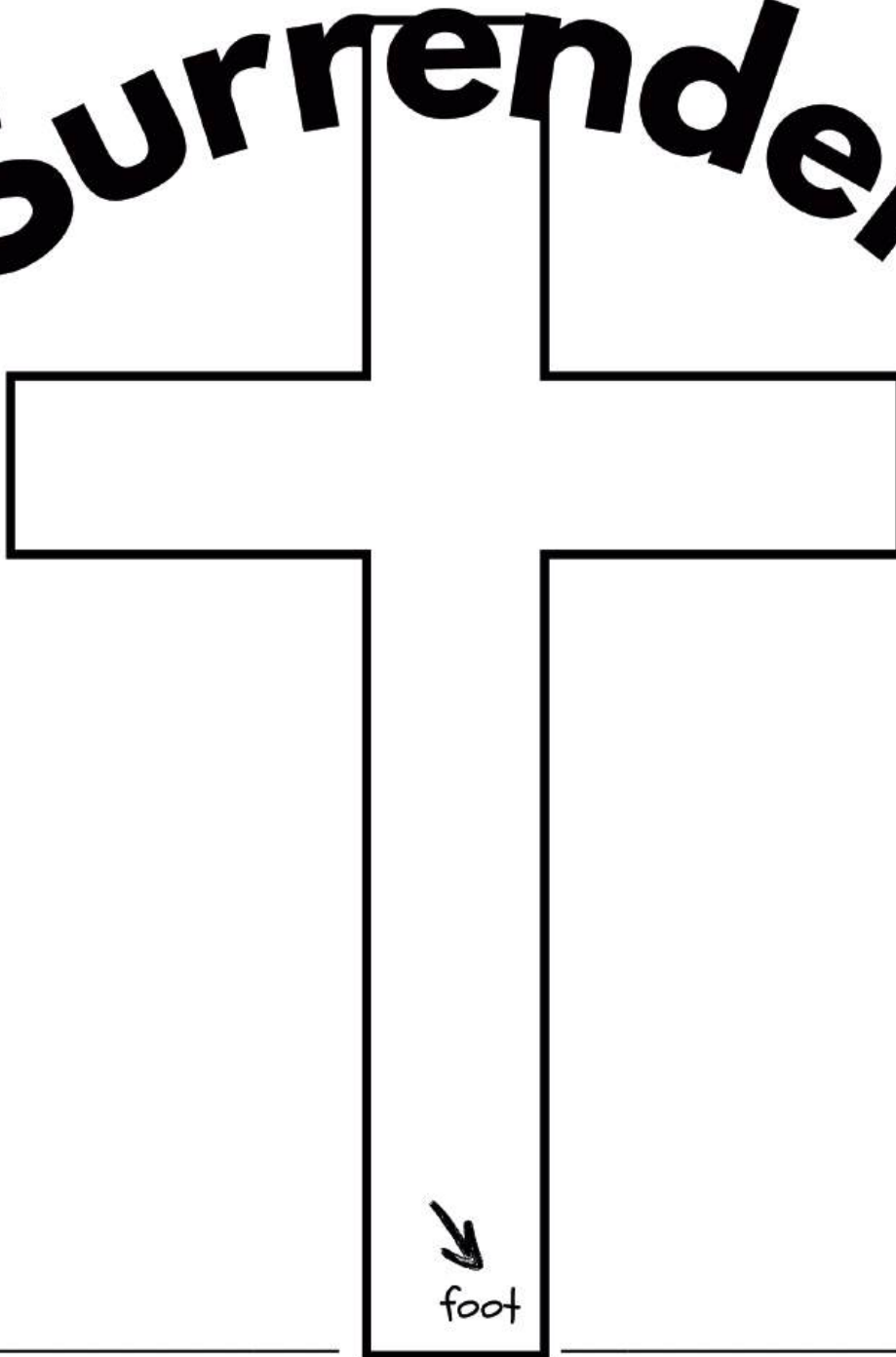


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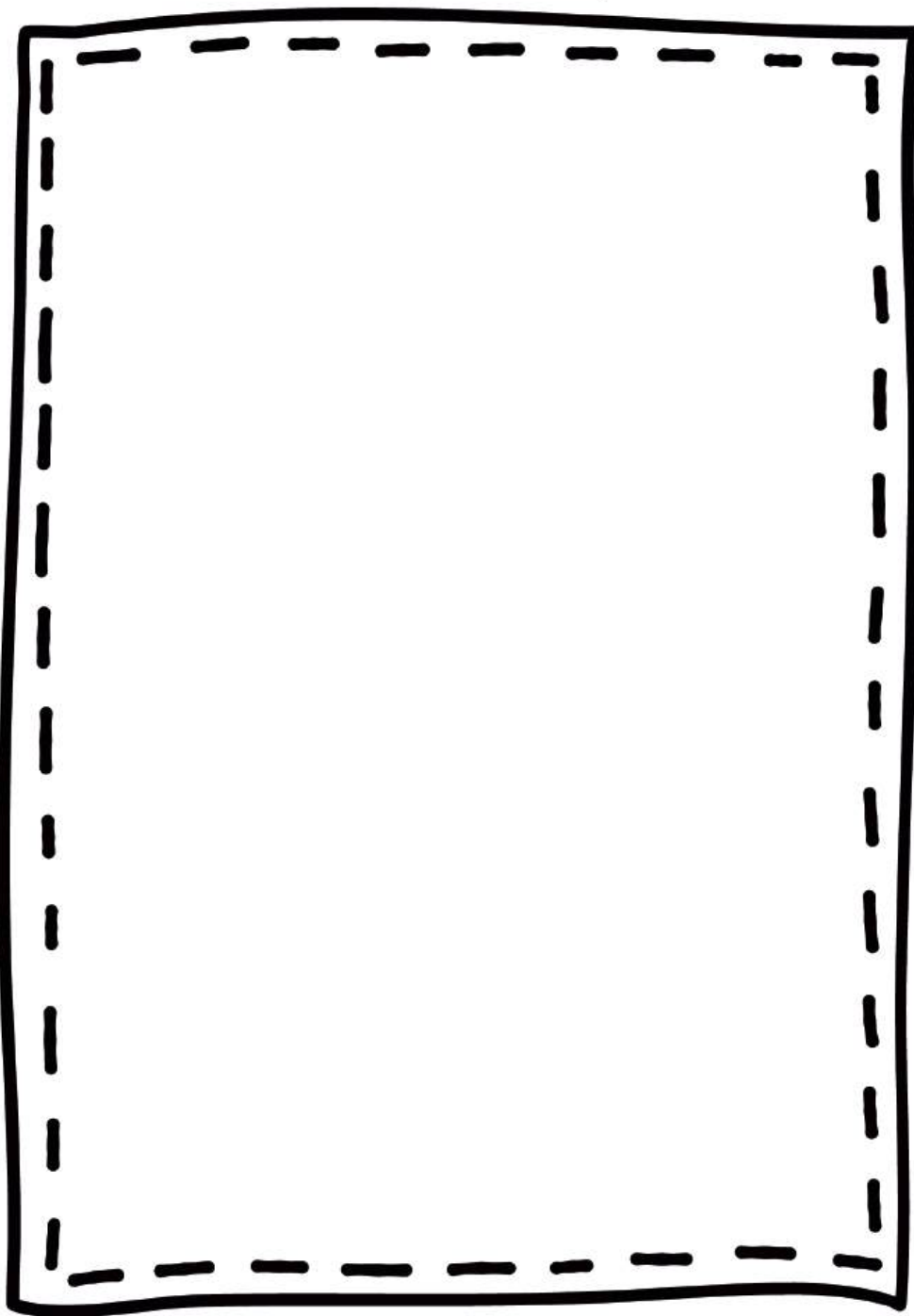
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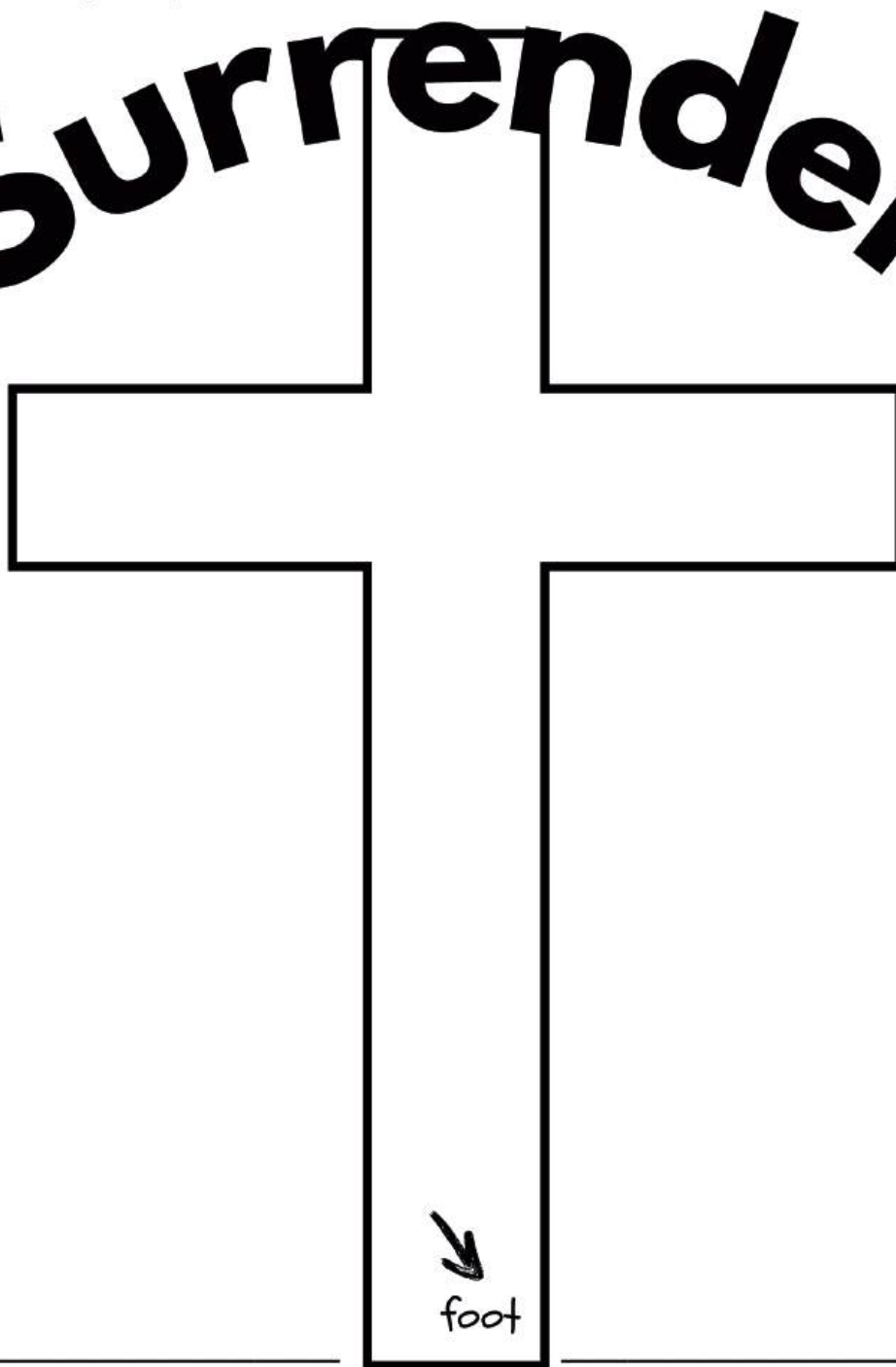


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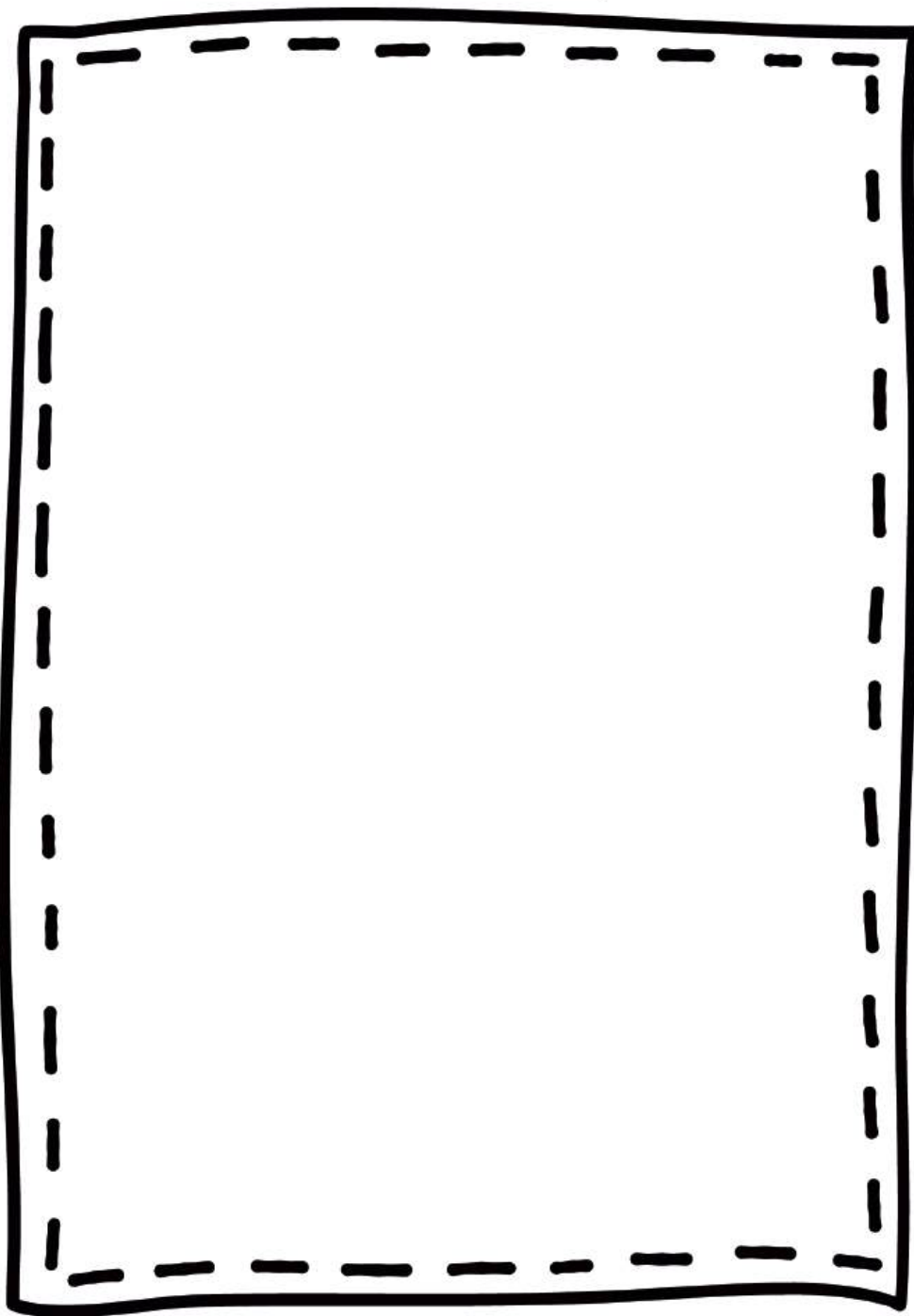
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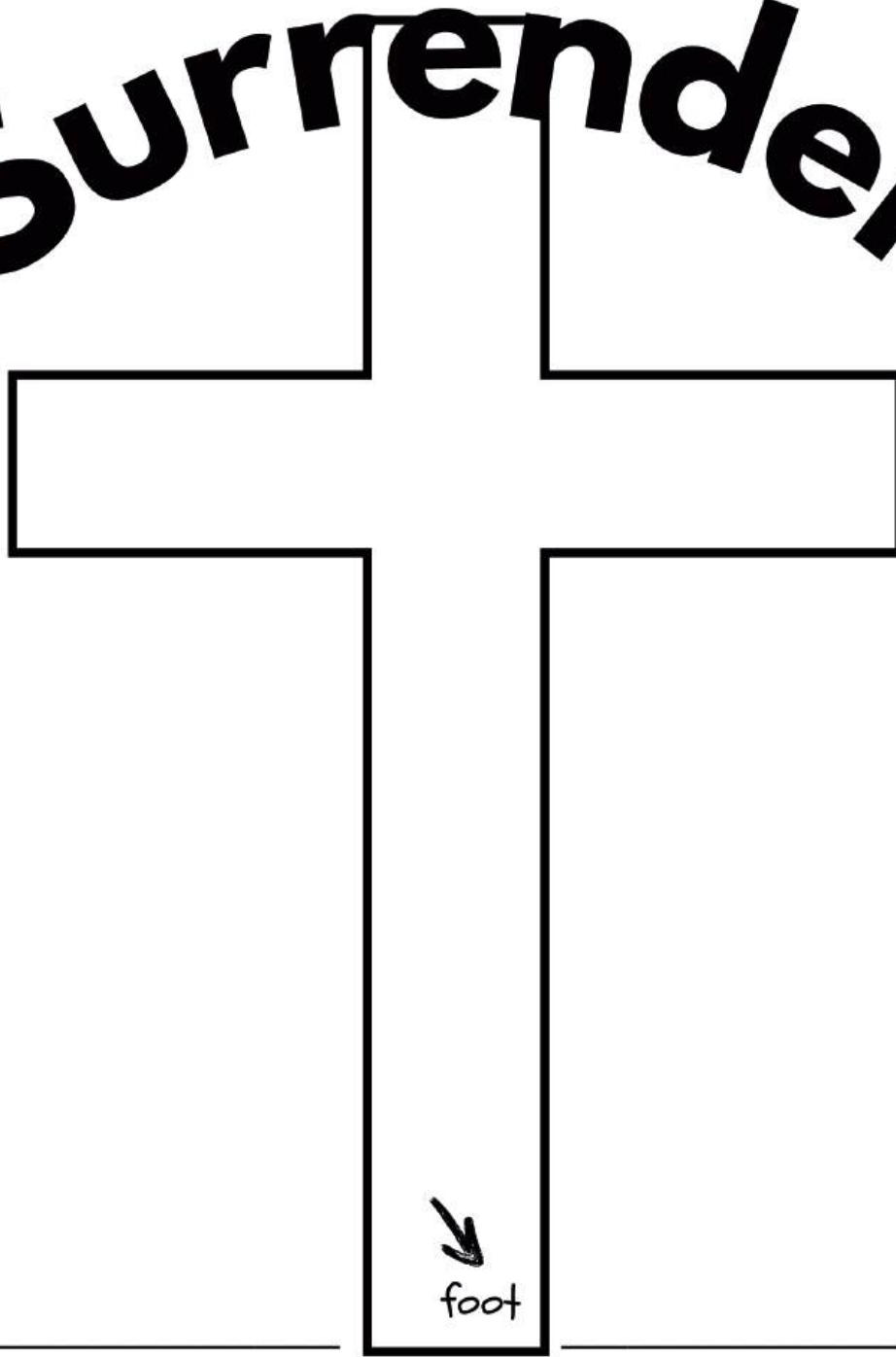


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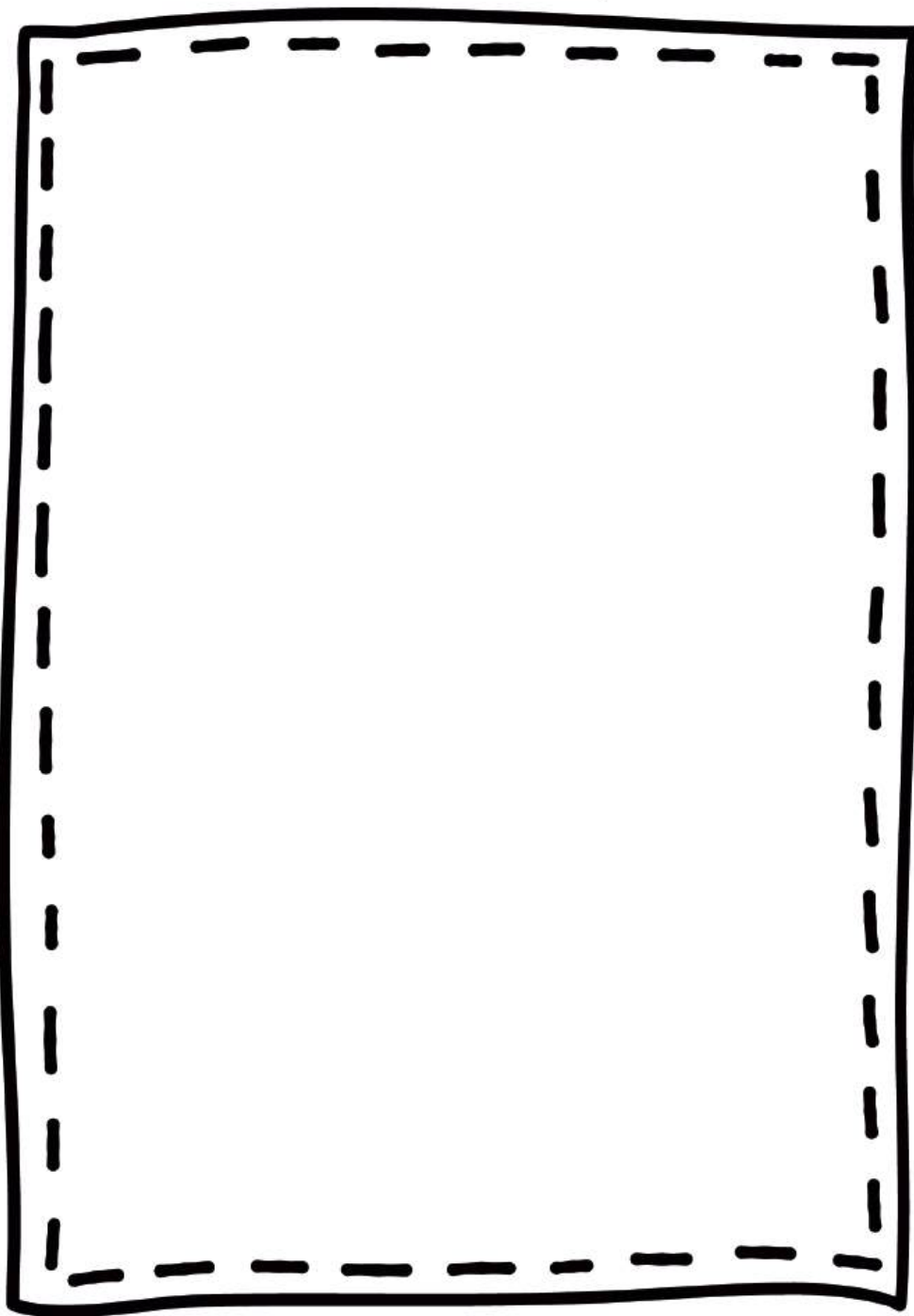
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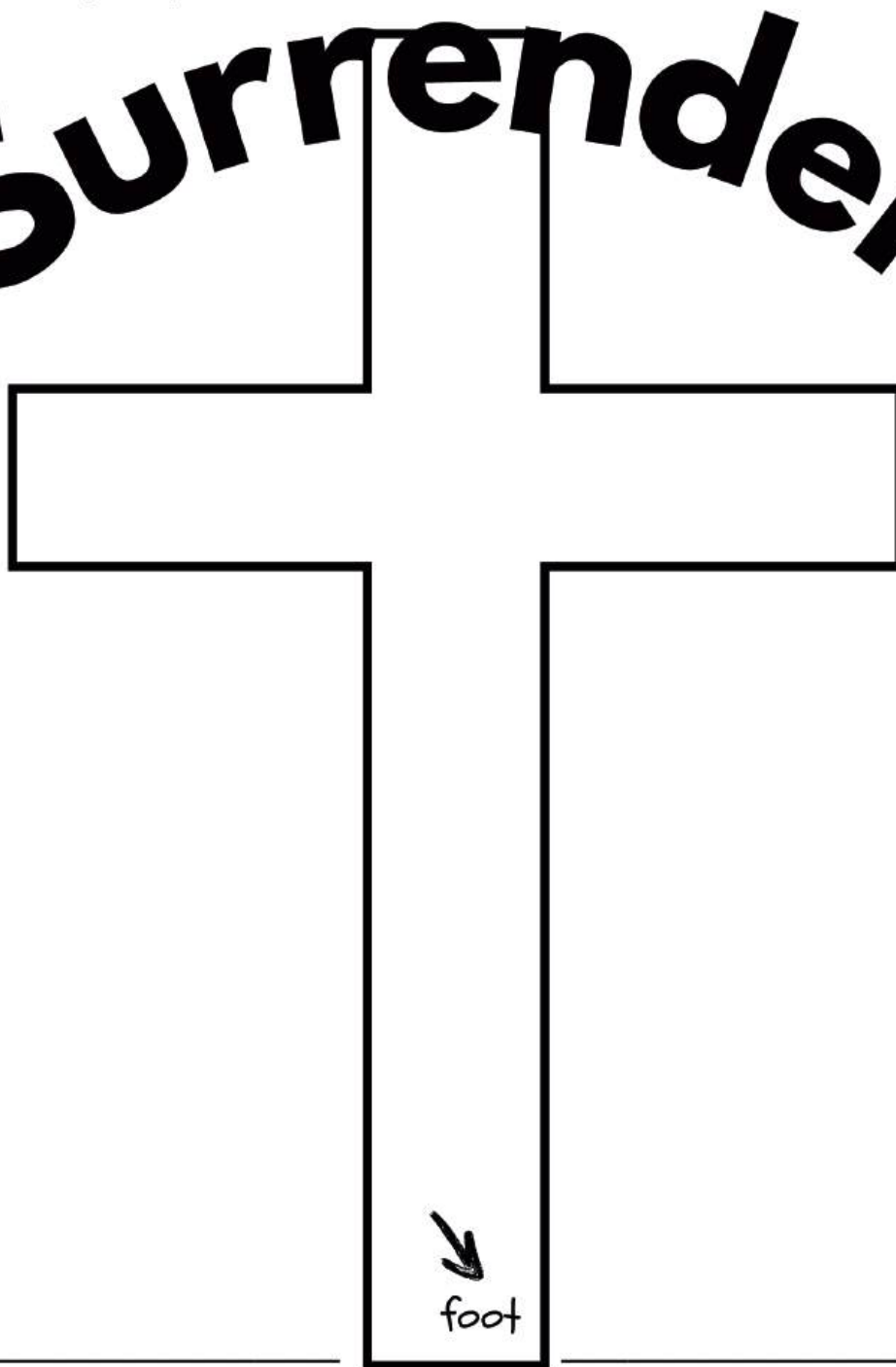


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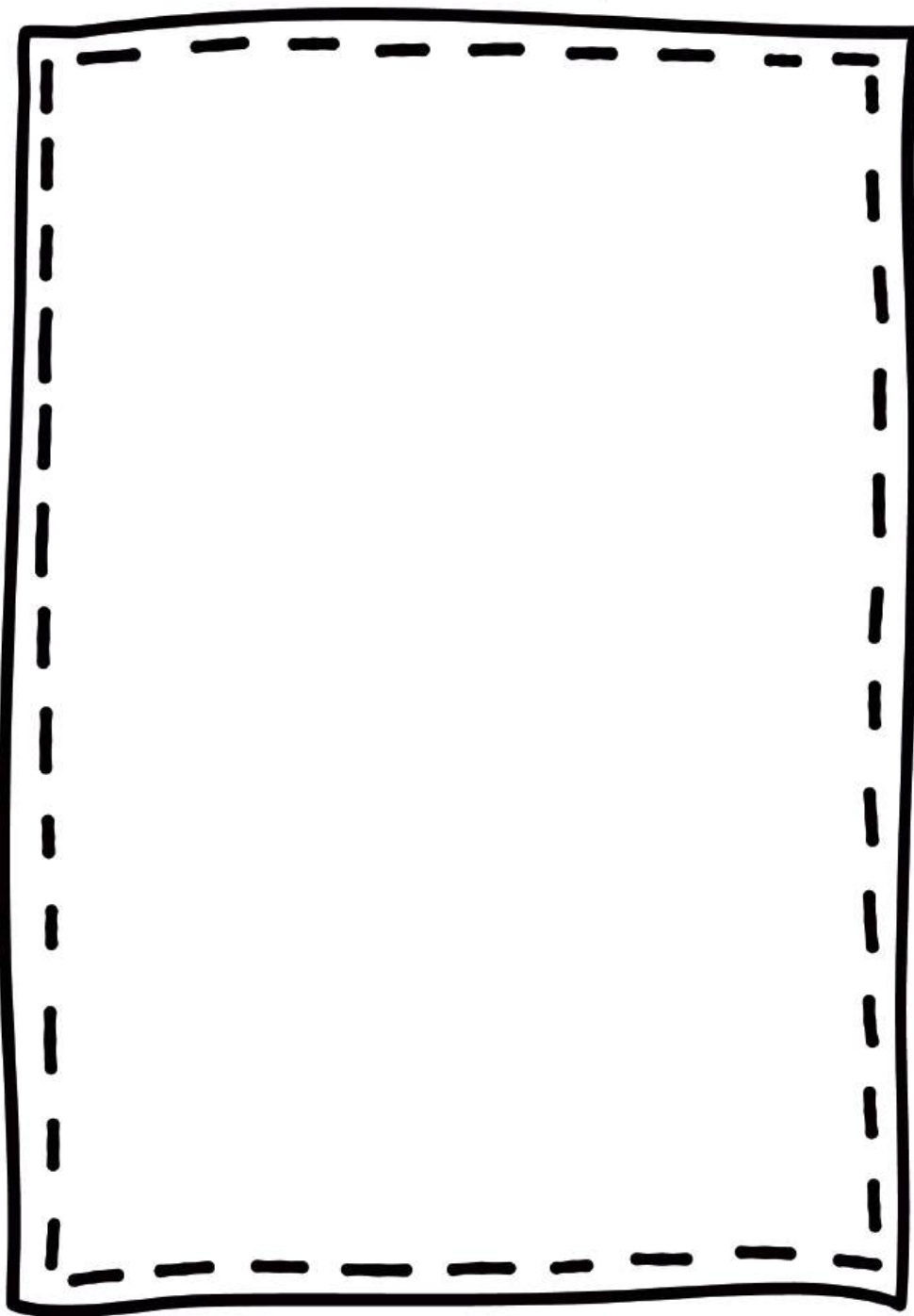
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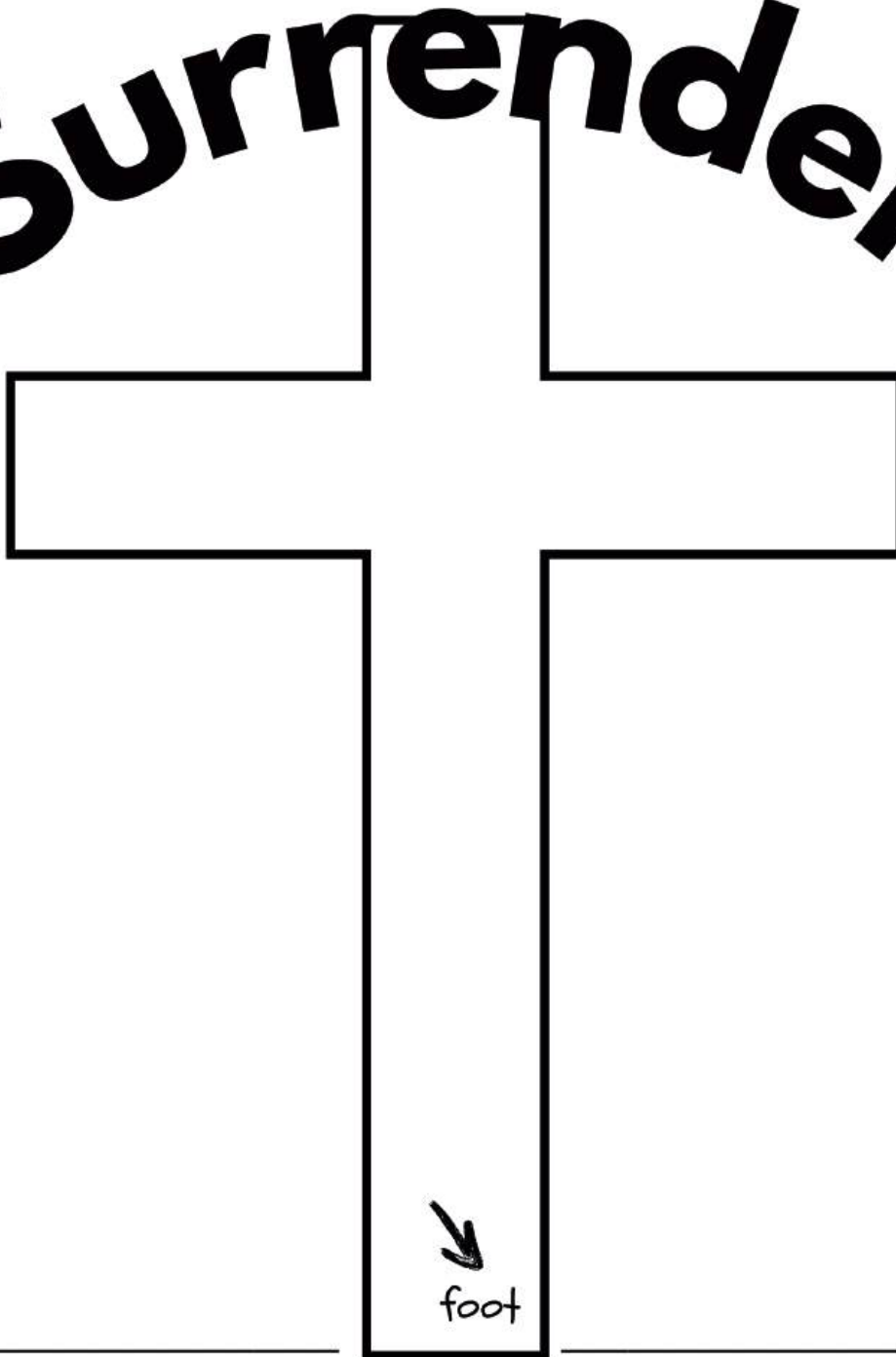


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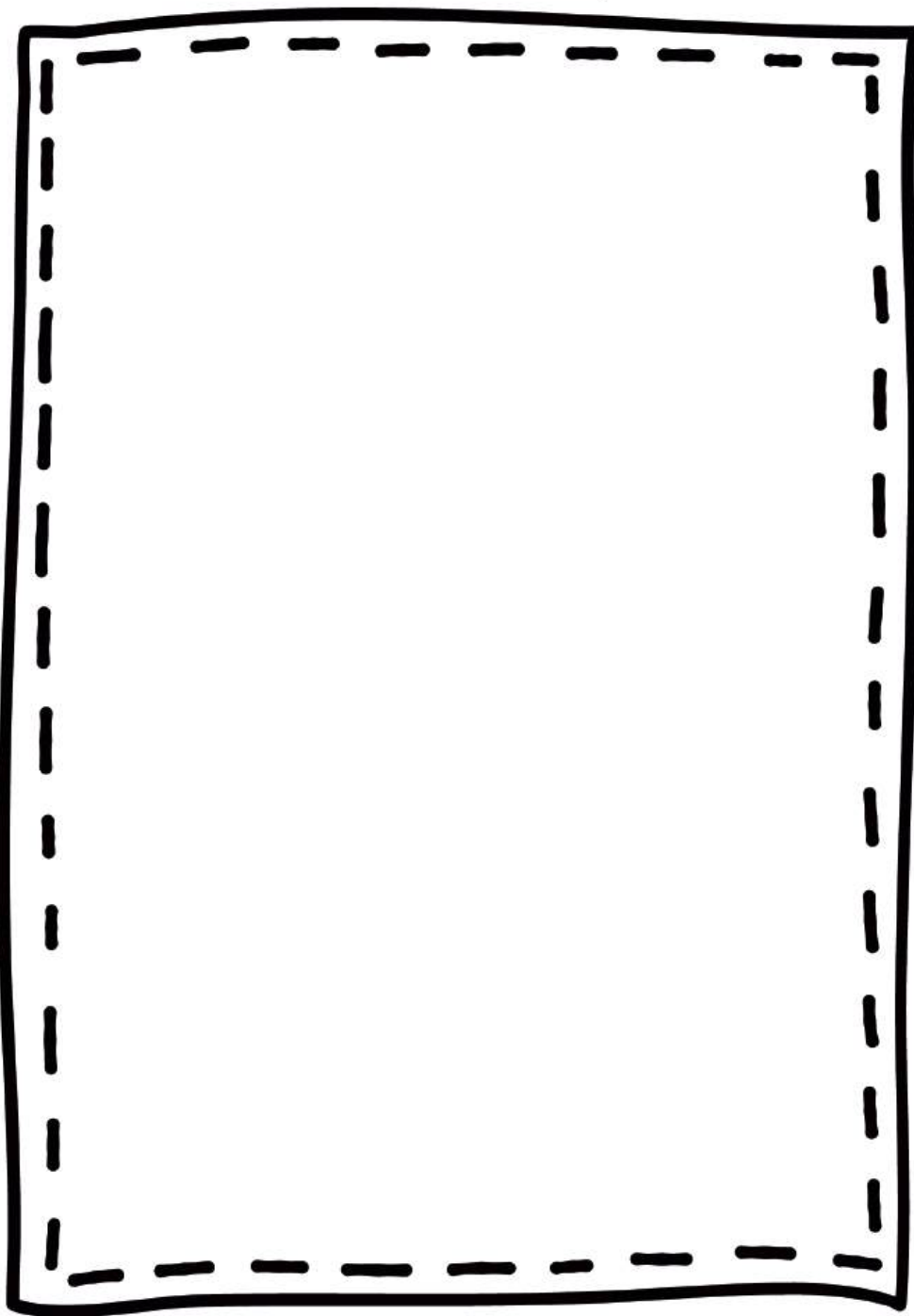
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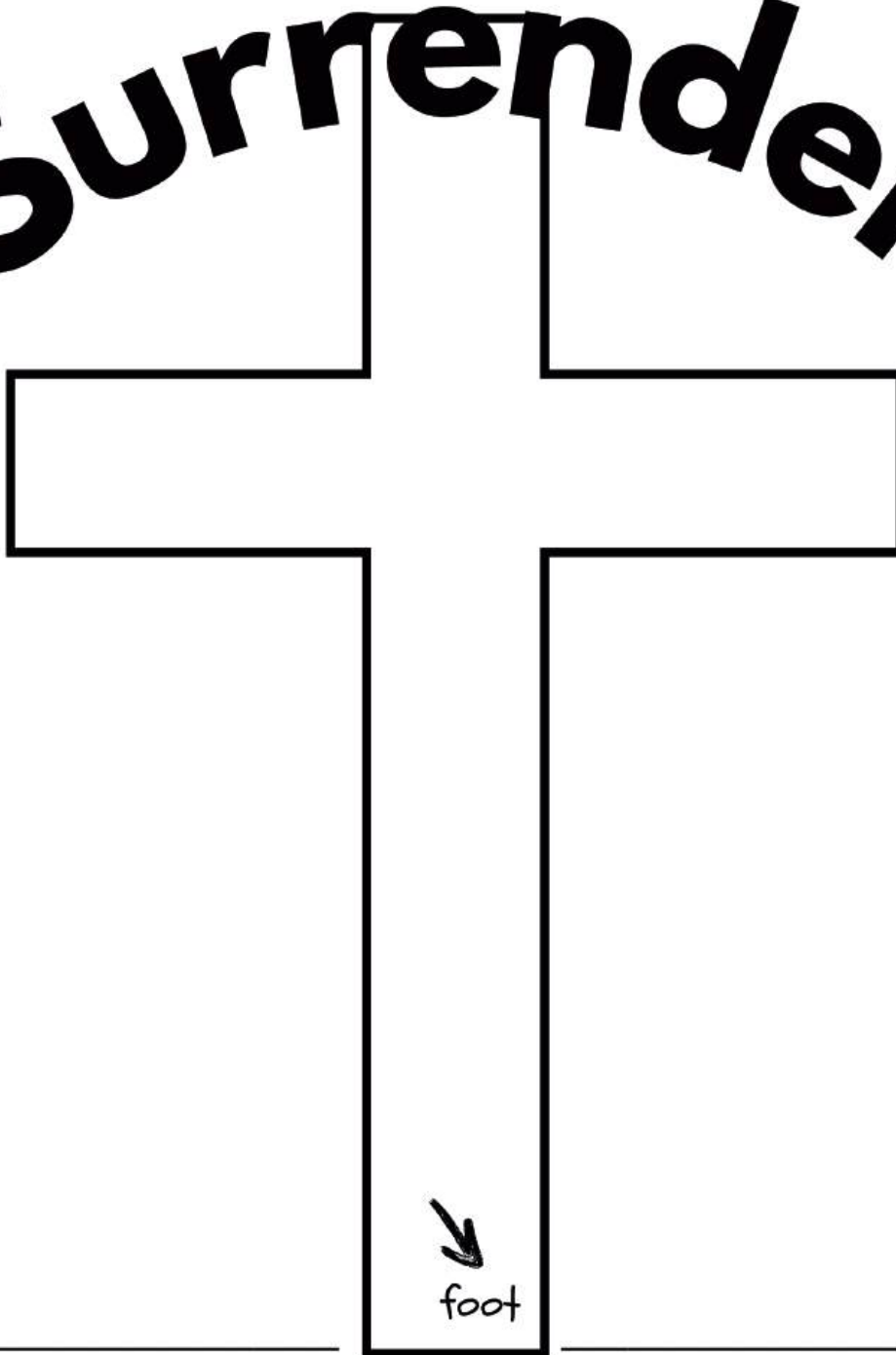


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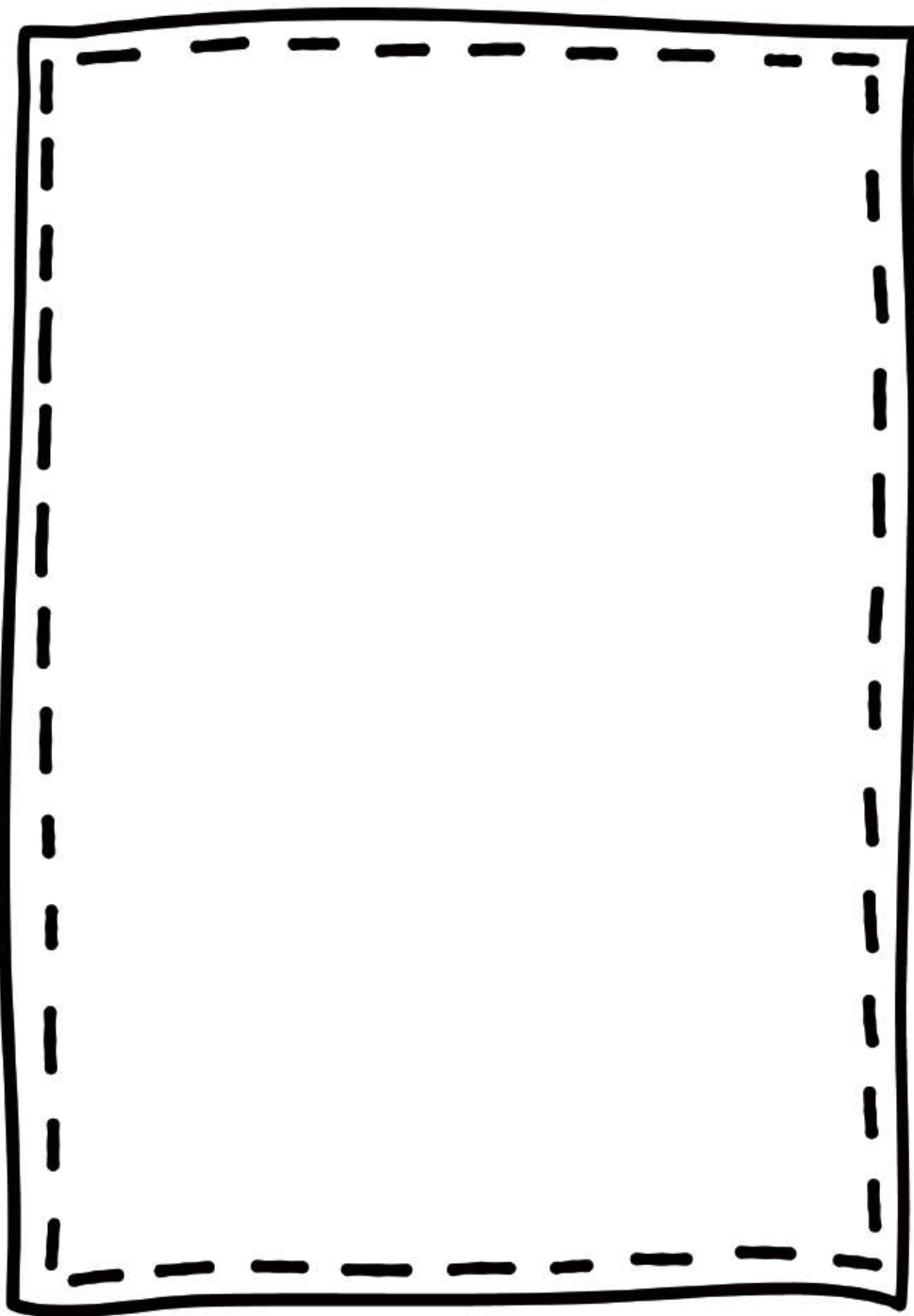
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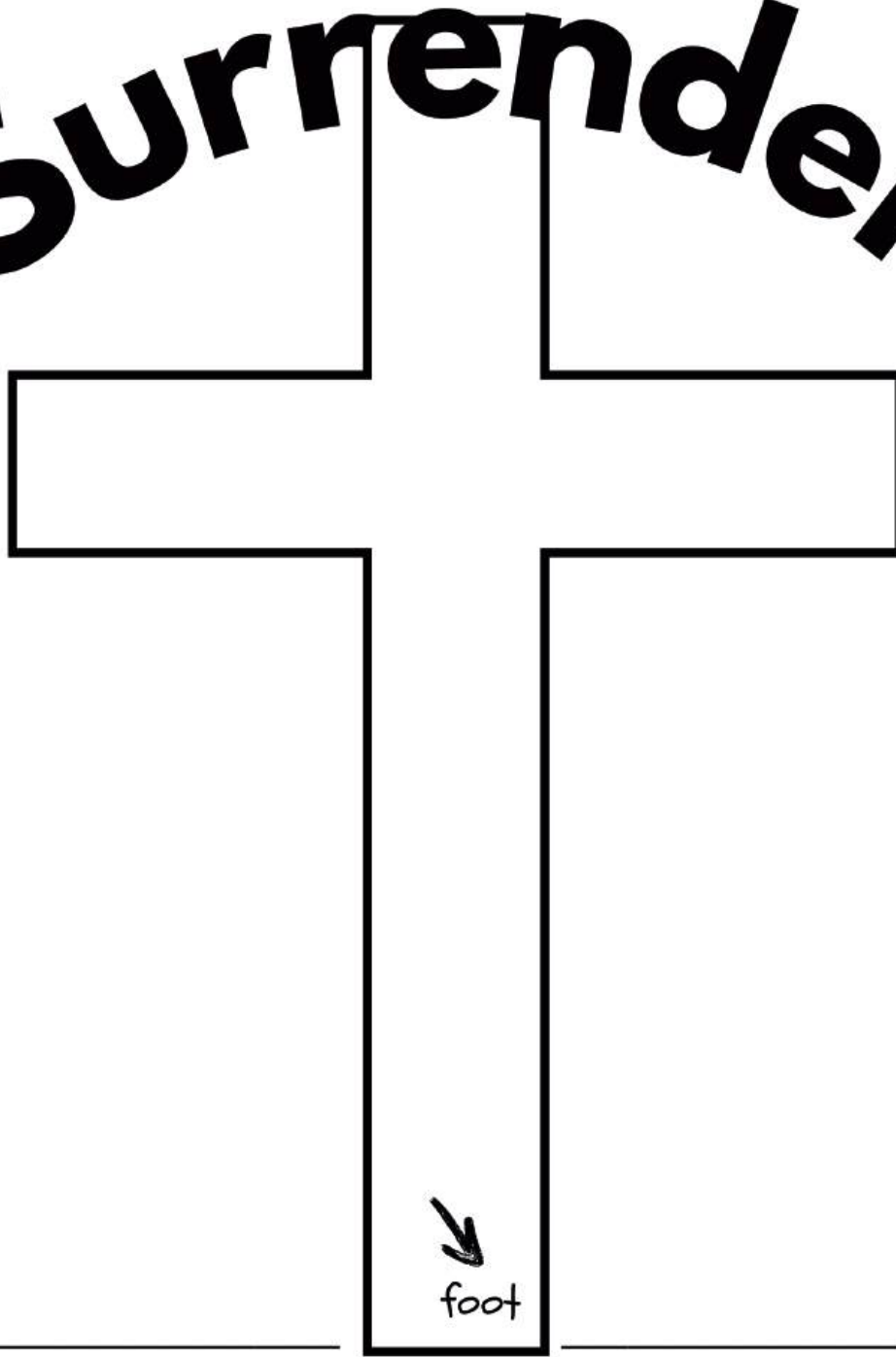


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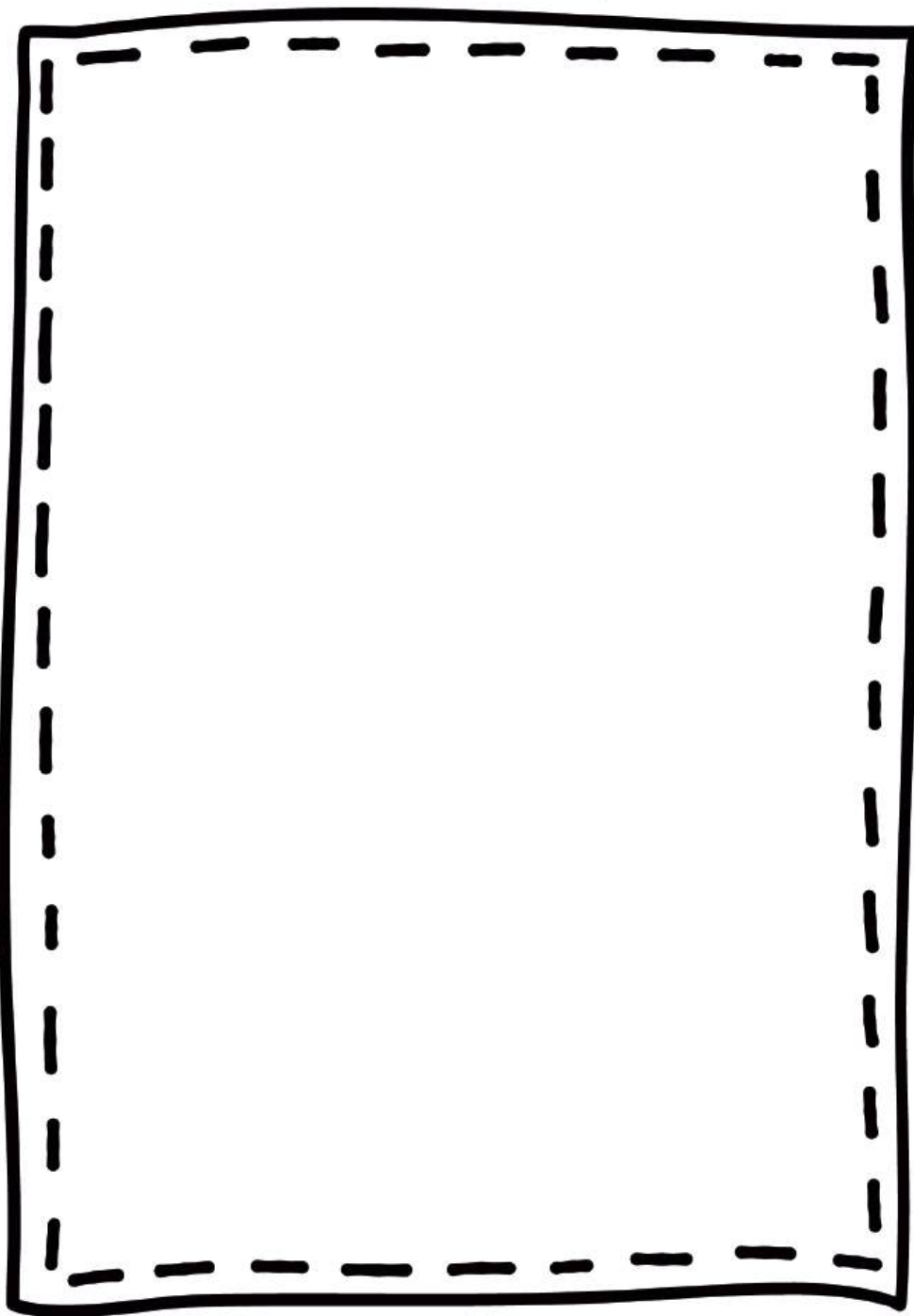
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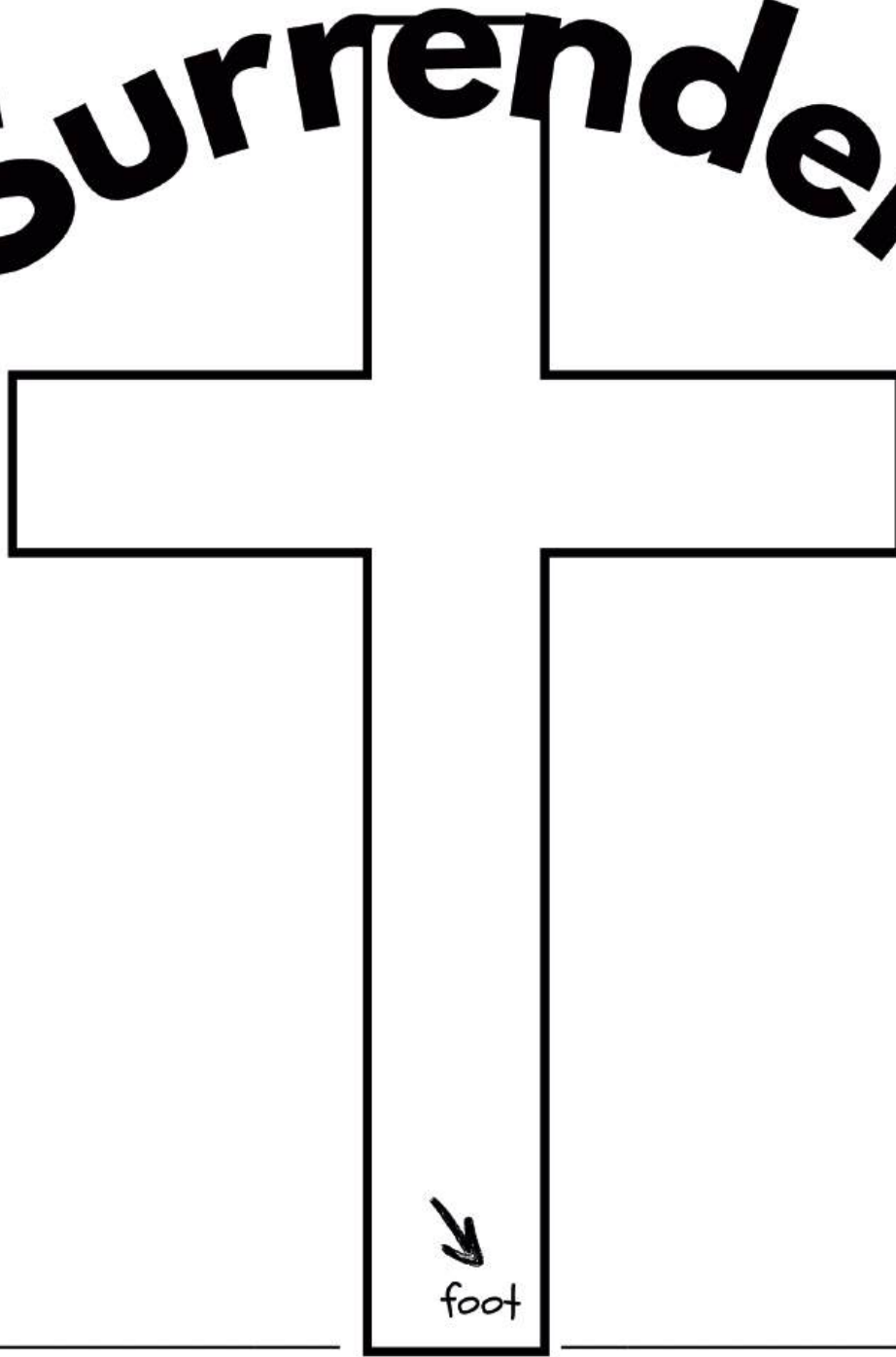


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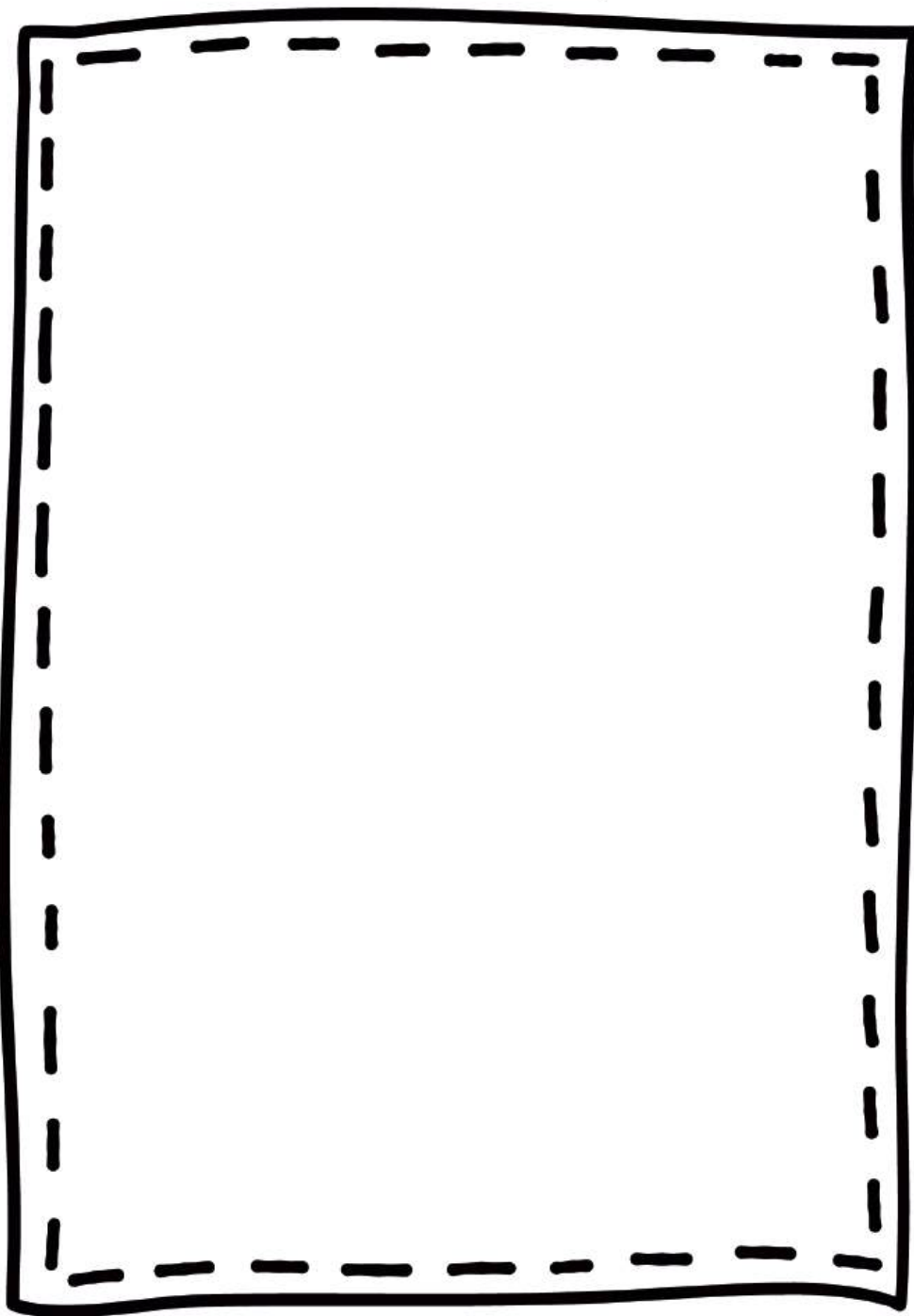
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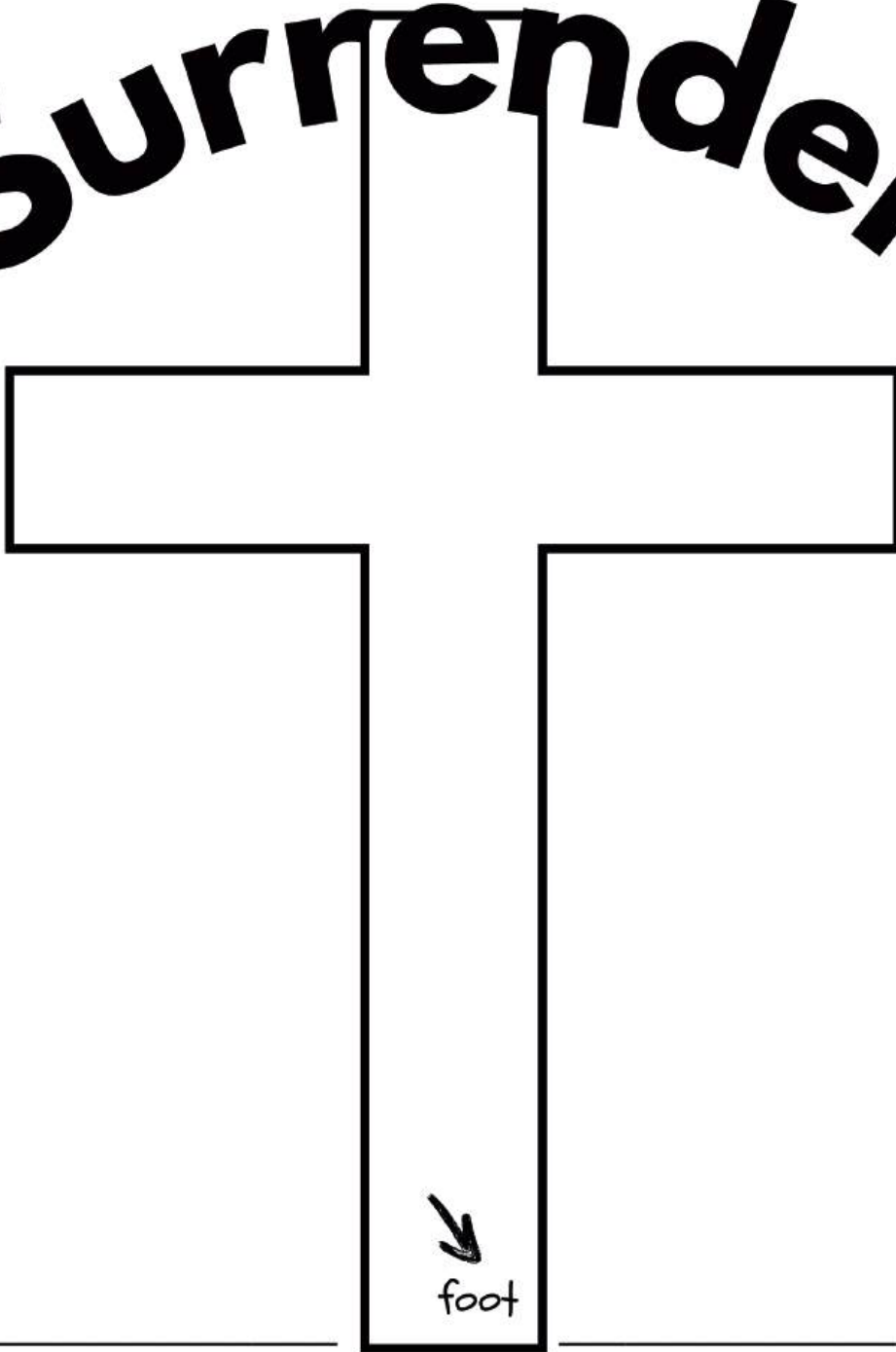


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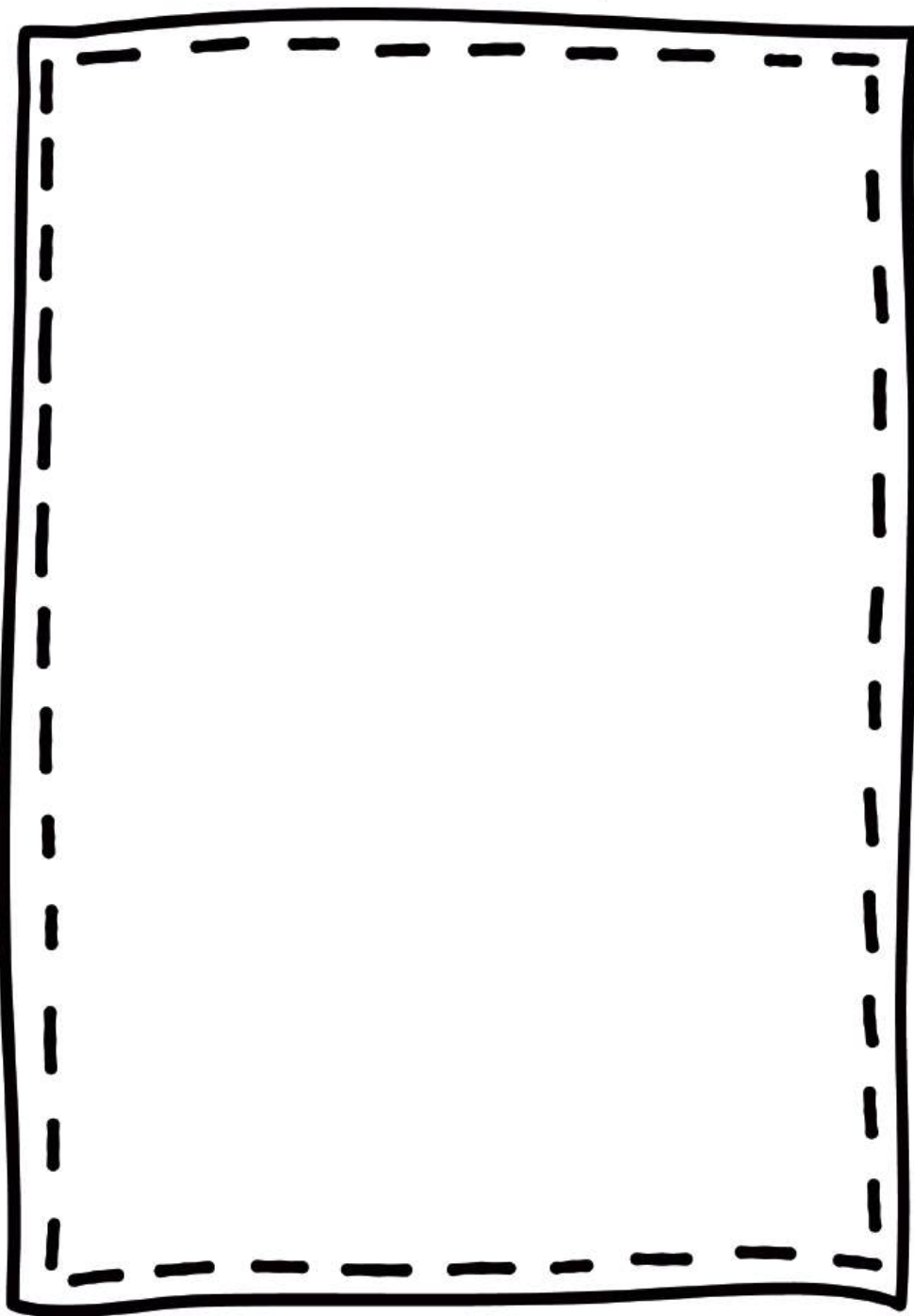
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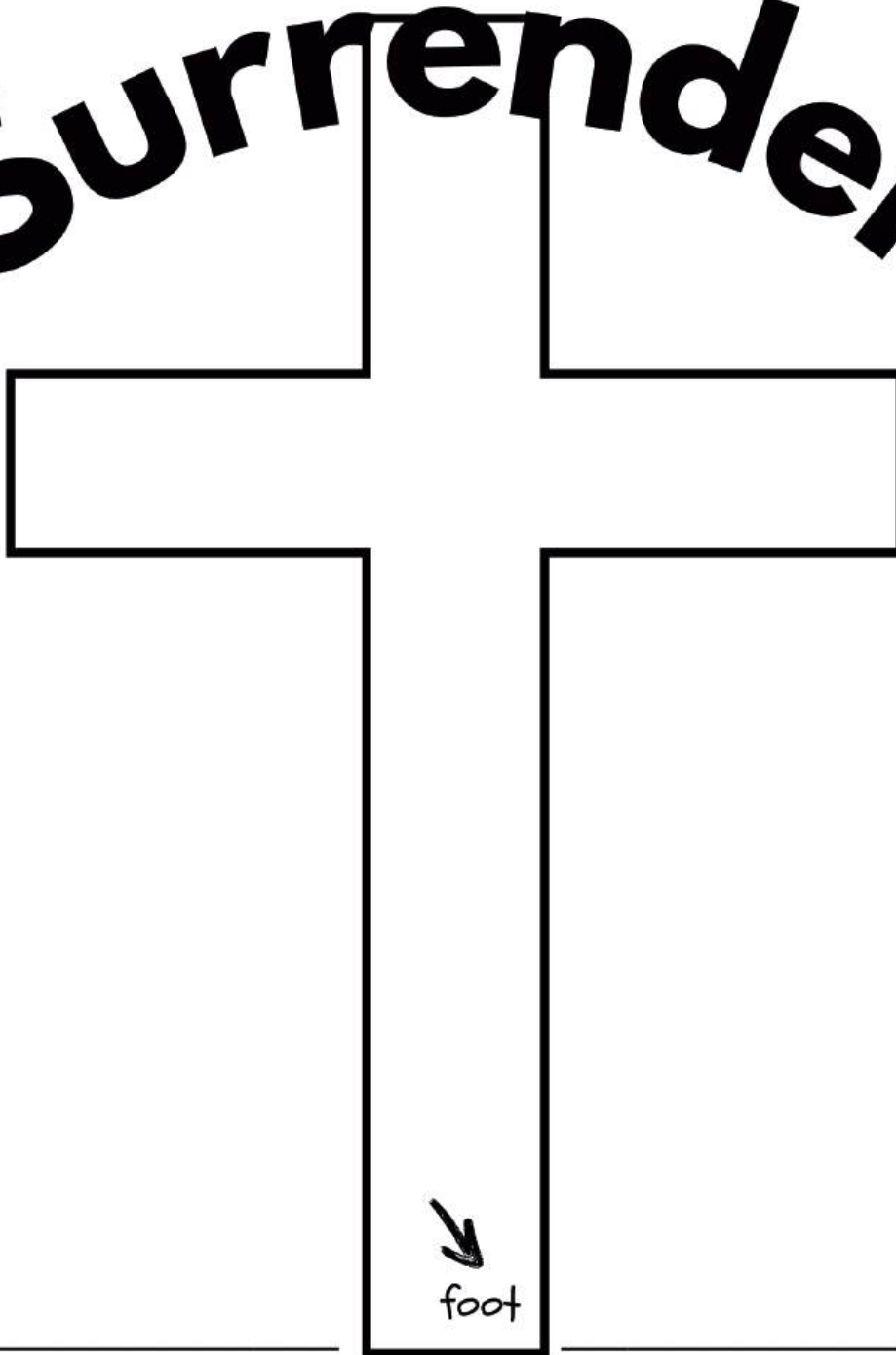


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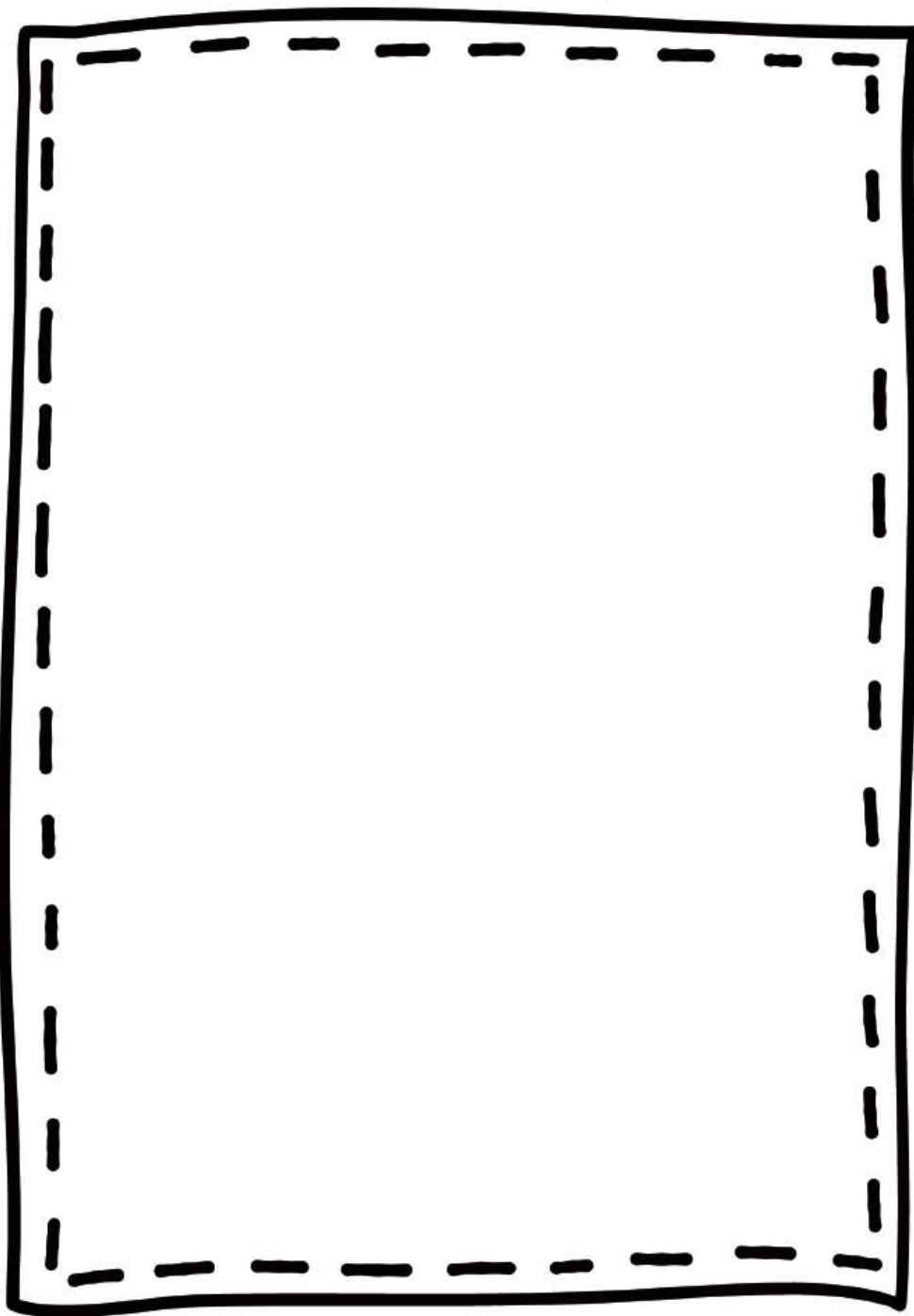
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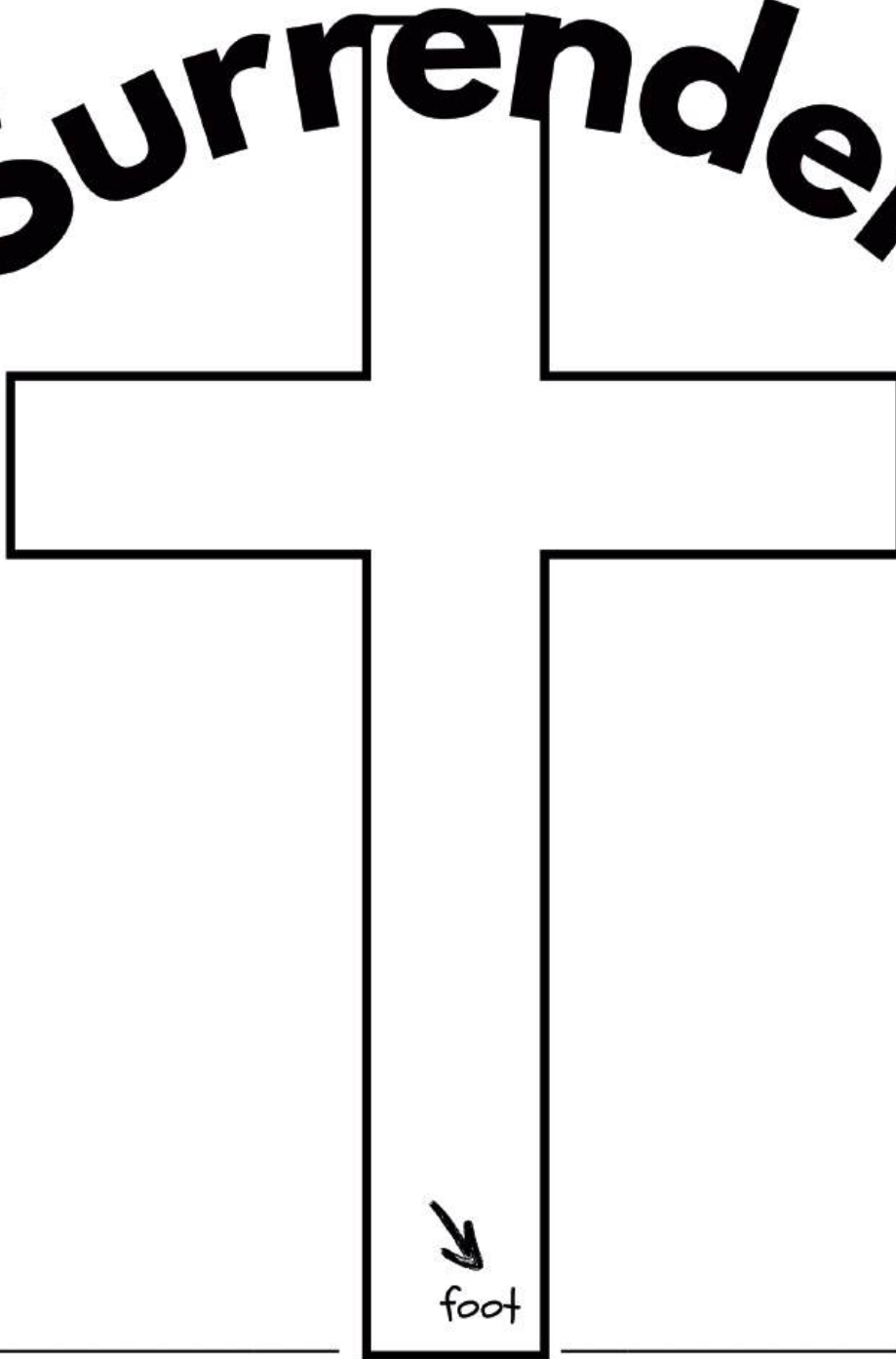


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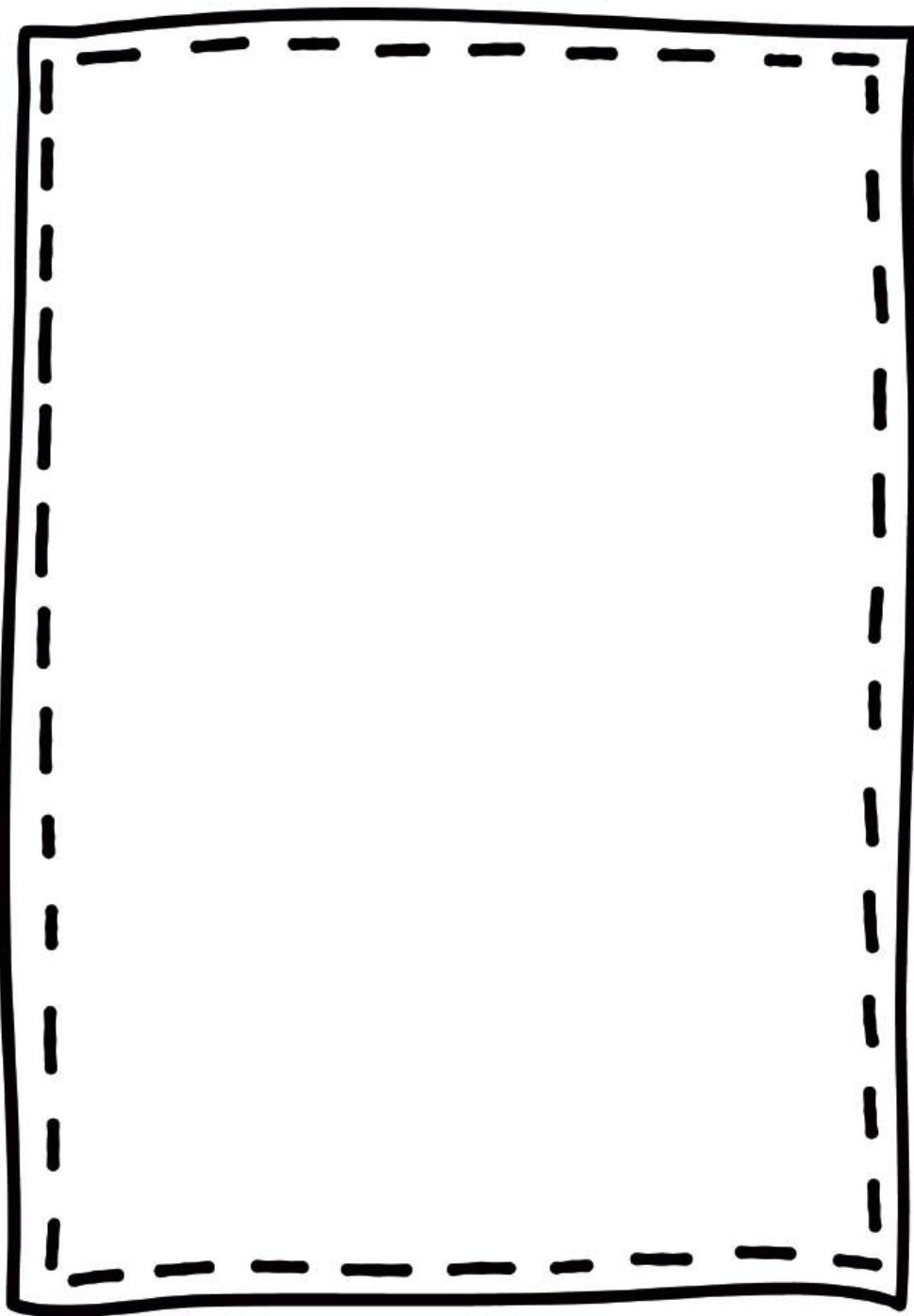
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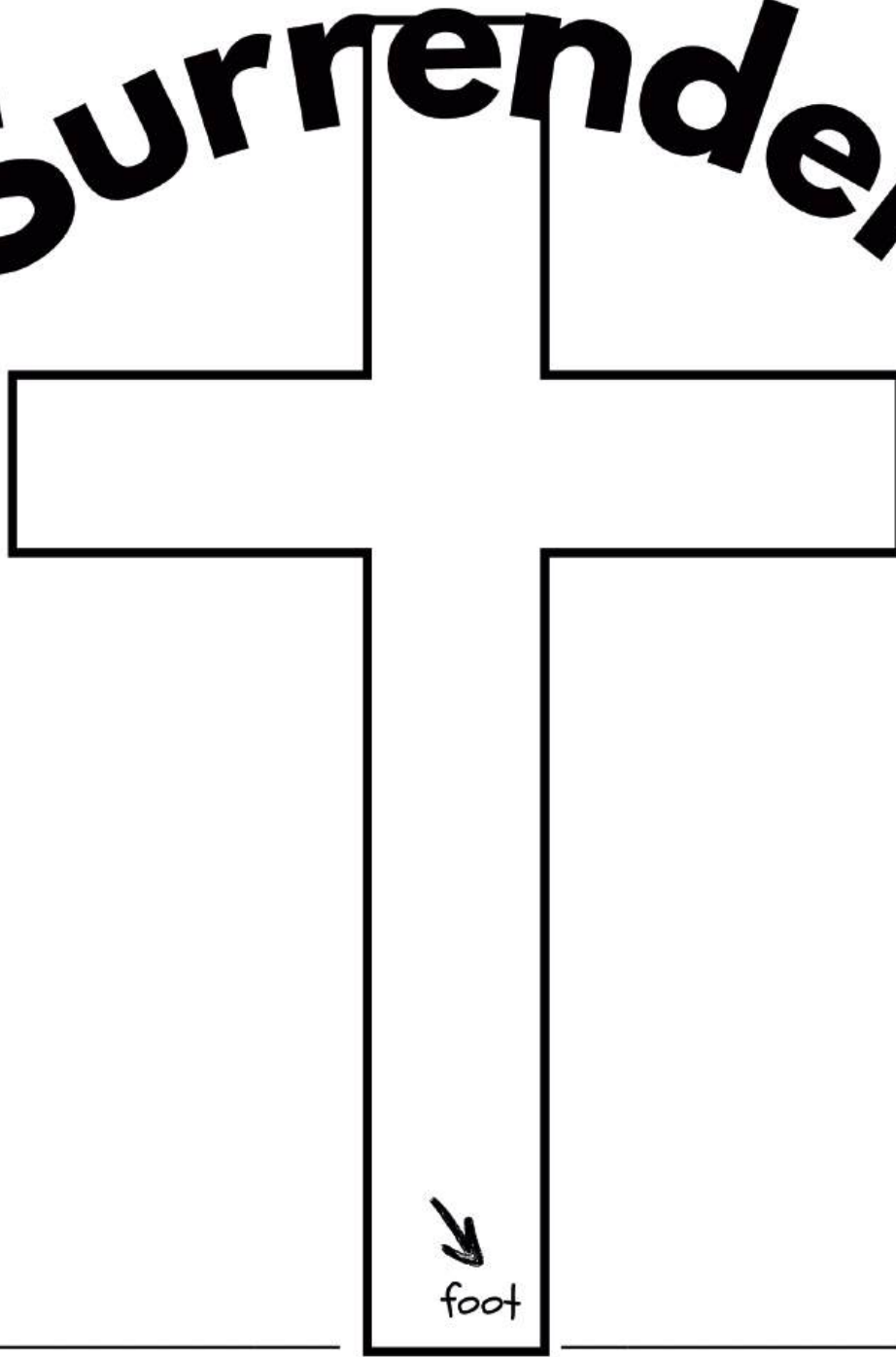


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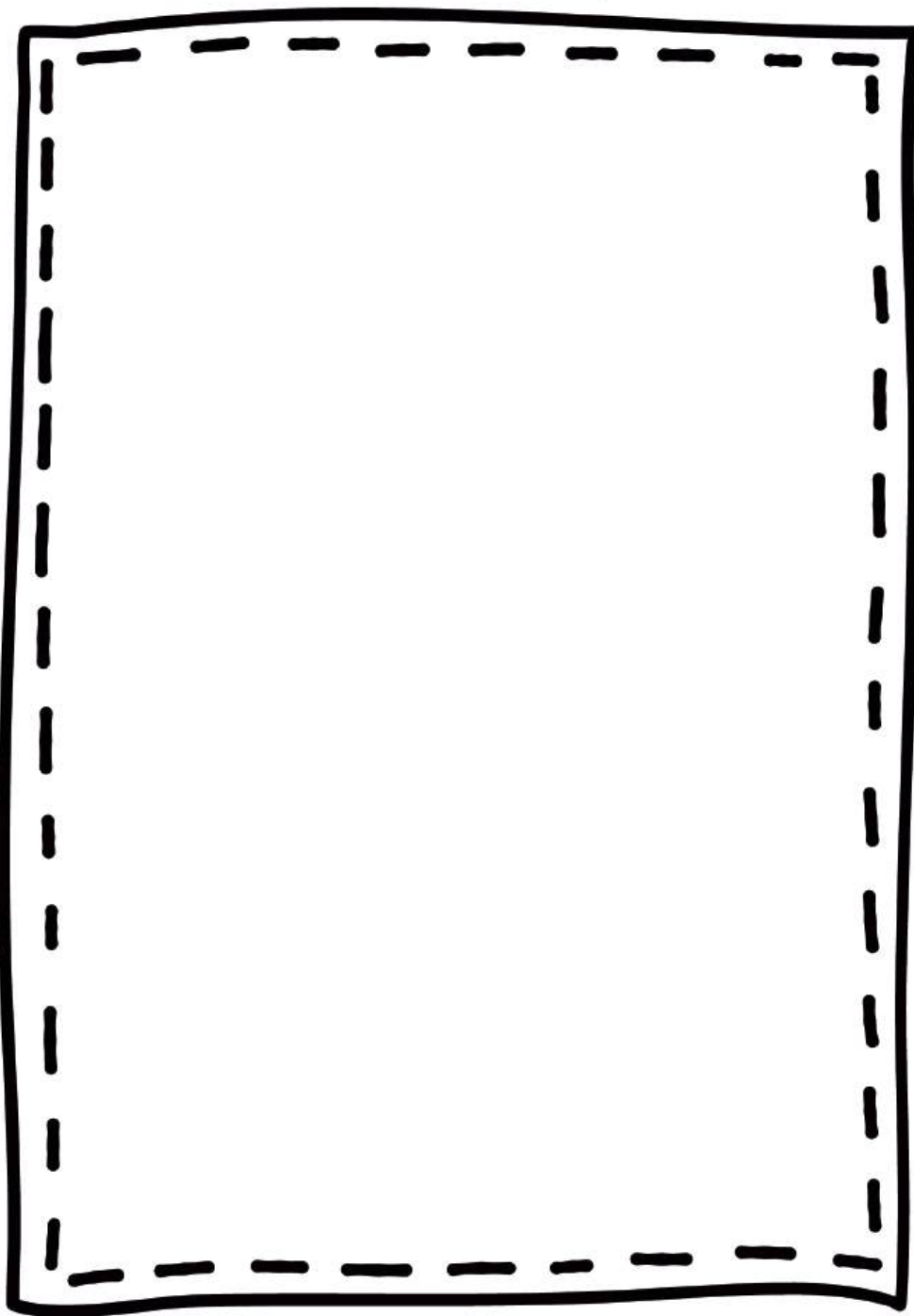
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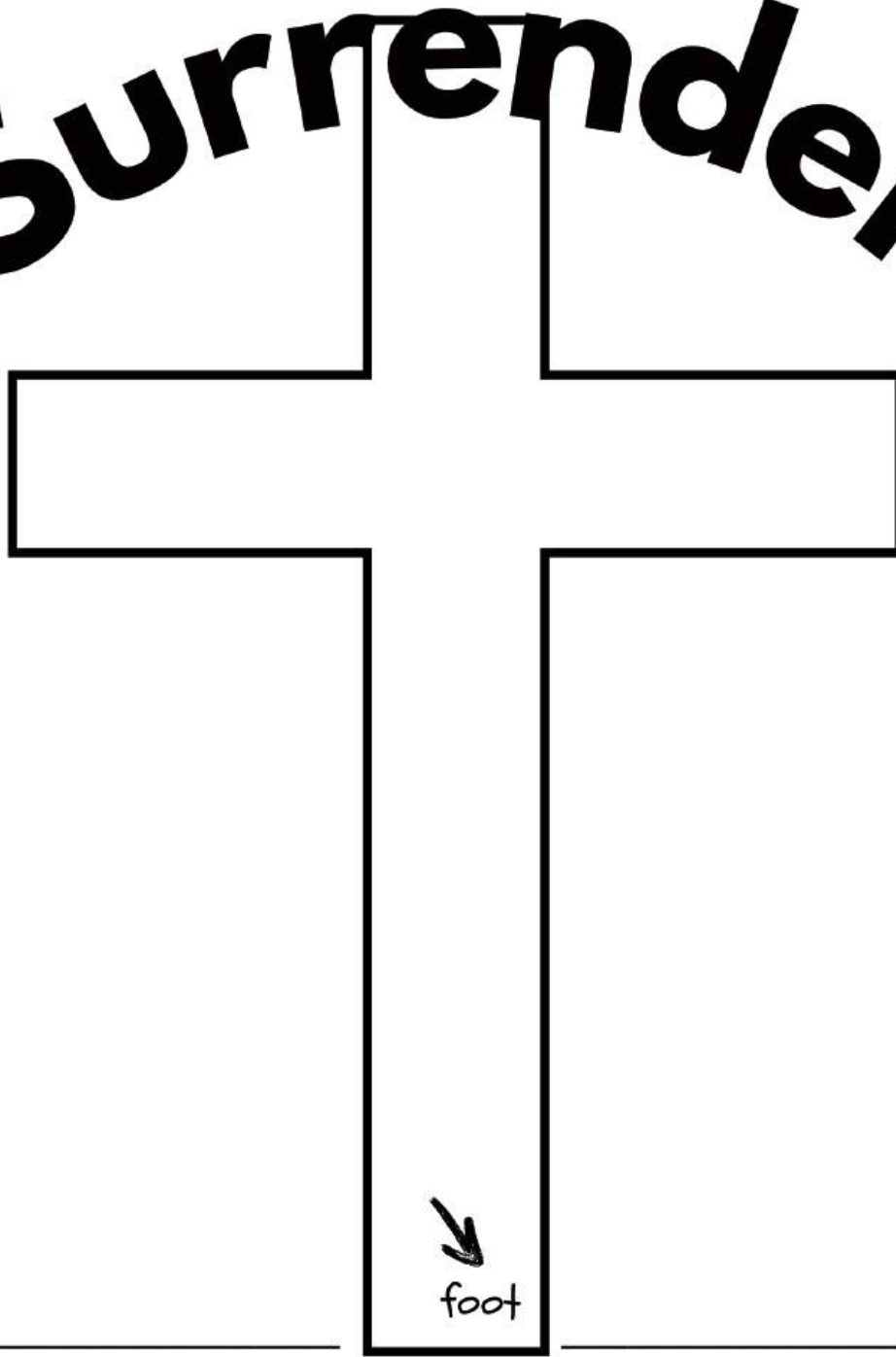


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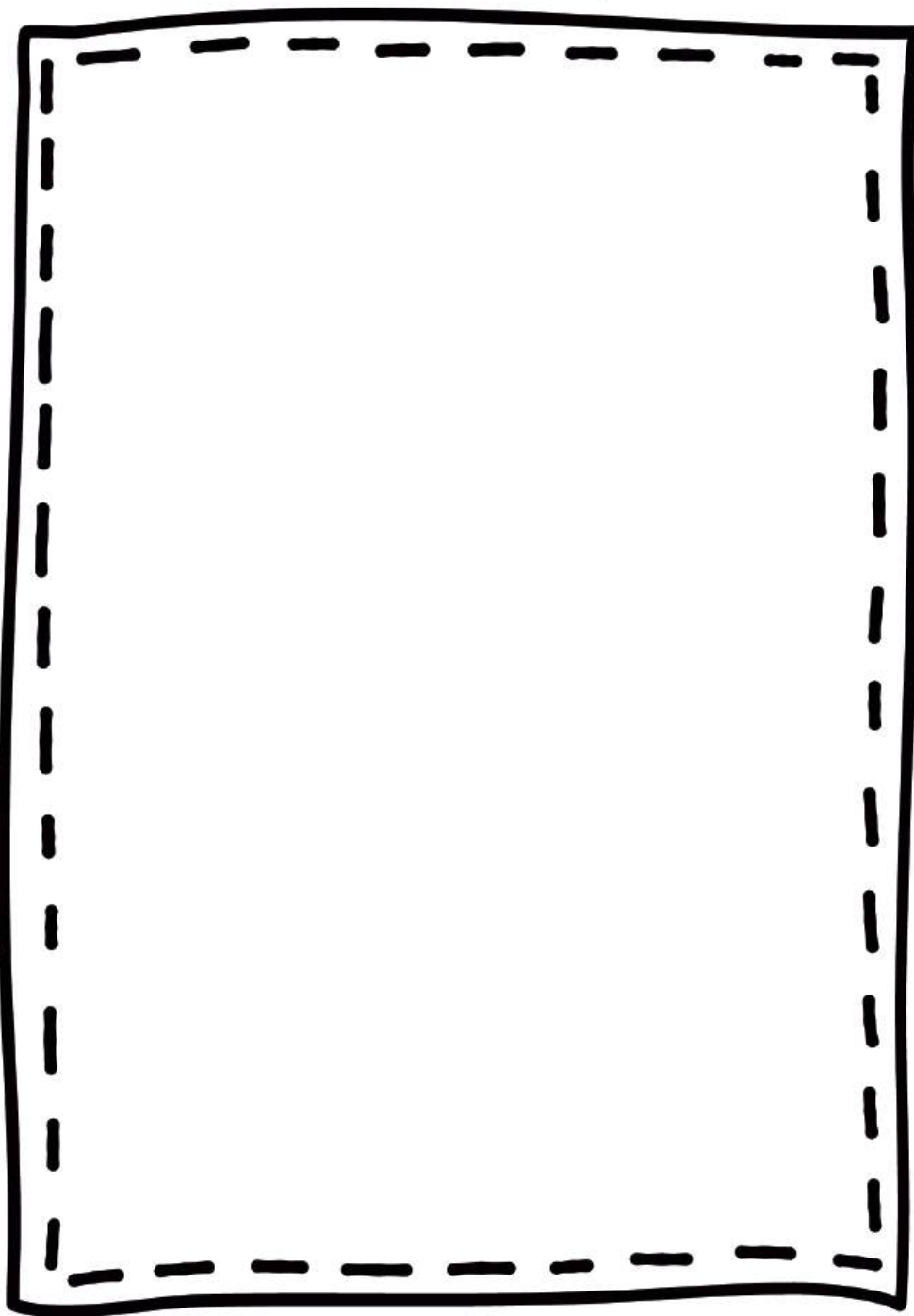
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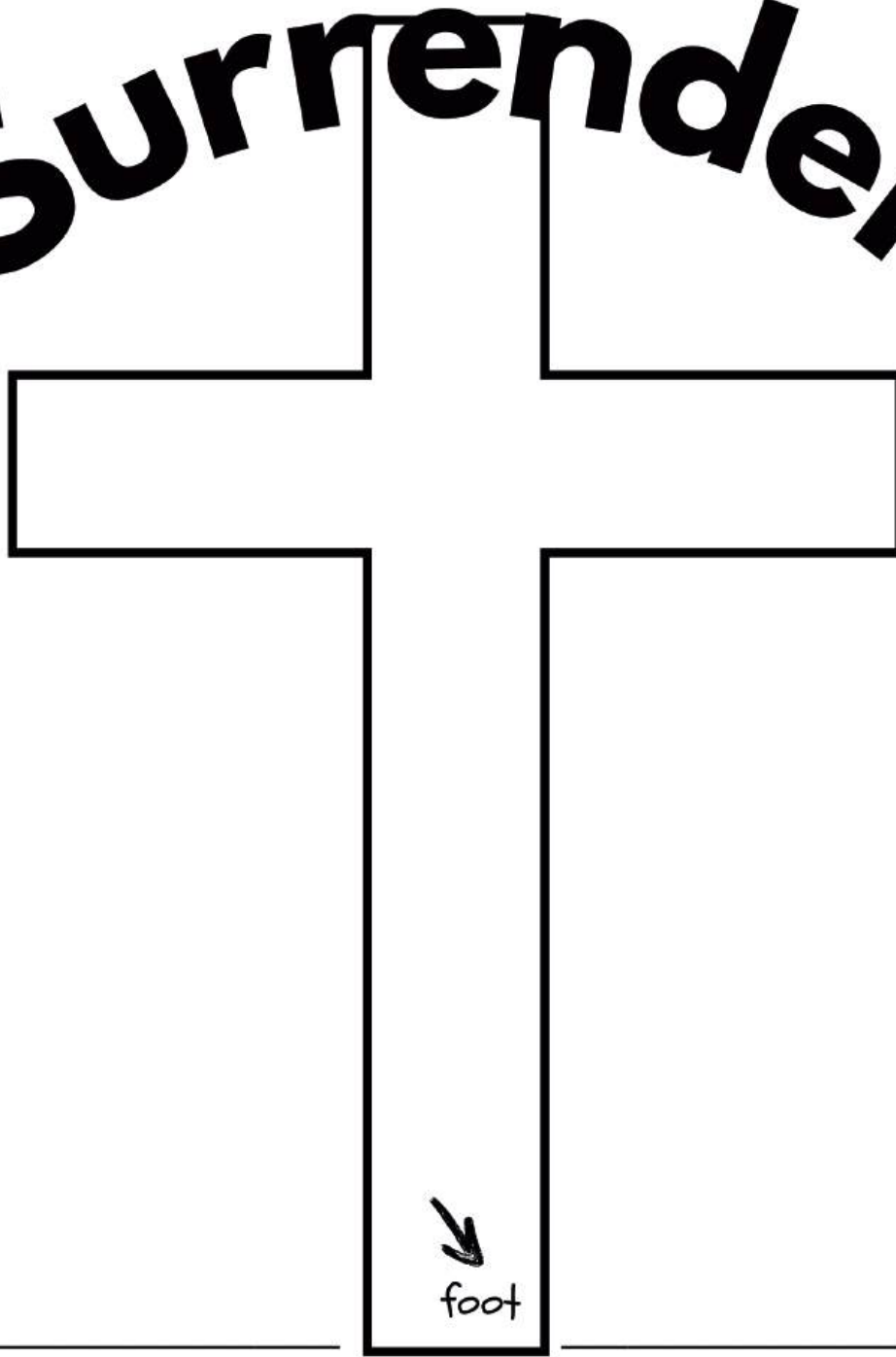


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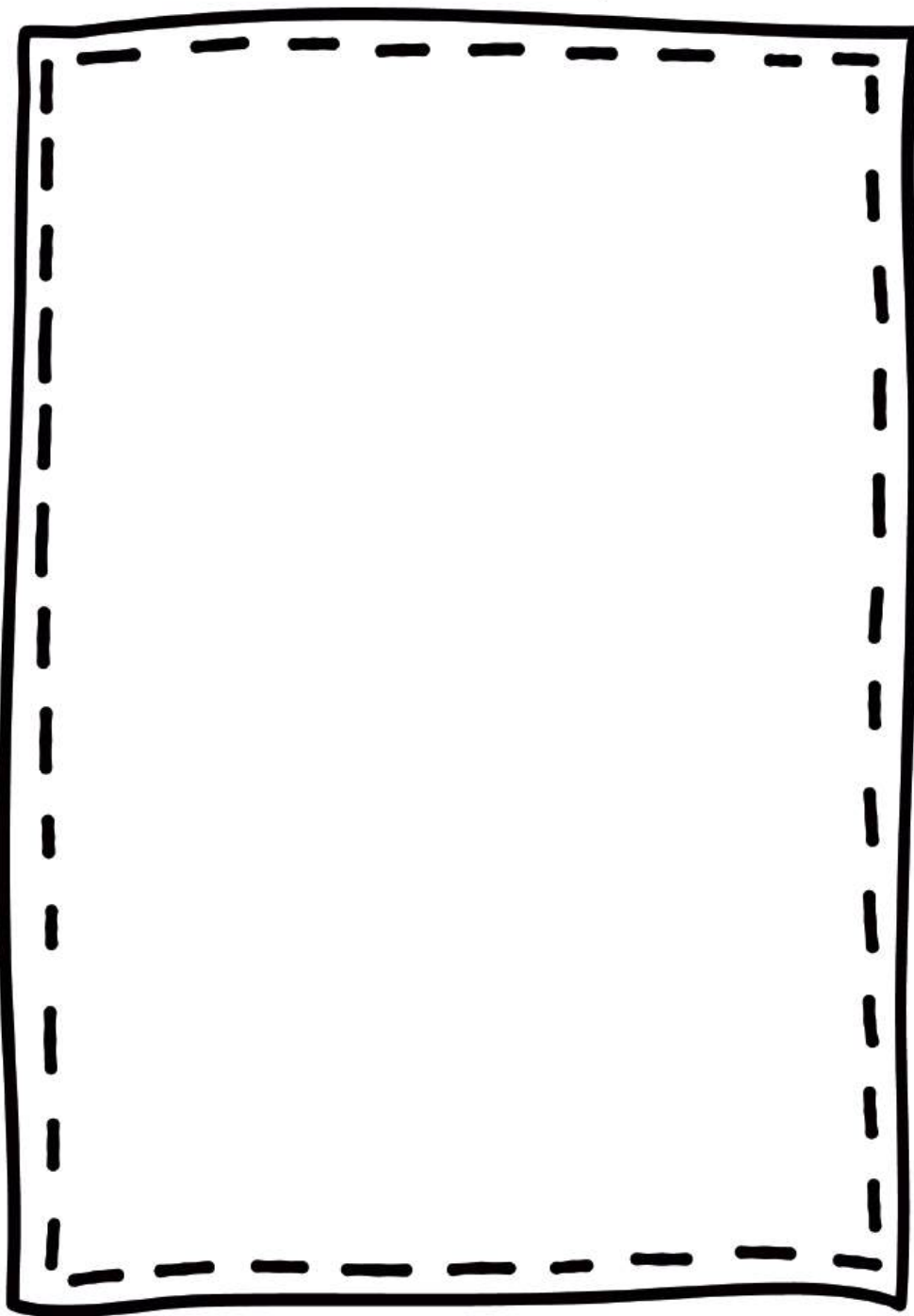
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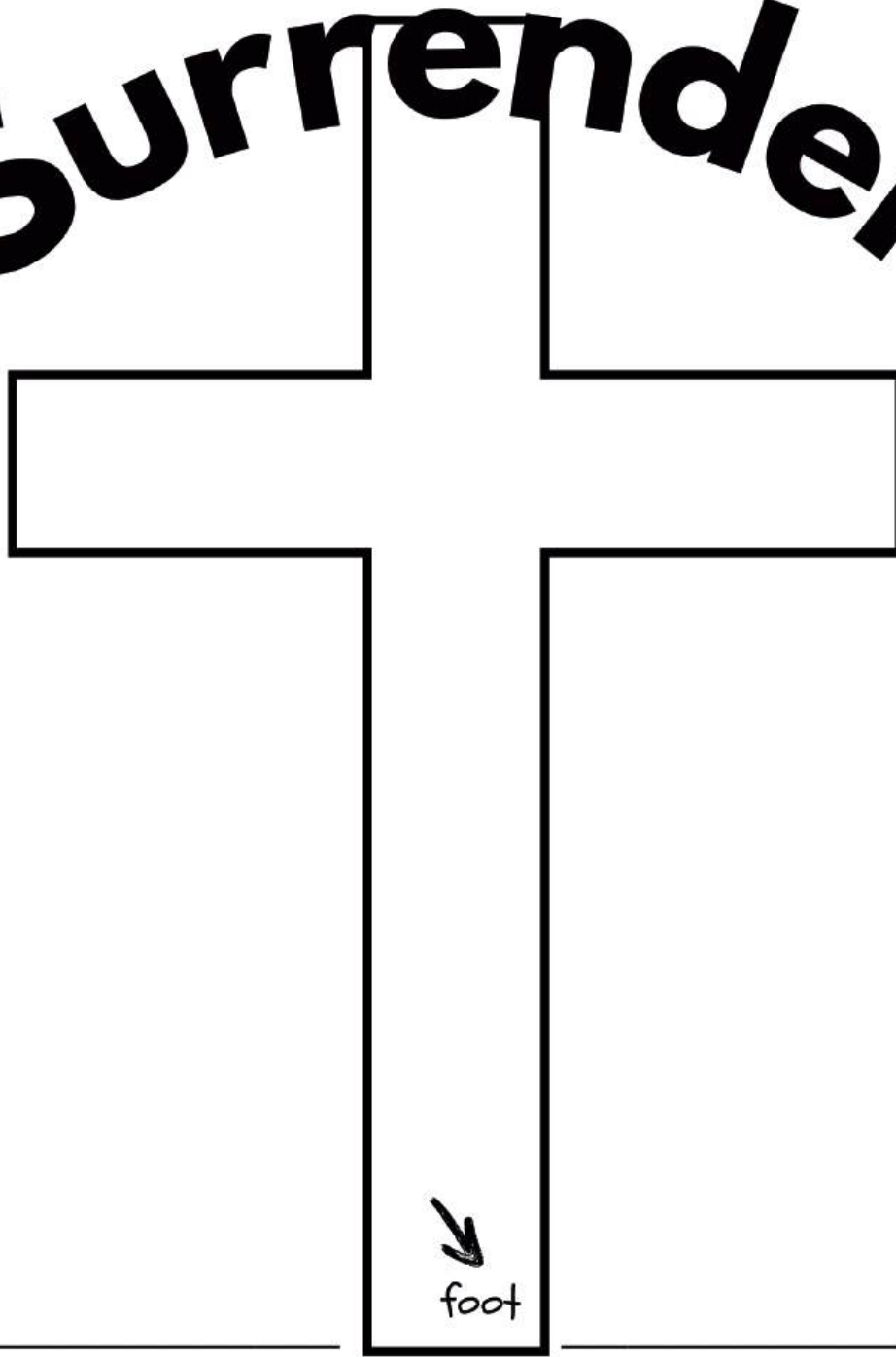


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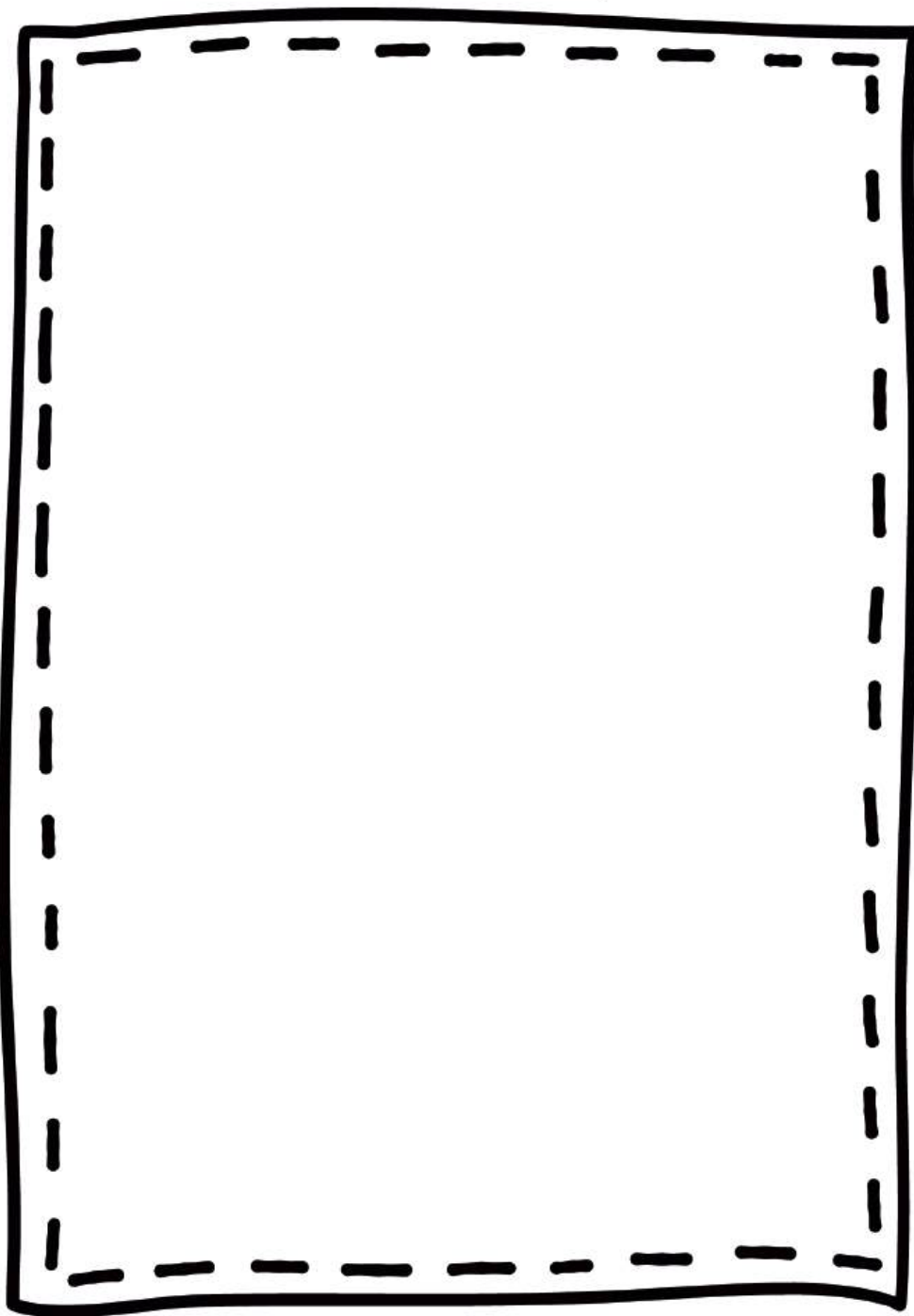
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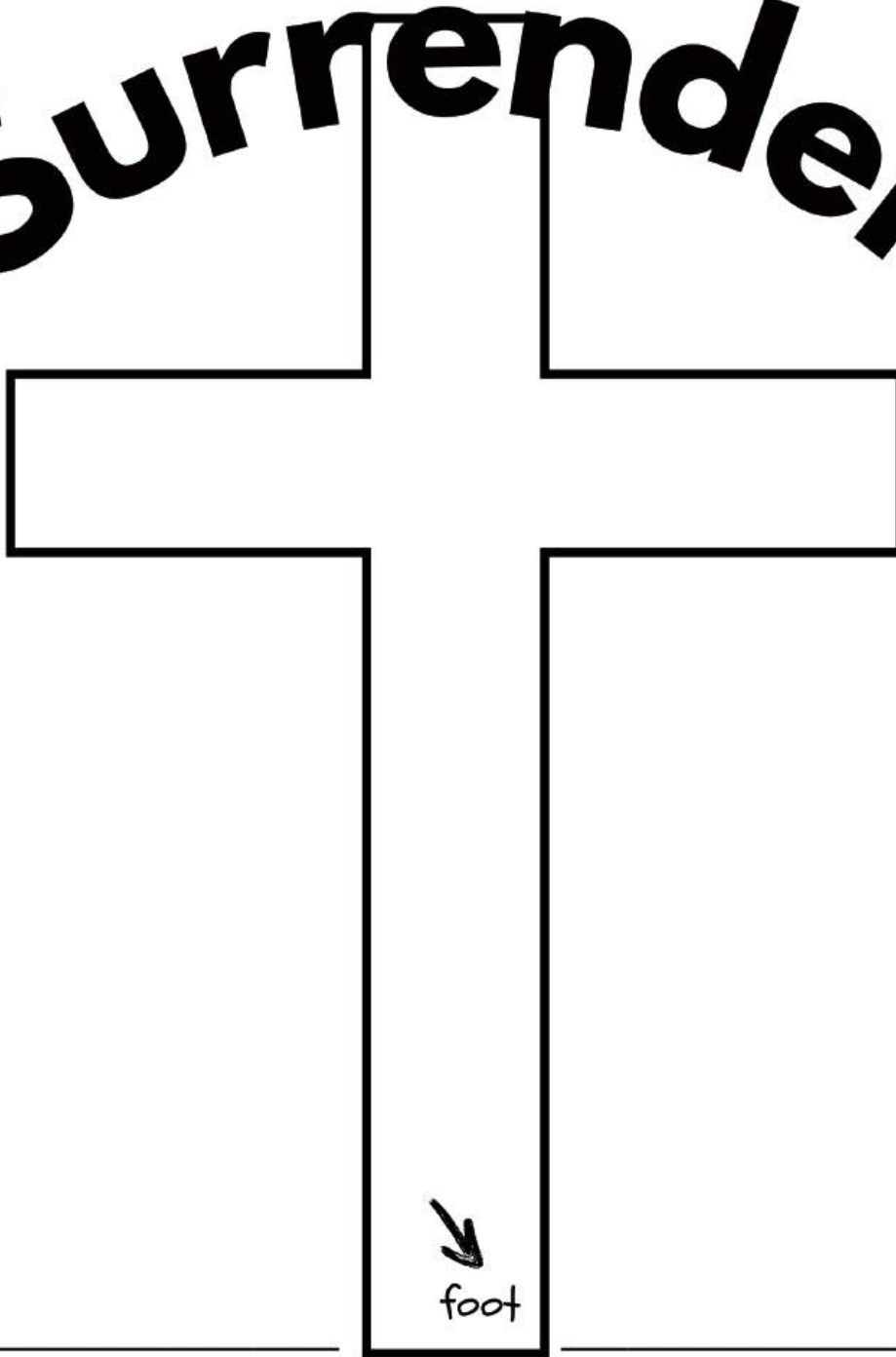


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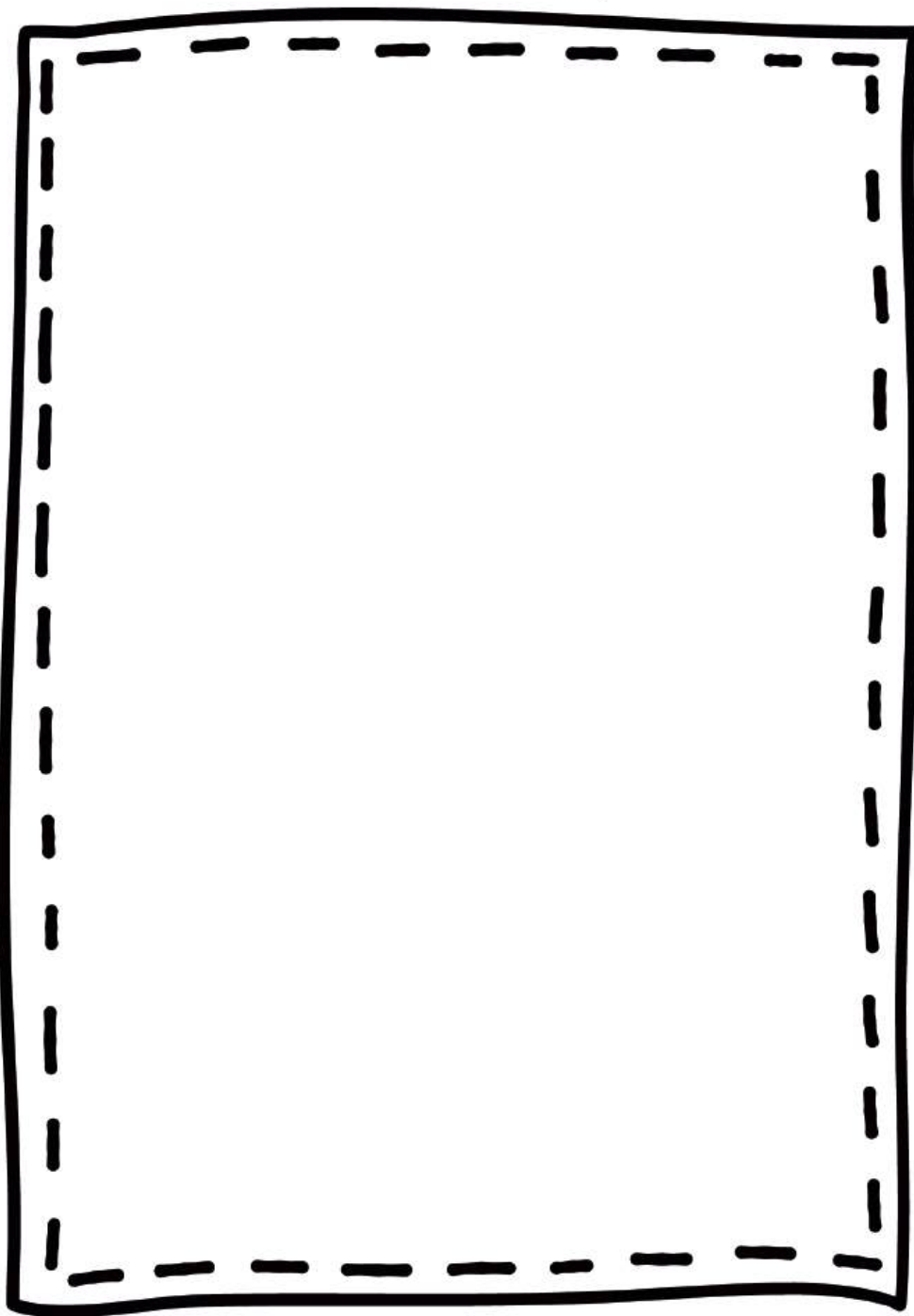
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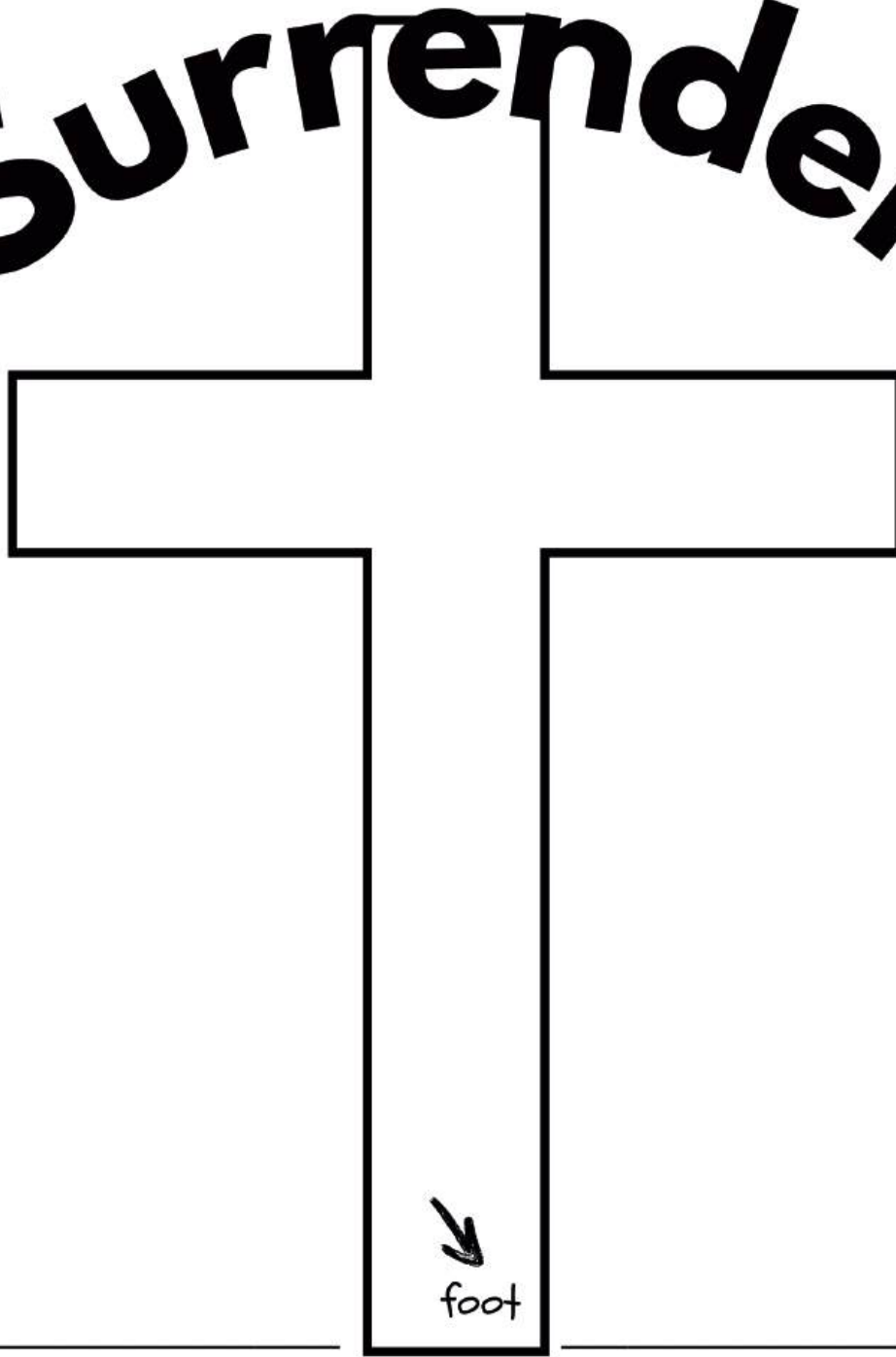


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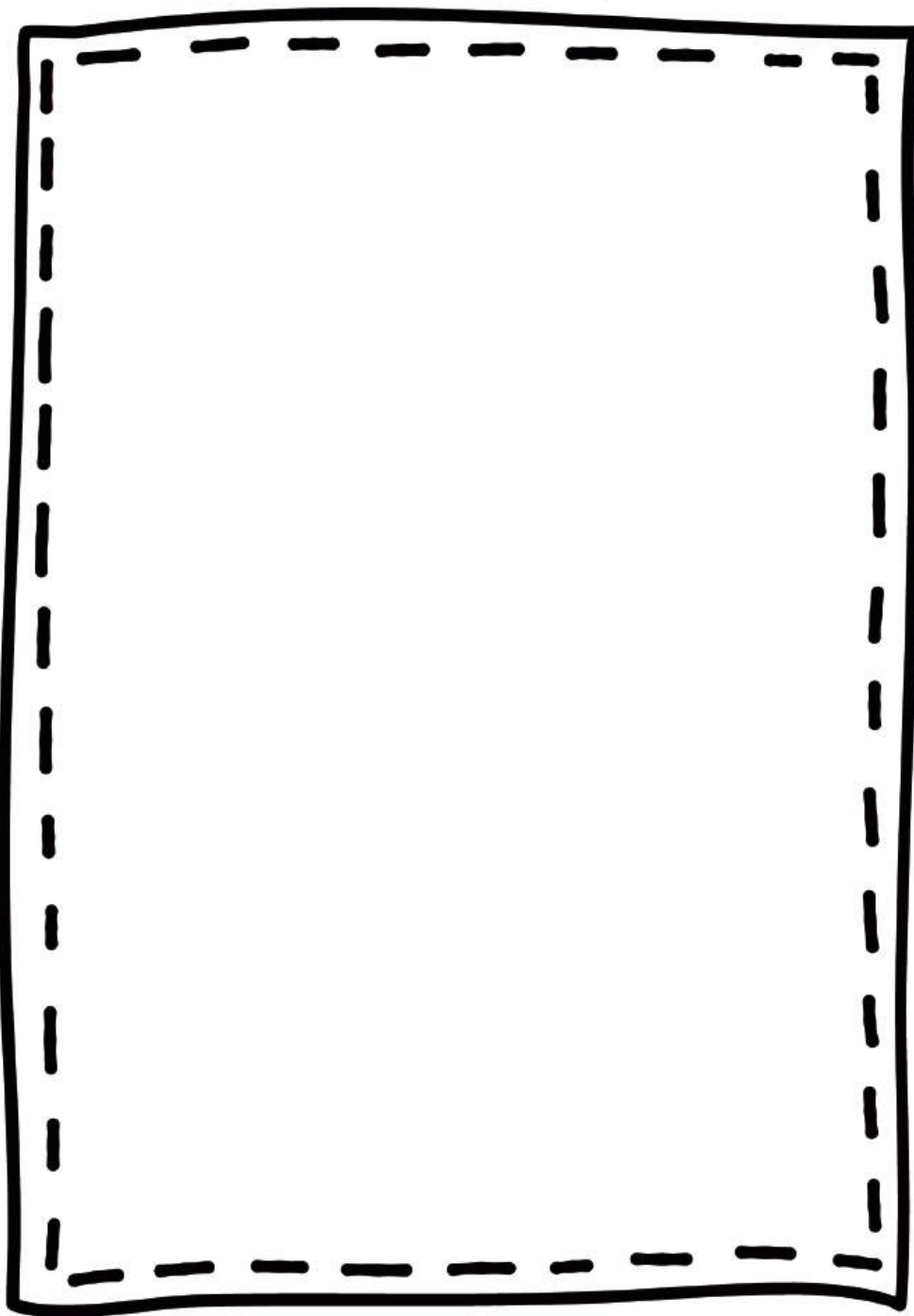
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- Dear God, I believe you can help me with.....
- Dear God, I know you are with me when.....

A large rectangular area for writing or drawing, featuring a spiral binding on the left side and a grid of dots for writing.

Write or draw something you're thankful for on the leaves.



Use this space to draw a picture of how you feel right now after checking in with God. Remember: be honest about how you feel. God loves your honesty.



Today is: _____

How are you feeling today?



Calm



Happy



Upset



Nervous



Sad



Funny



Surprised



Confused



Disappointed



Annoyed



Scared



Sick



Tired



Embarrassed

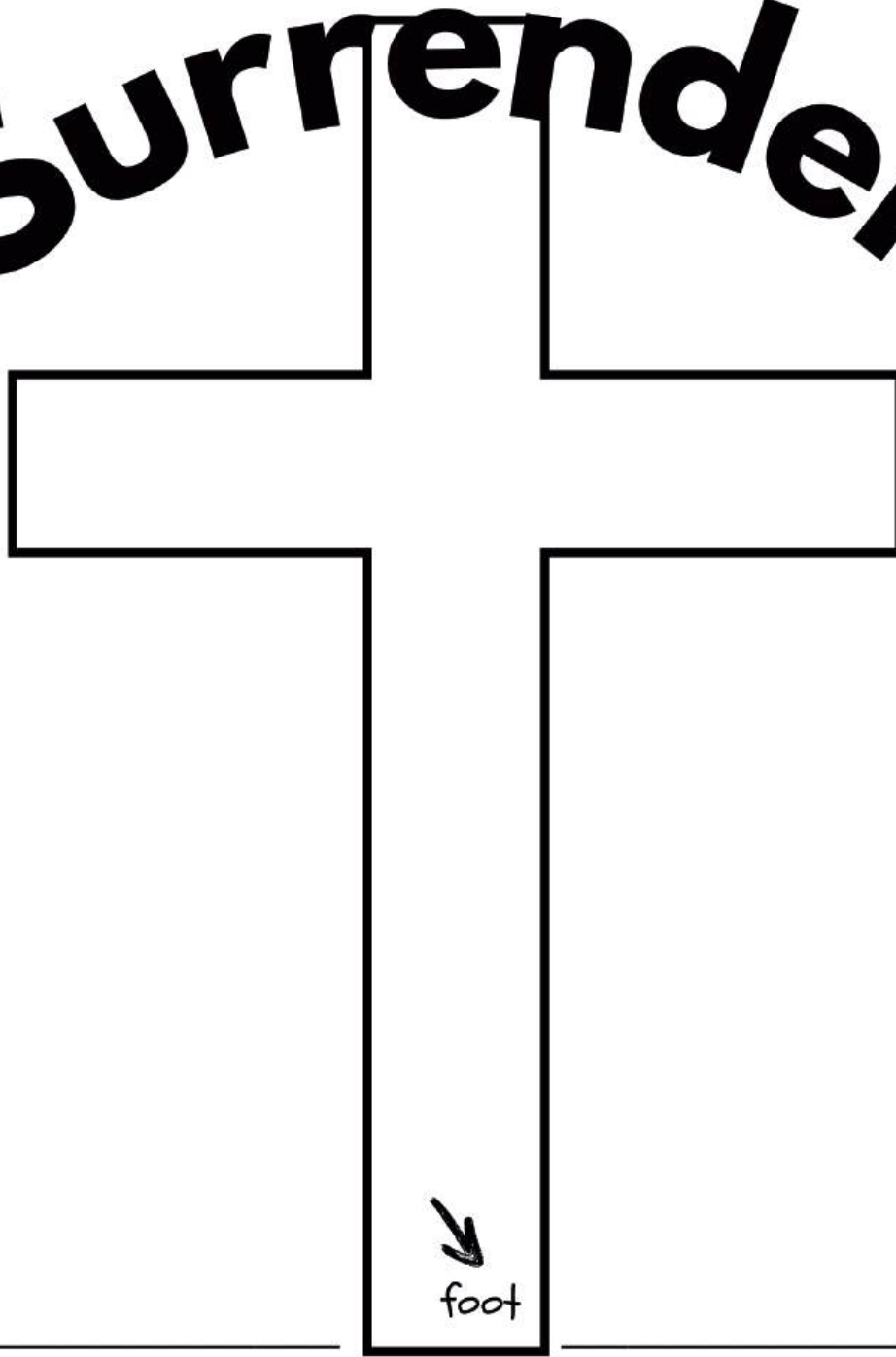


Cool

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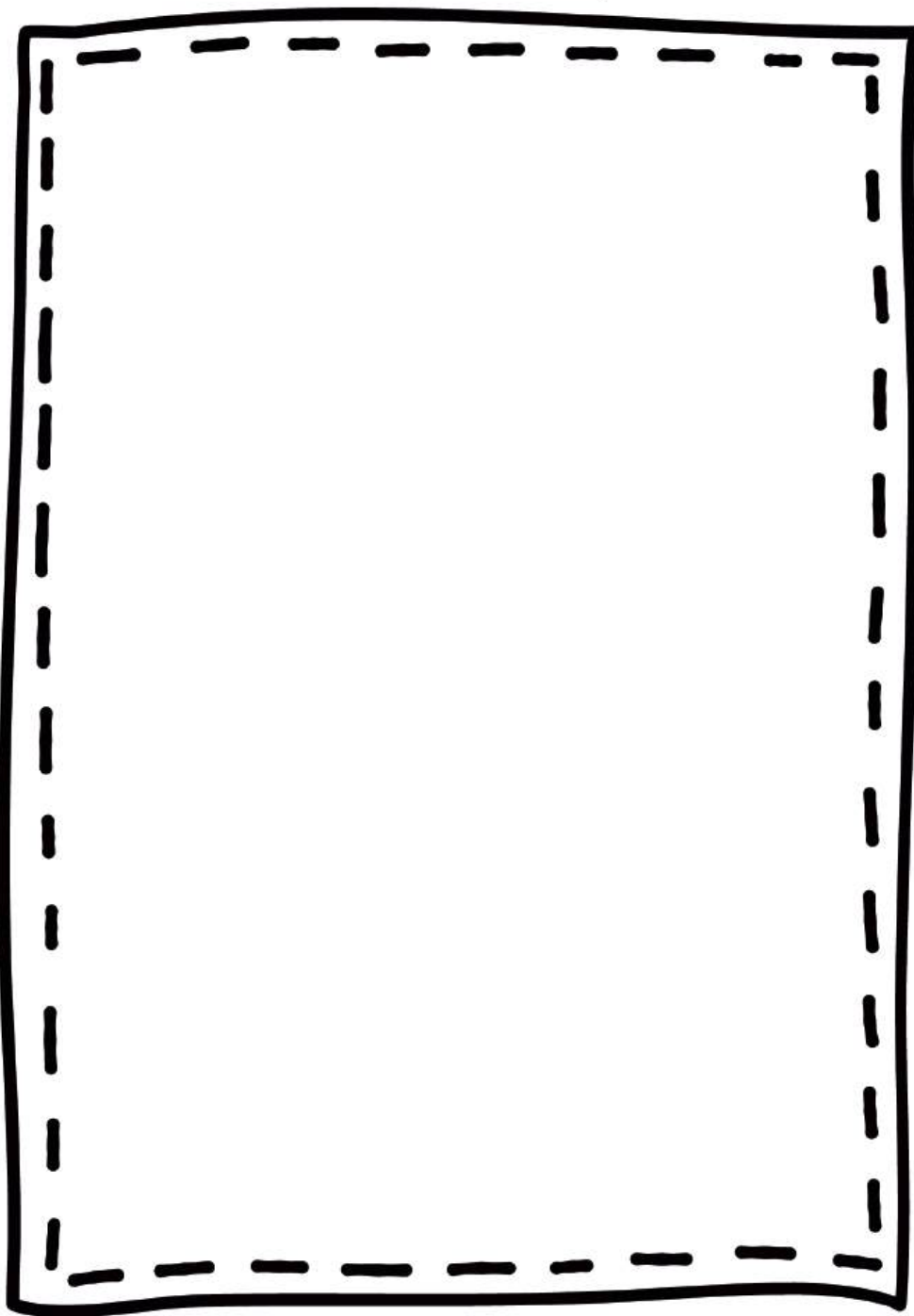
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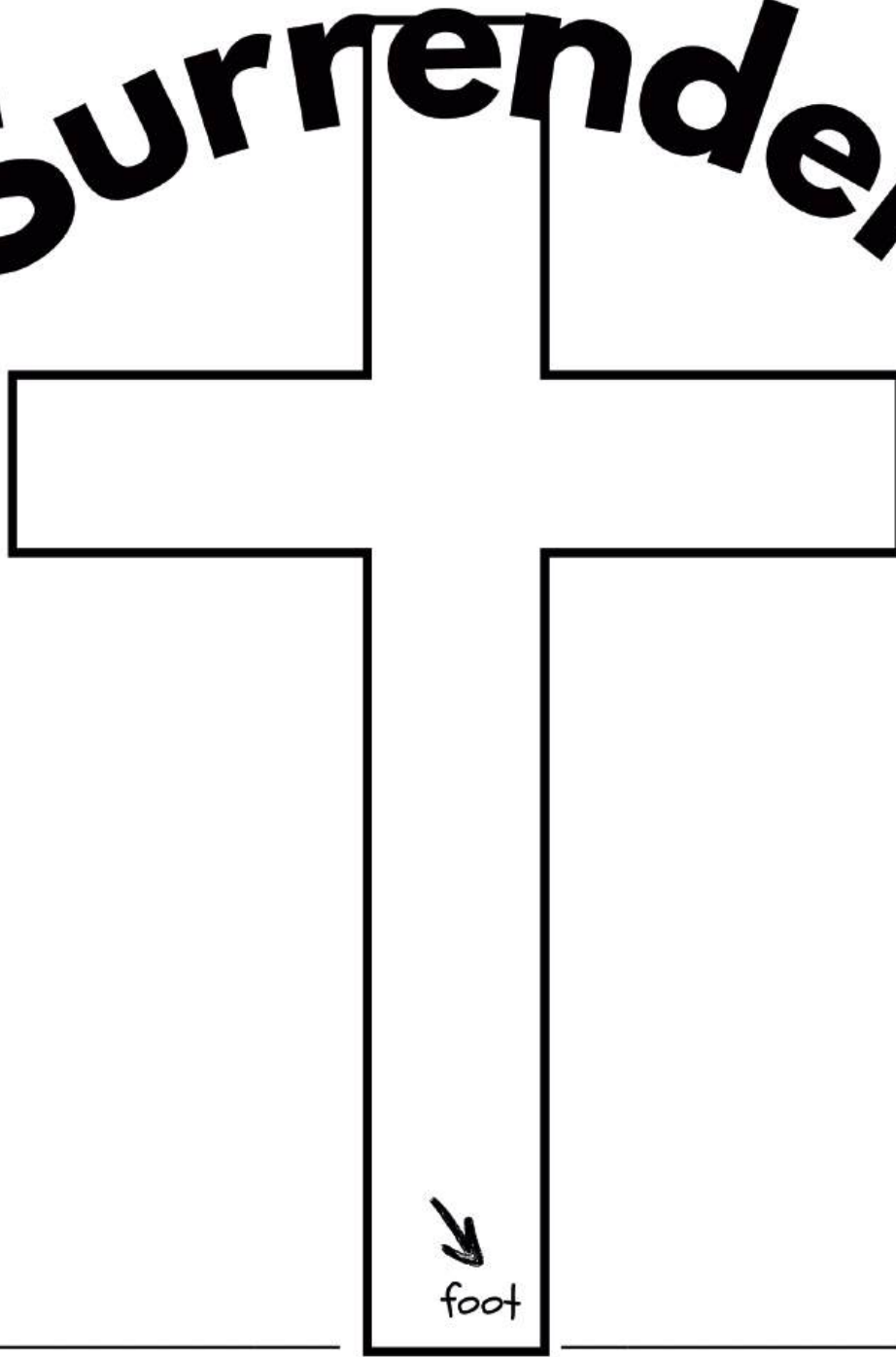


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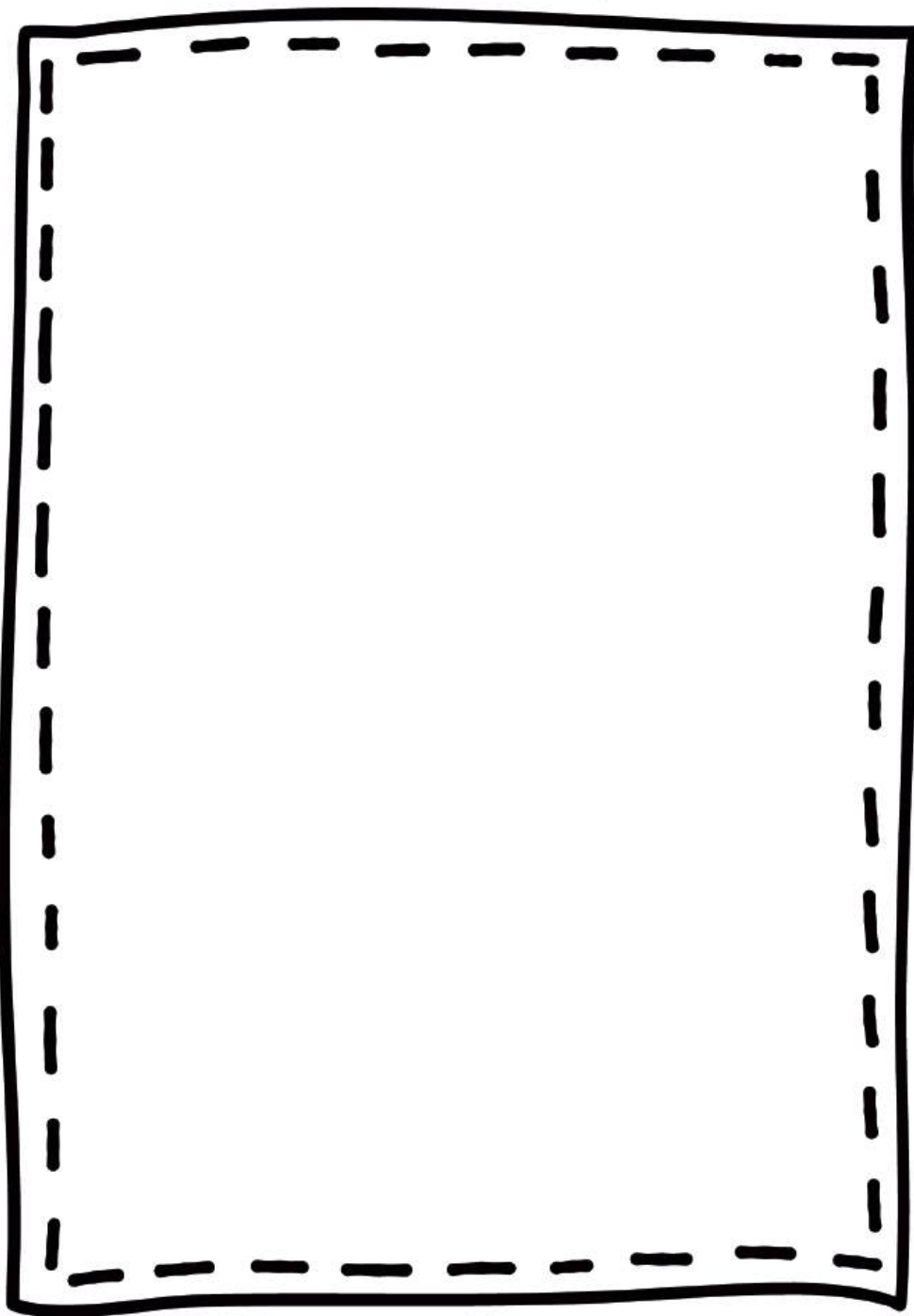
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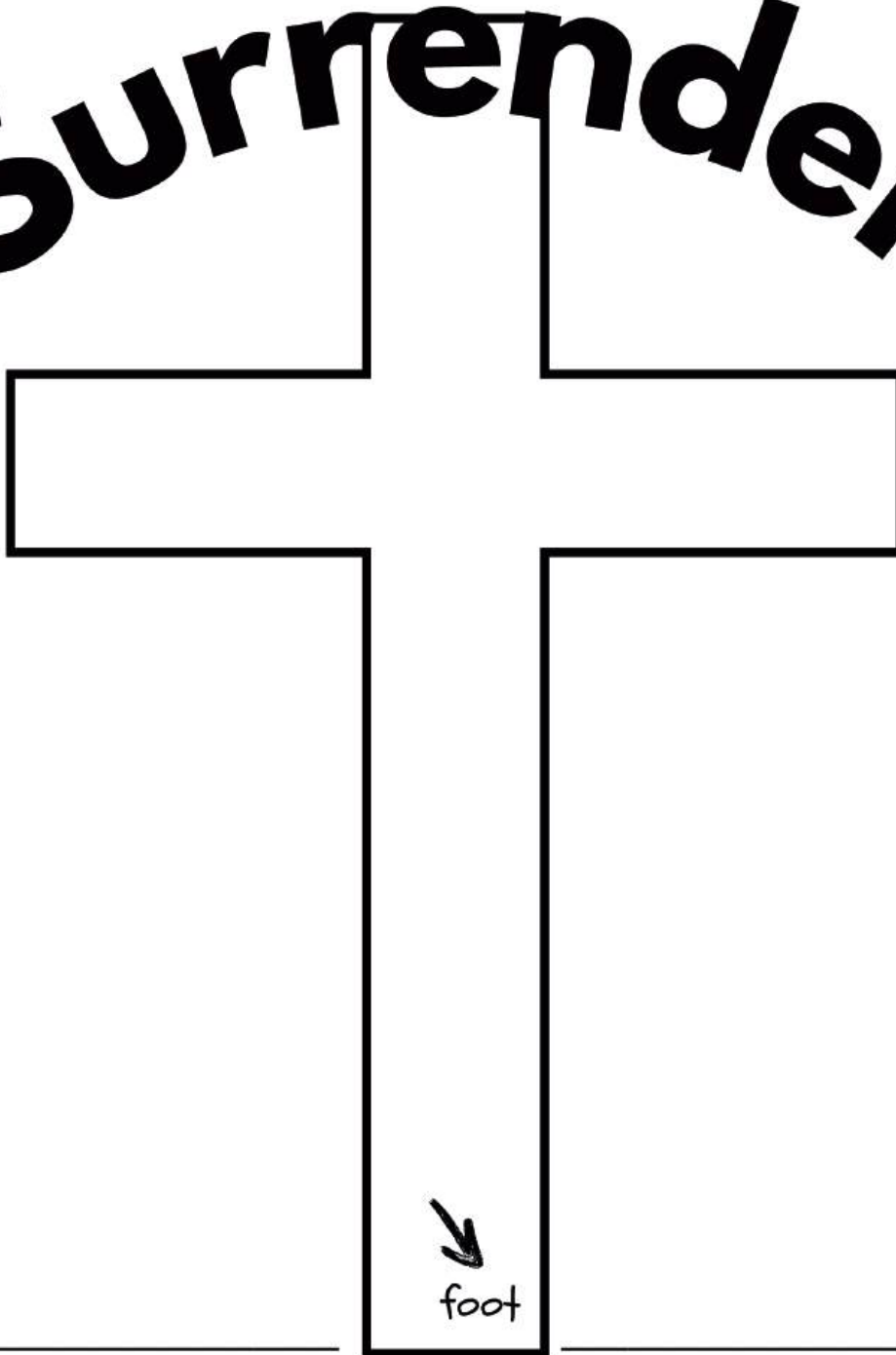


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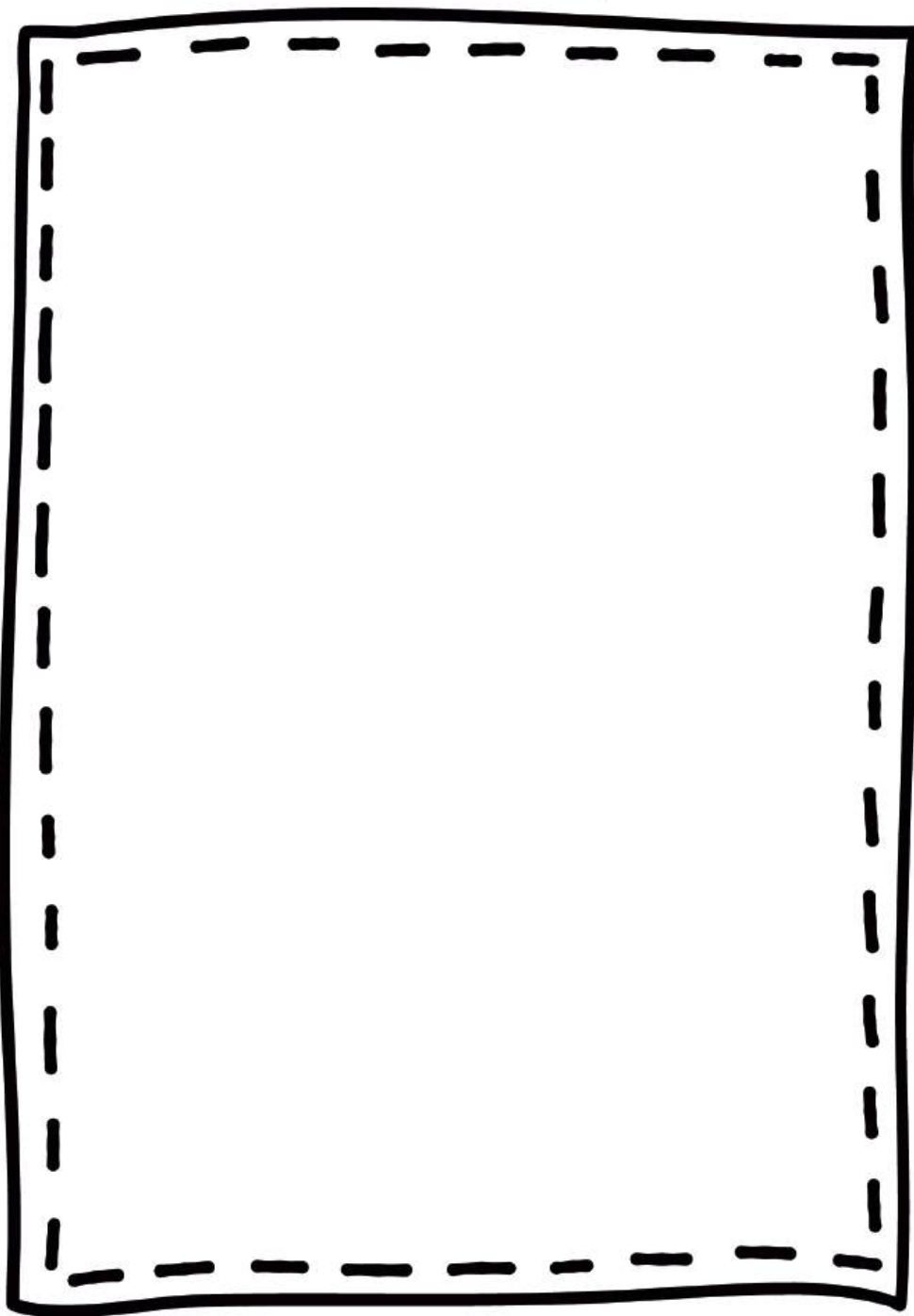
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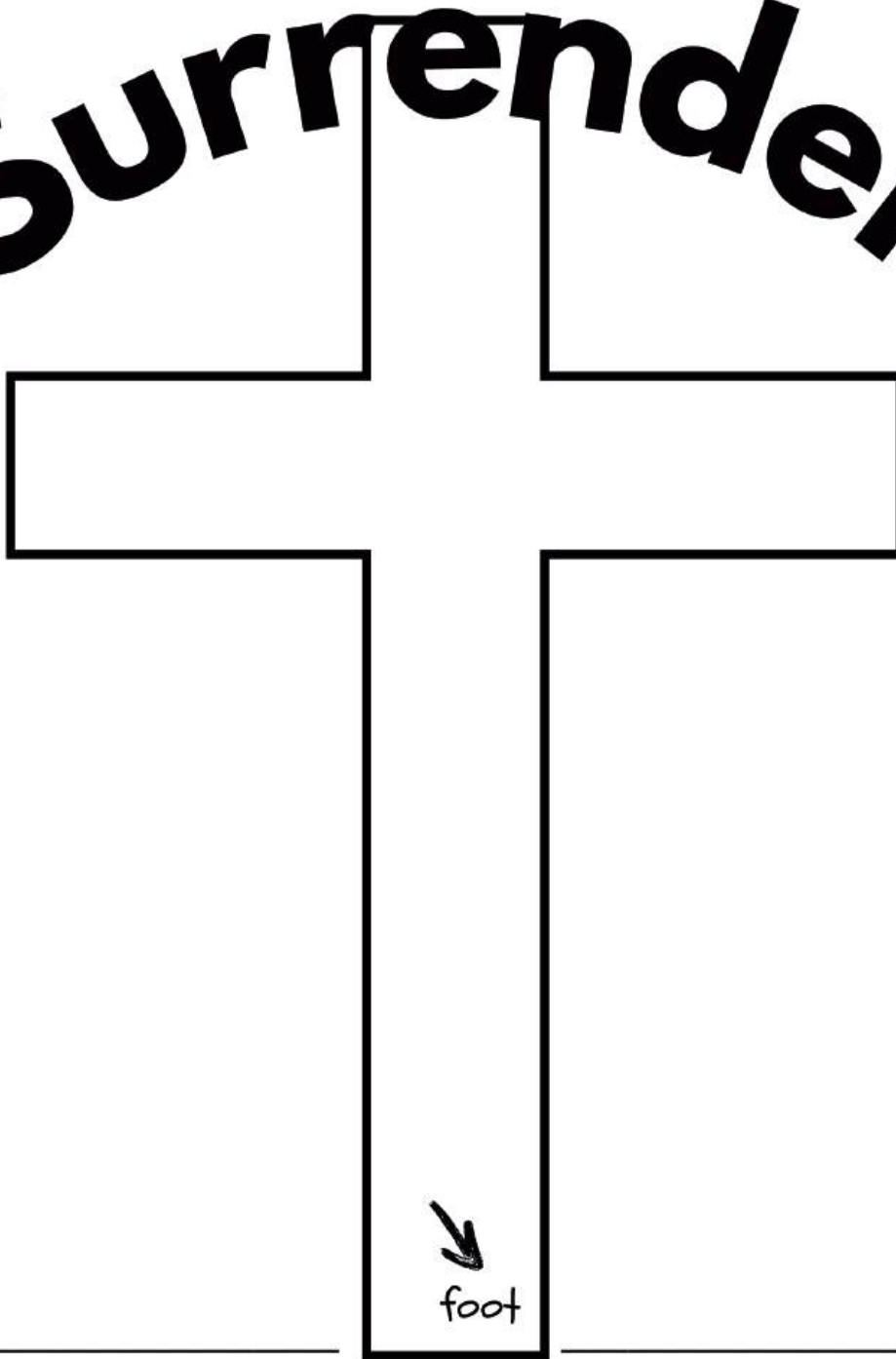


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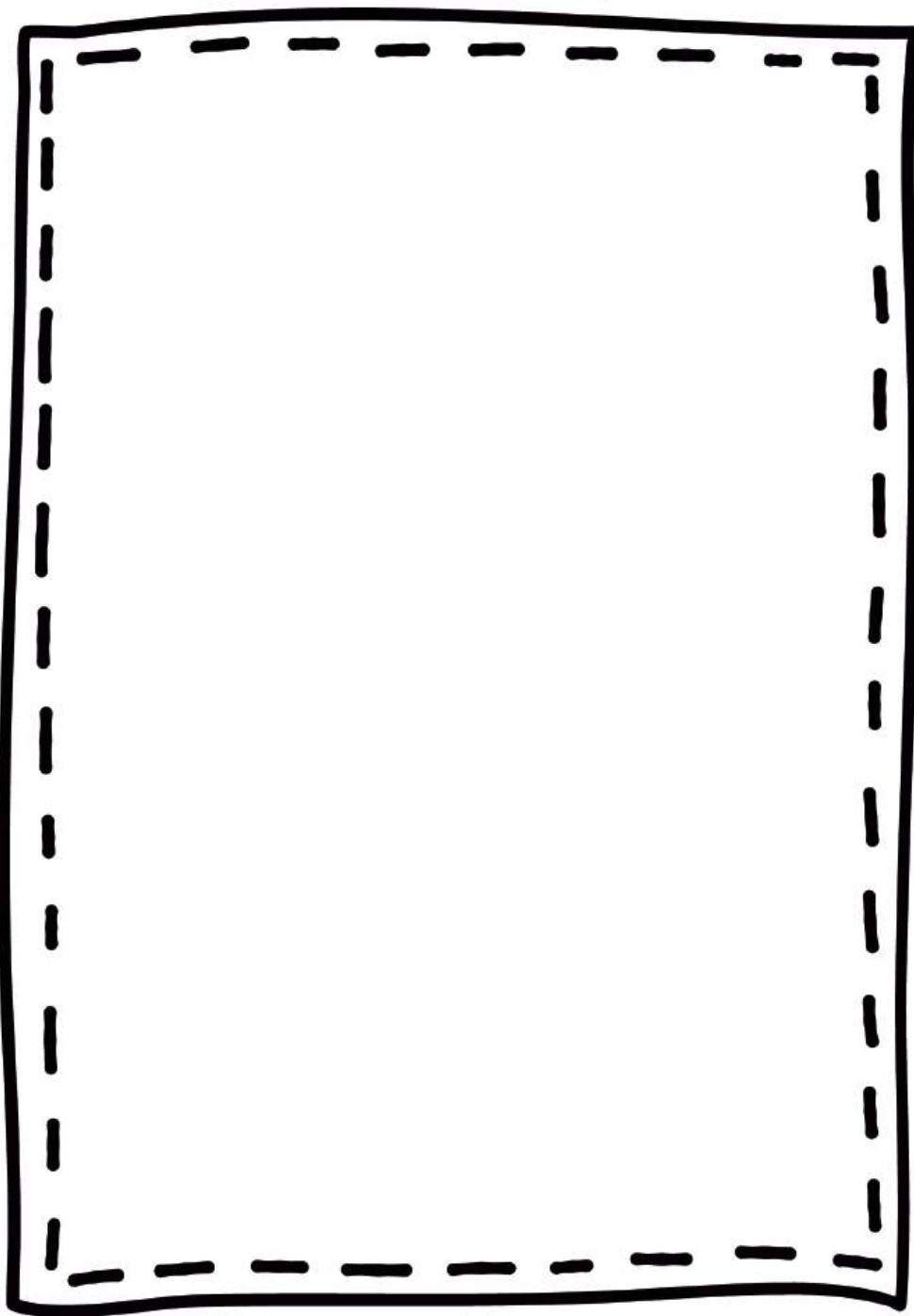
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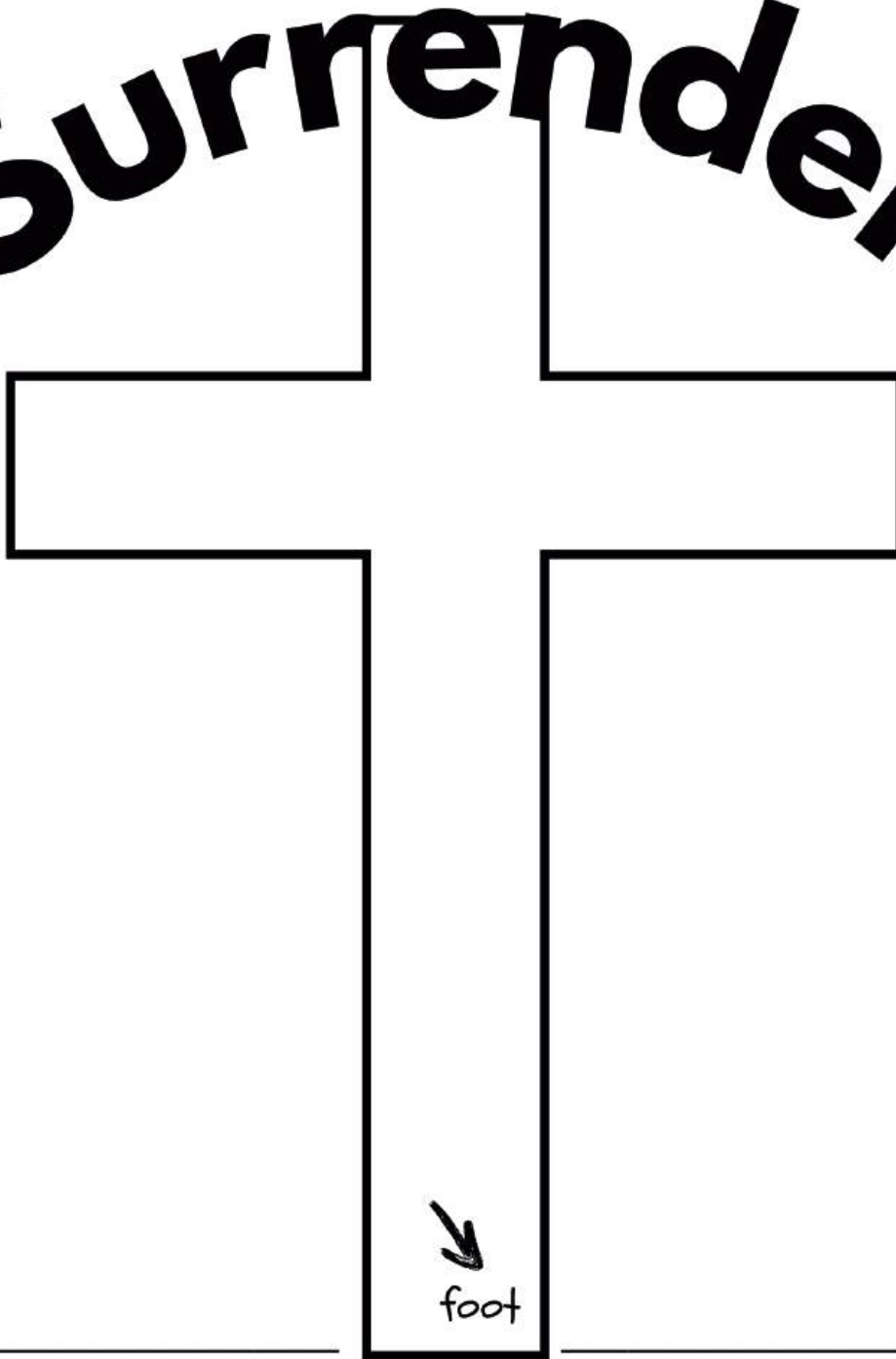


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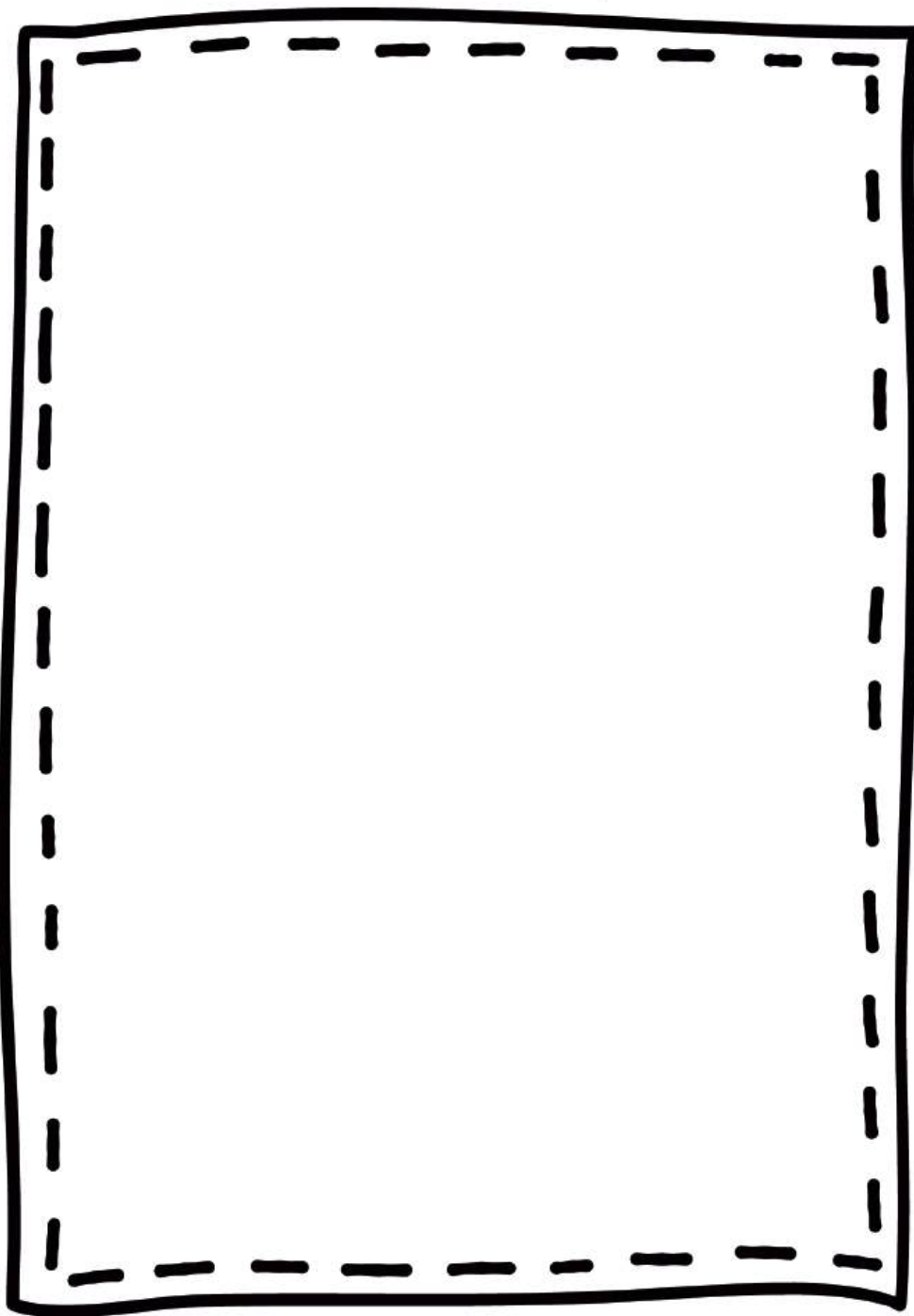
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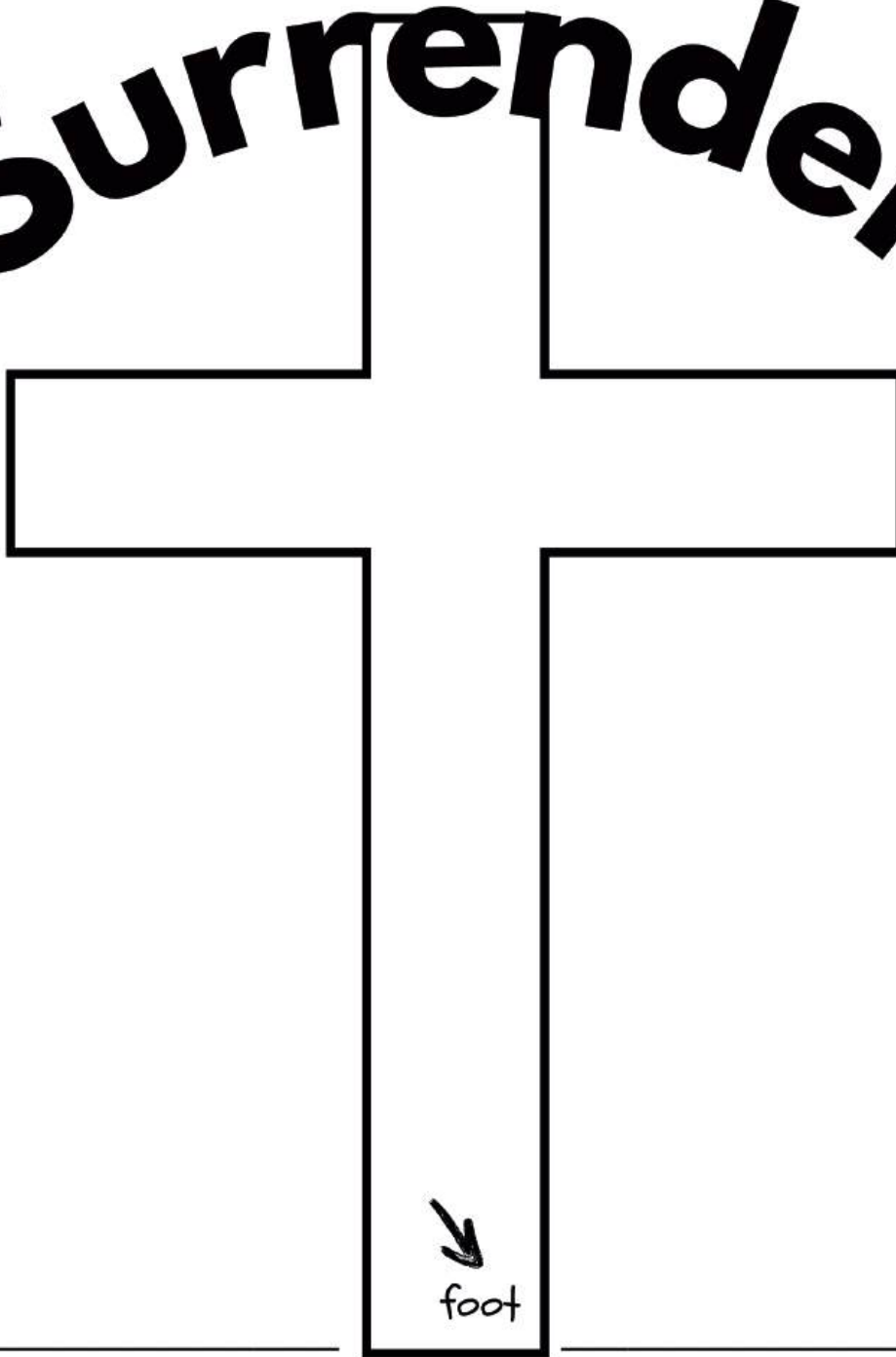


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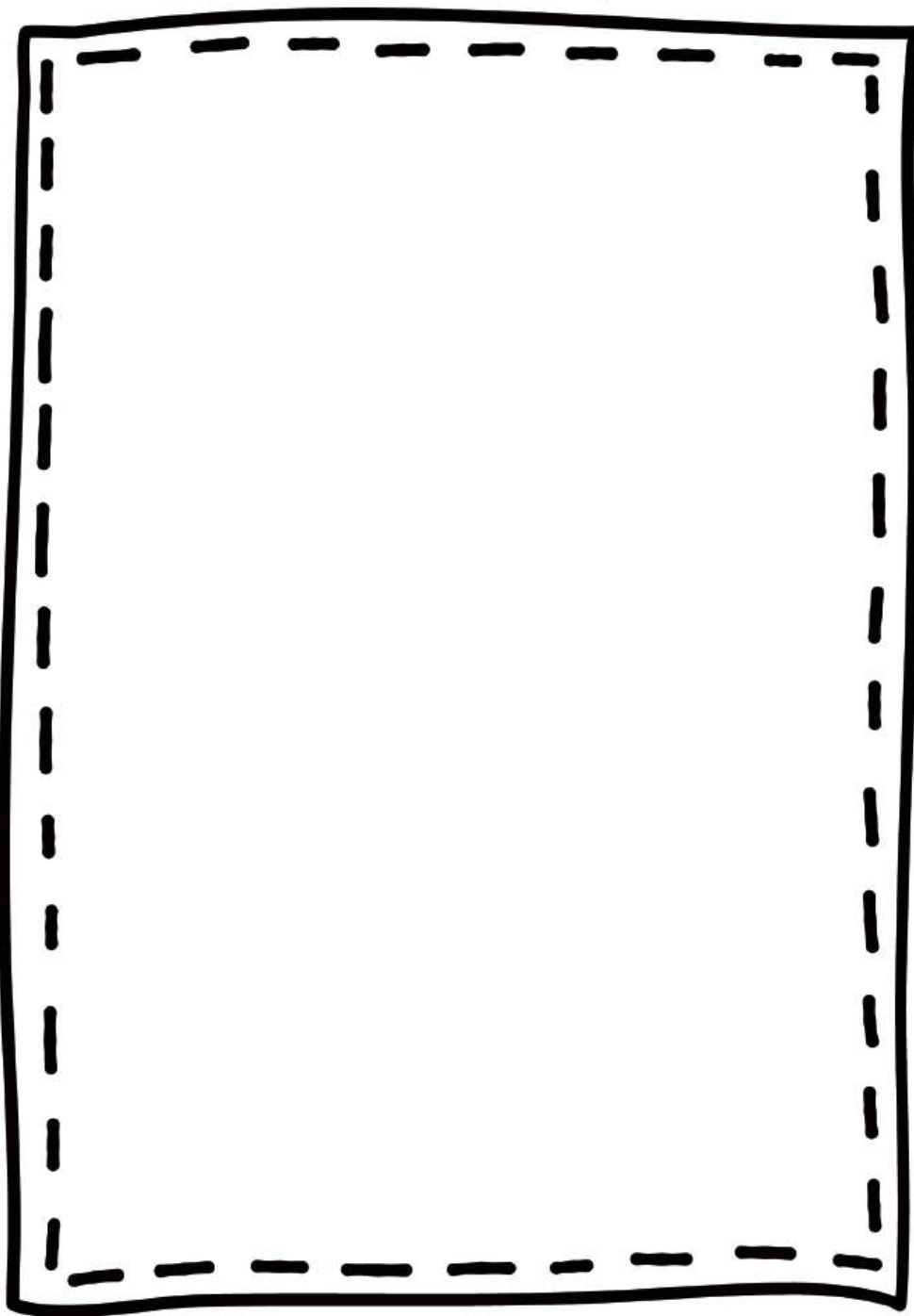
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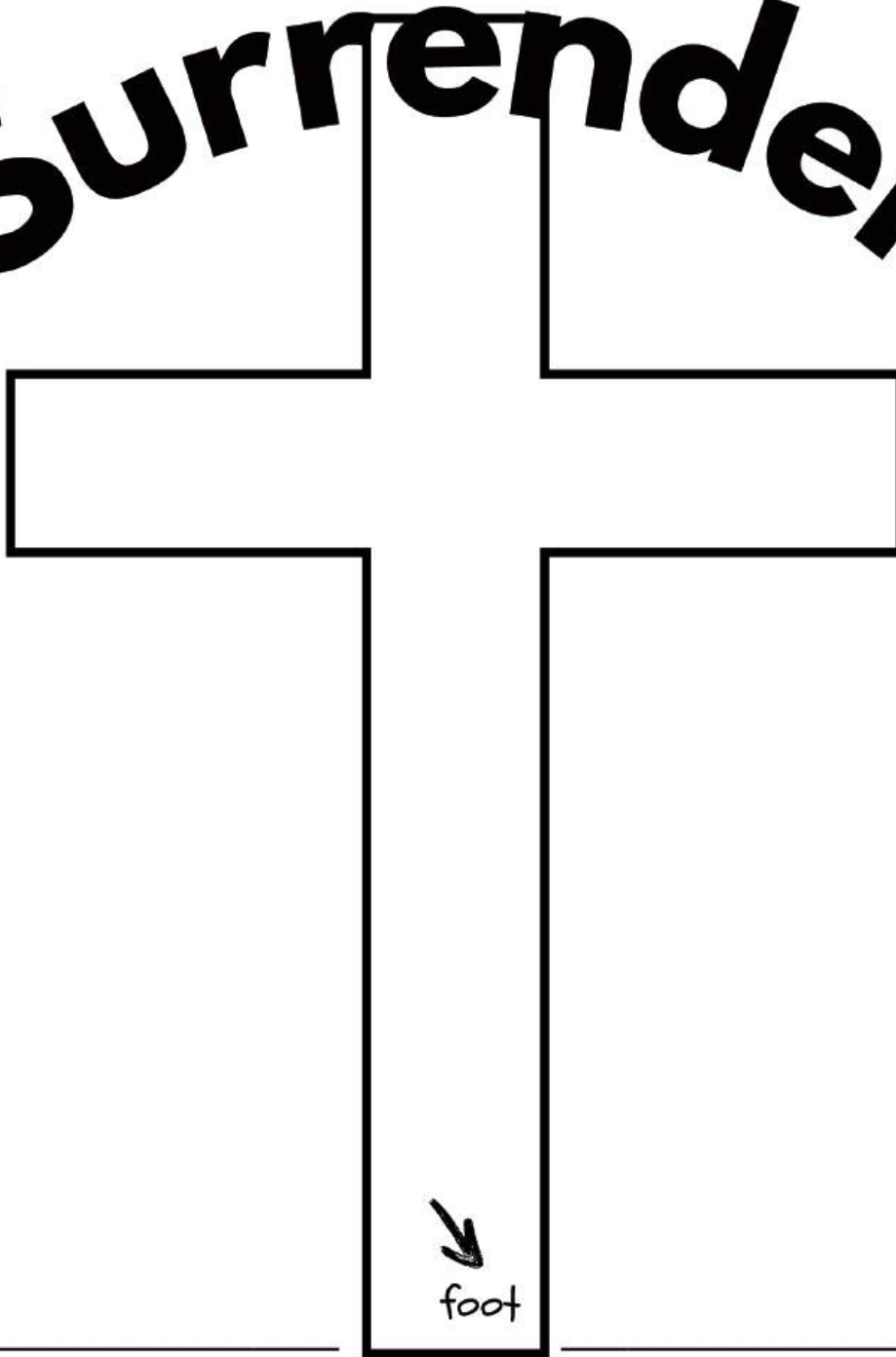


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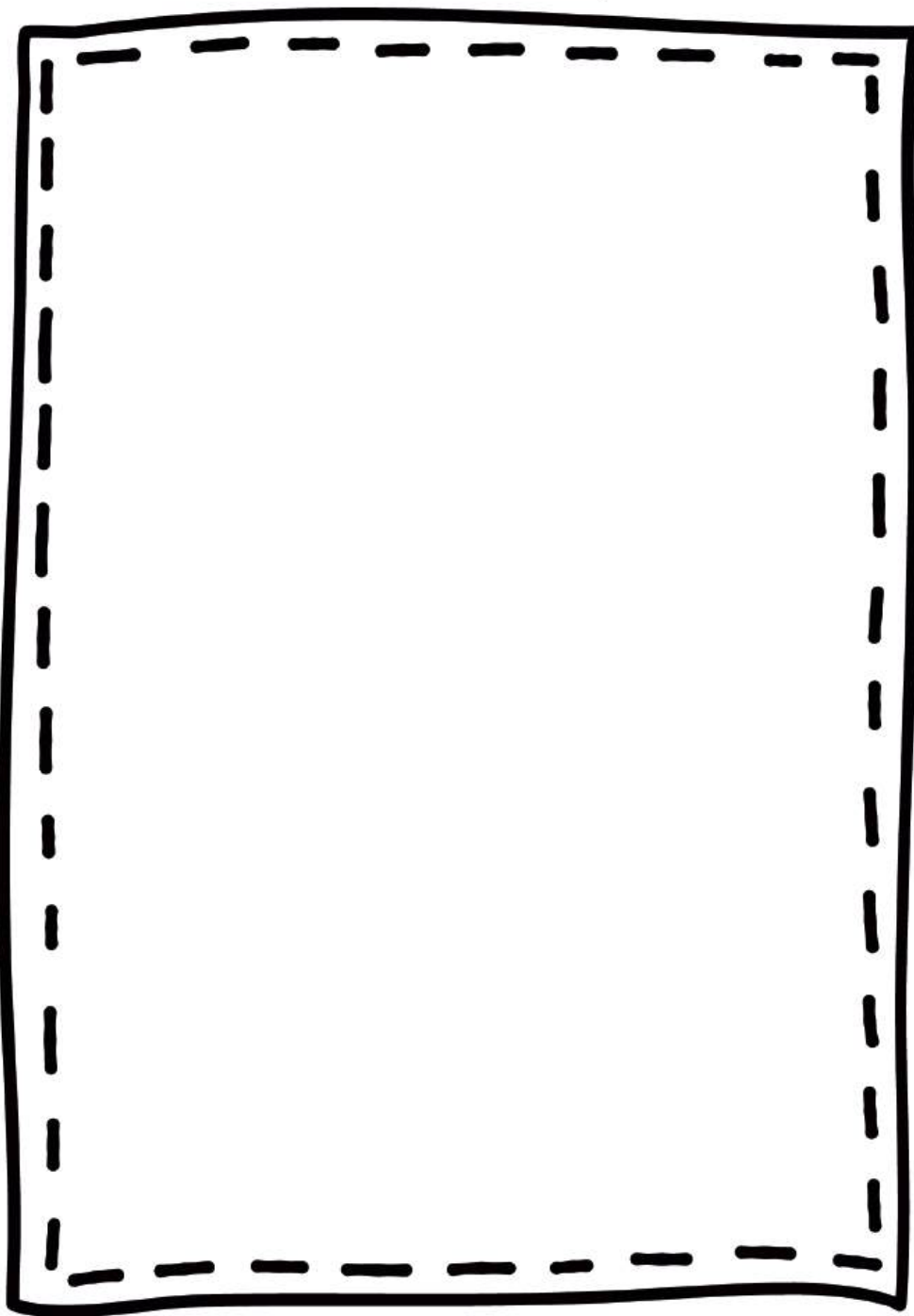
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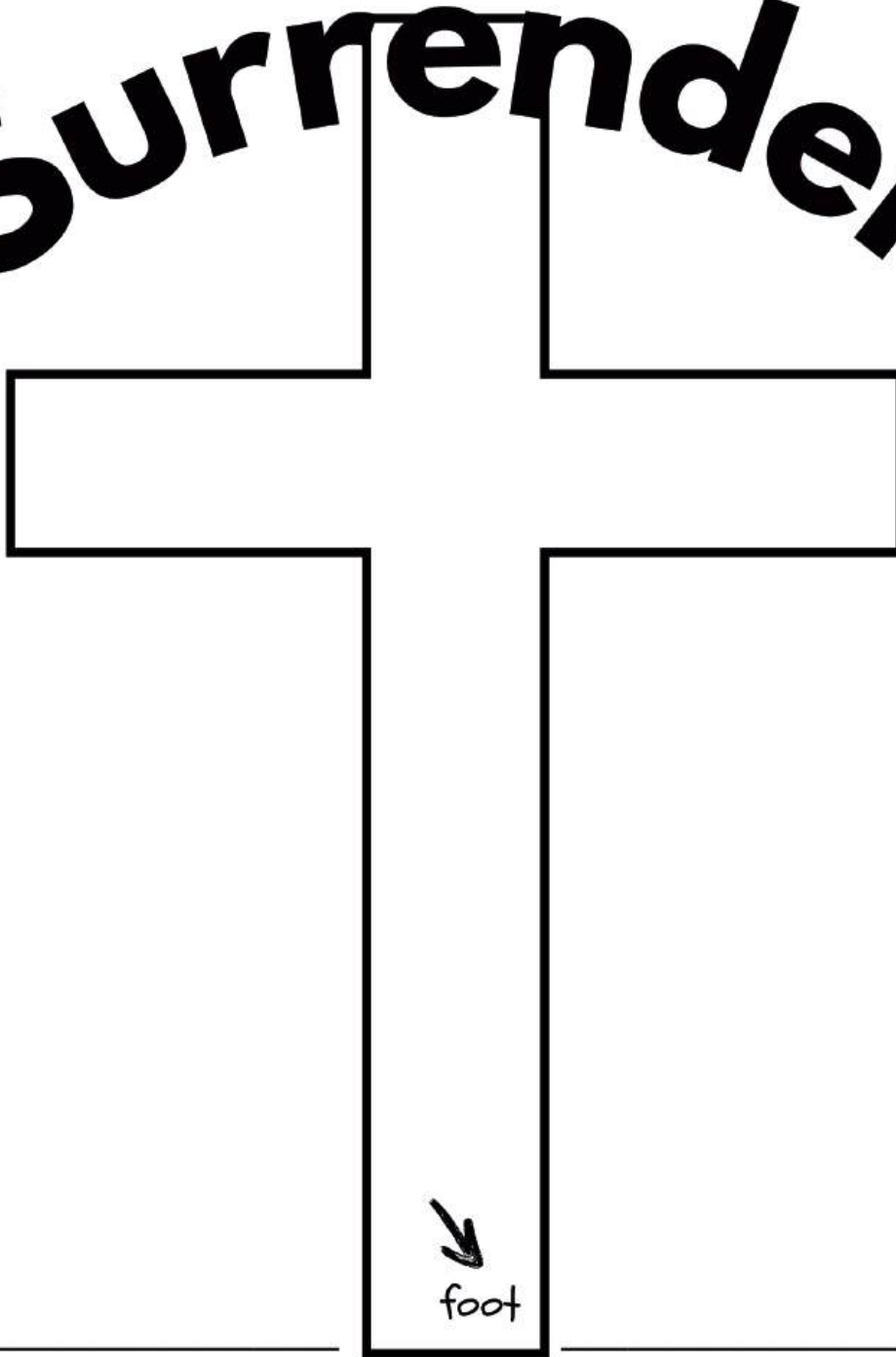


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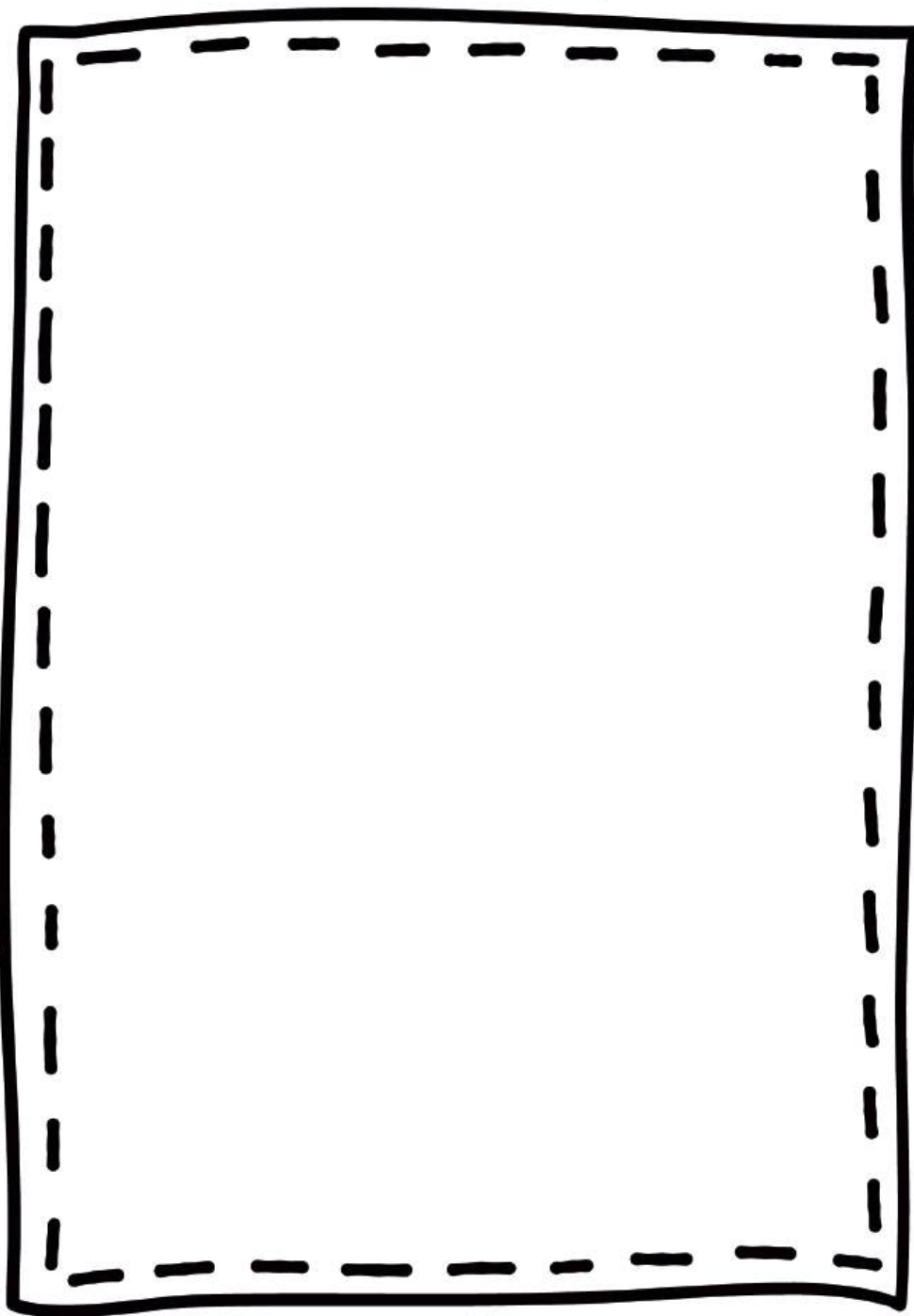
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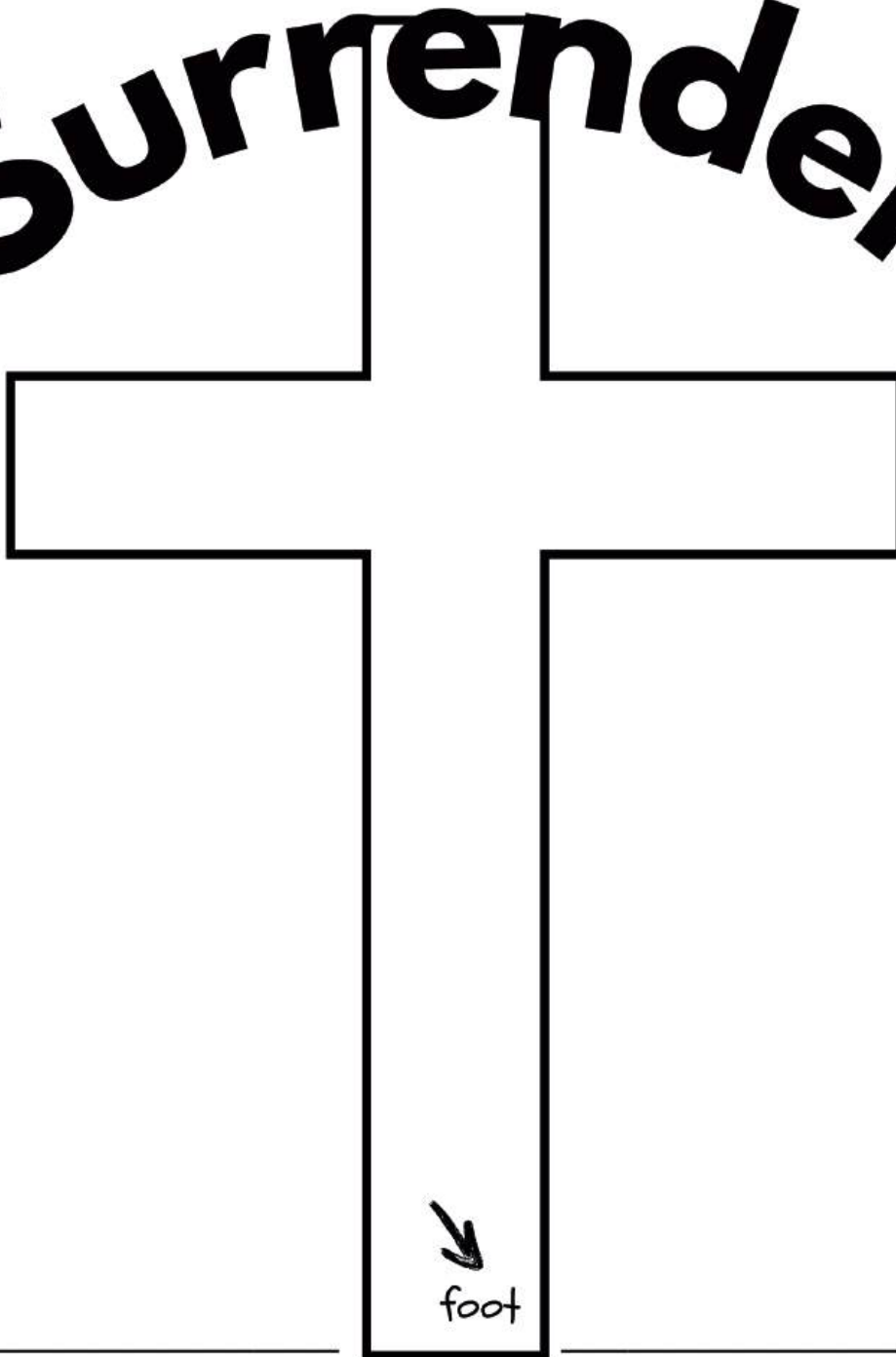


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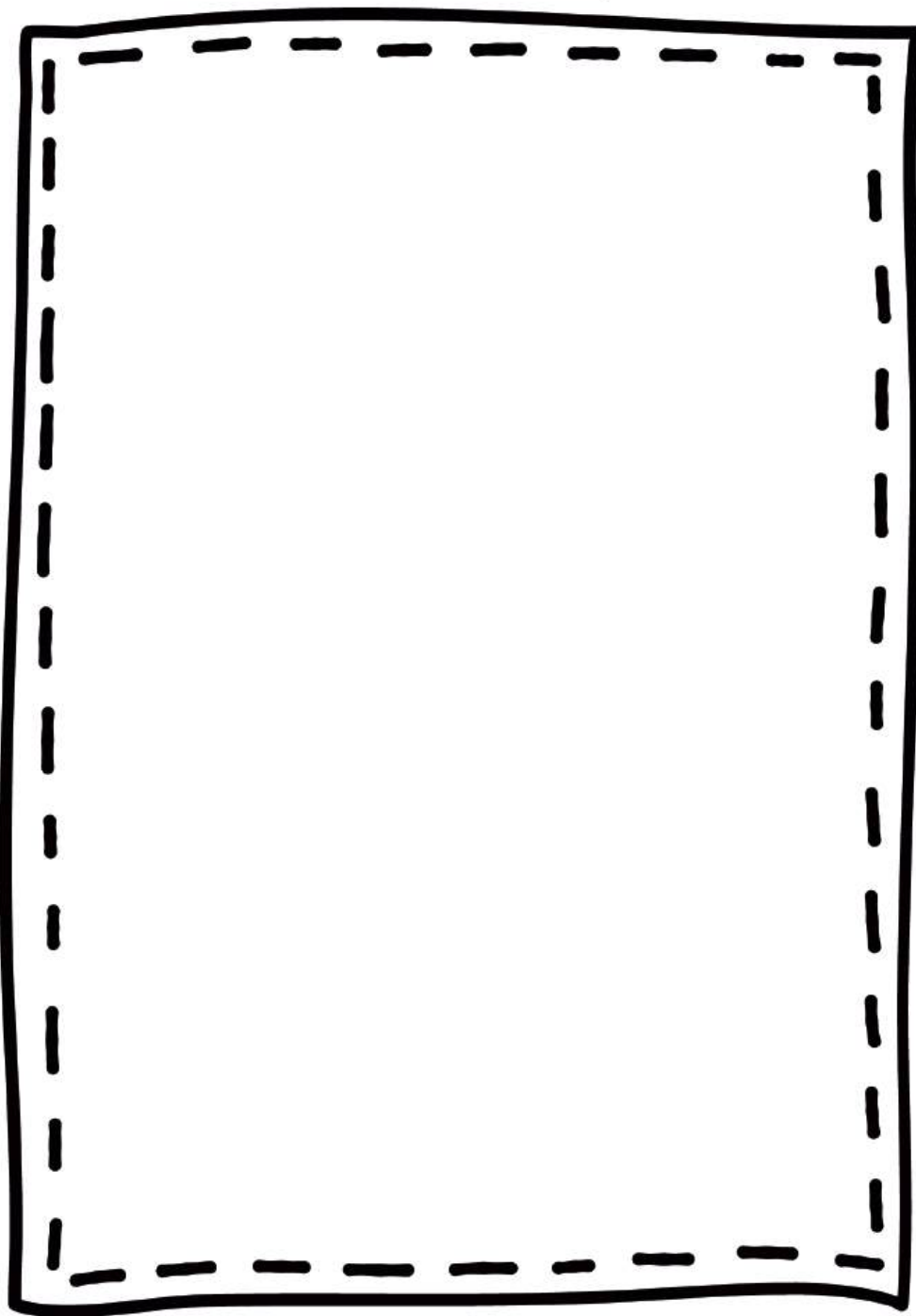
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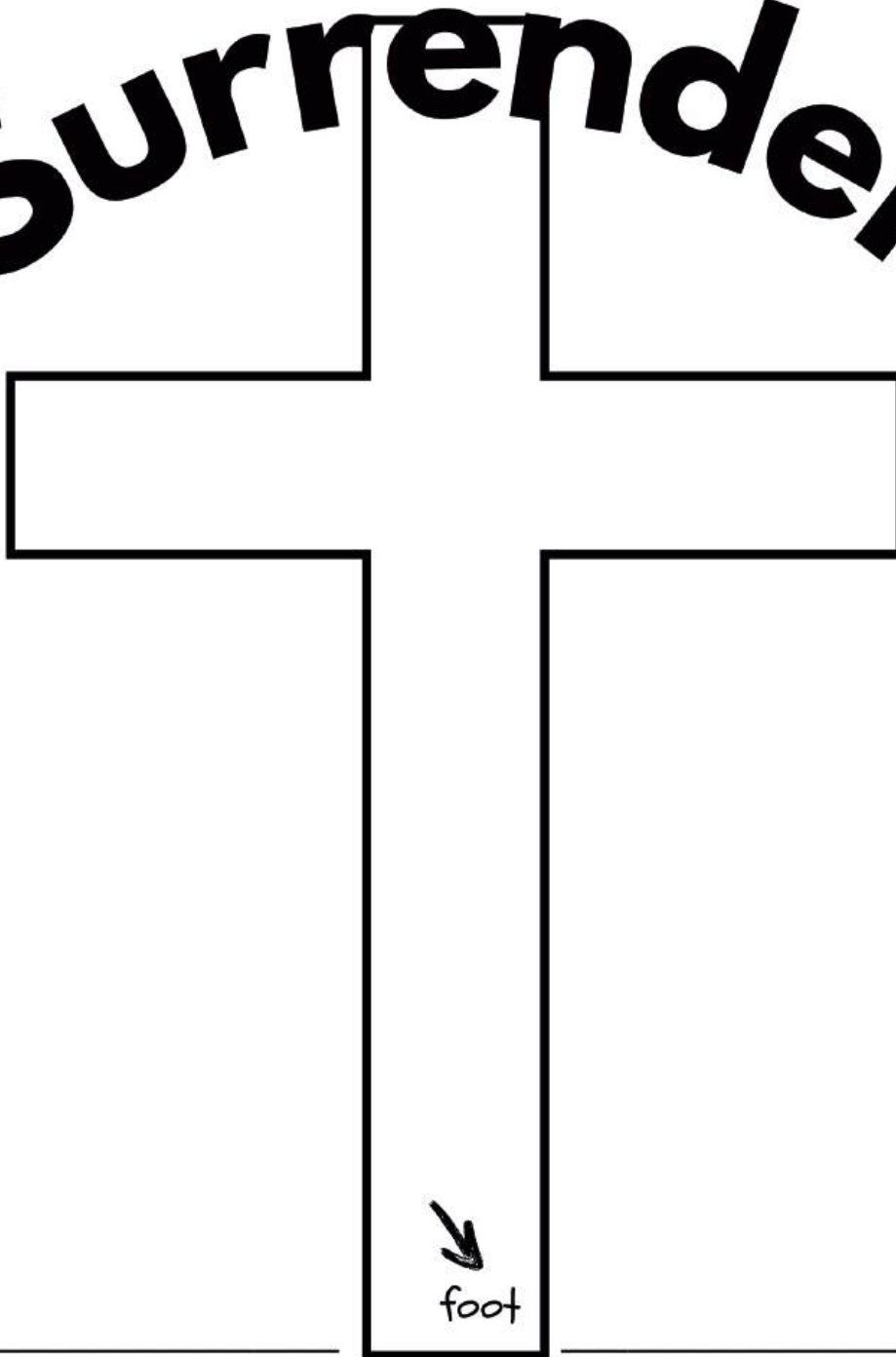


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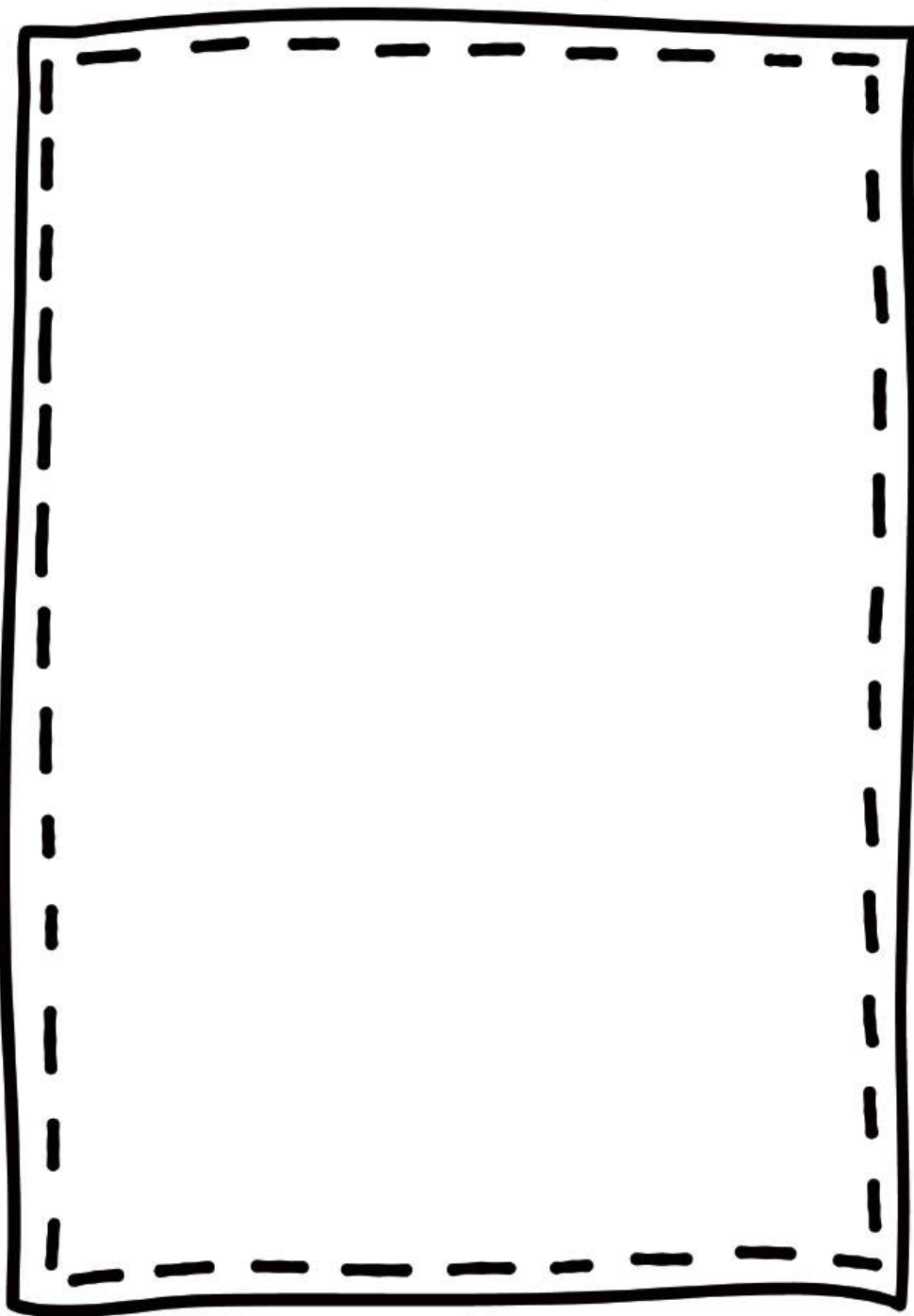
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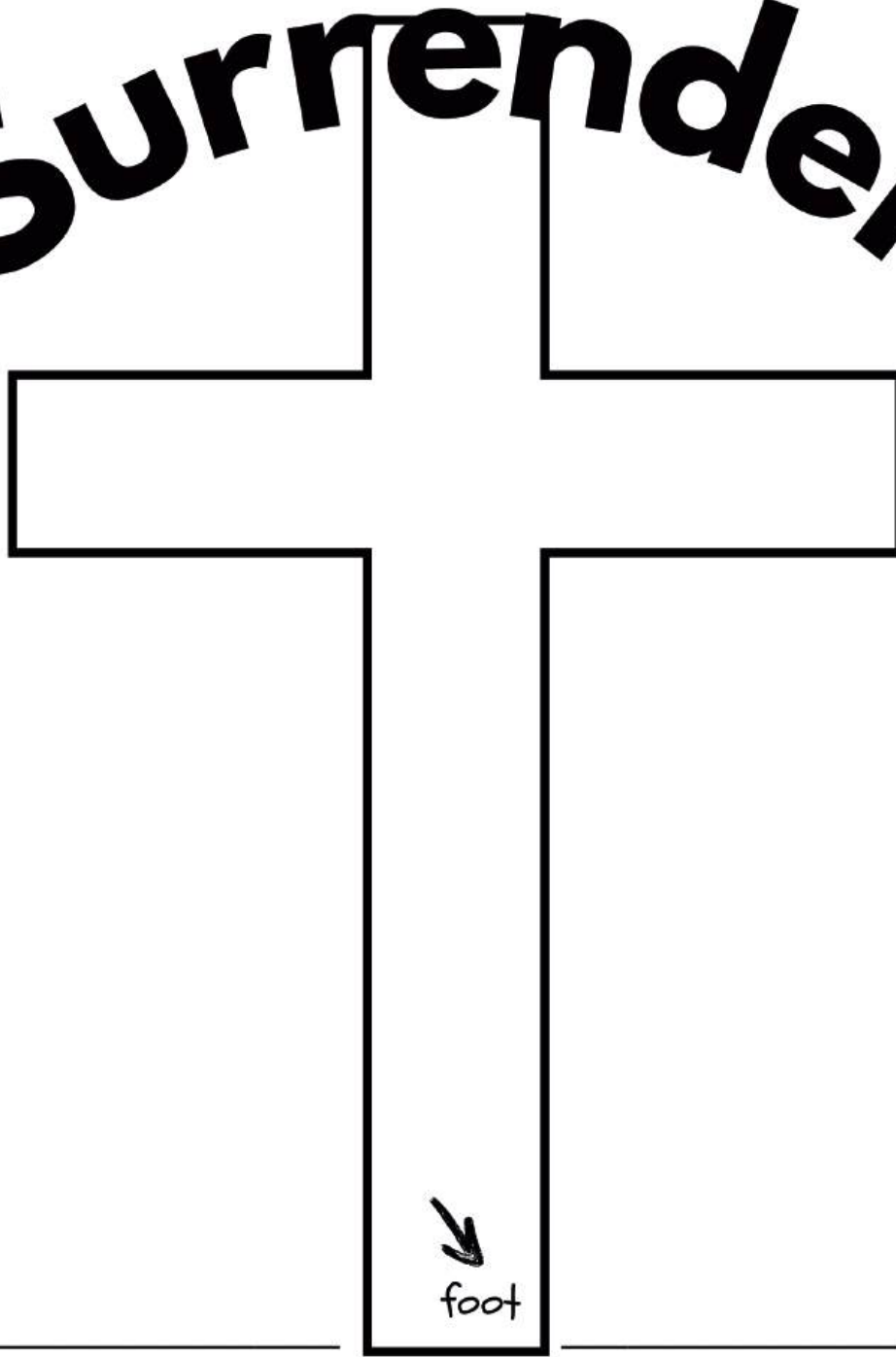


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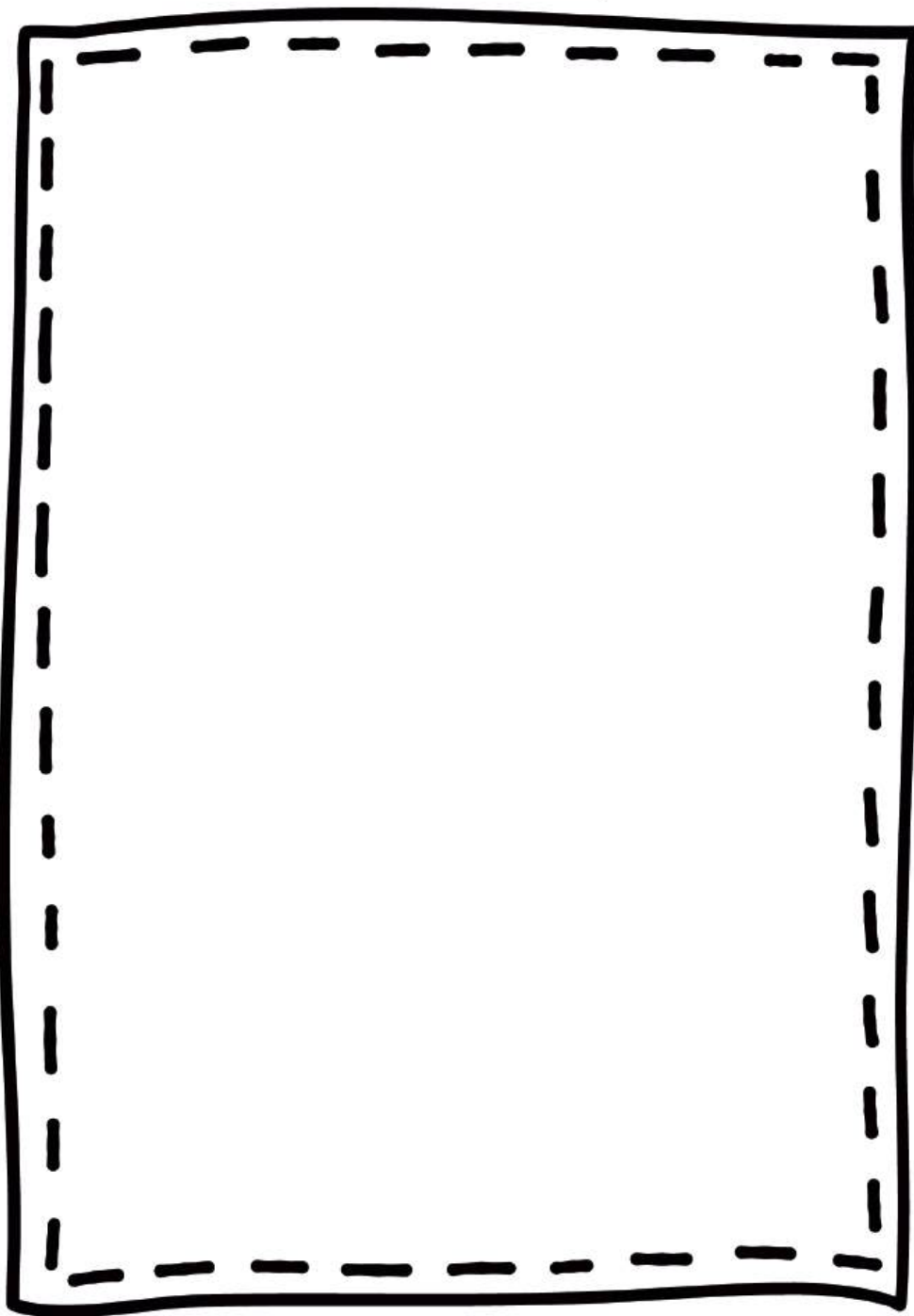
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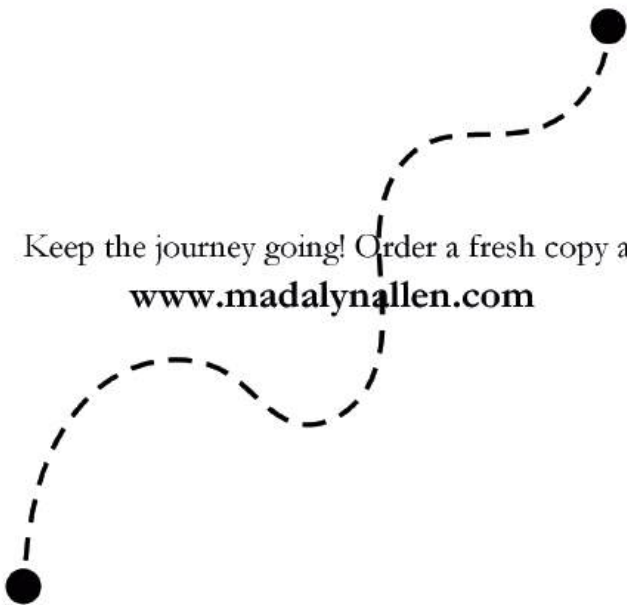


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