

COMFORT

God Story:

David Mourns | 2 Samuel 1

Big Idea:

God helps us when we are sad.

Key Verse:

The Lord does not look at the things people look at. People look at the outside of a person. But the Lord looks at what is in the heart. | 1 Samuel 16:7b (NIRV)

Leader Tip:

Emphasize that we can turn to God no matter how we feel. He wants to comfort us!

Ms My Story

- 1. Conversation Starter** **2 minutes**
Lead into today's lesson by talking about who the kids go to when they feel hurt or sad. Introduce the Big Idea.
- 2. Intro Activity** **5 minutes**
Use emojis to help everyone express how they feel about a variety of real-life scenarios.

Gs God Story Ls Life Story

- 3. Weekly Video** **12 minutes**
Watch the video, which includes host, God Story, Key Verse, and Life Story segments. Recap and discuss the teaching together.

Ms My Story

- 4. Small Group Activity** **12 minutes ***
Review that God helps us show our emotions and also comforts us in a variety of ways. Write and draw ideas for what the kids could do when they're sad.
- 5. Wrap-Up Activity** **8 minutes**
Use tissues as a visual aid and pray for people who are feeling sad.

Os Our Story

- 6. Dismissal**
Connect with parents and give them the take-home materials.

* Extend as needed and adjust timing for other activities.



1. CONVERSATION STARTER

Supplies:

- None

Leader Tip:

- This is meant to be a casual conversation as the kids arrive. Move on quickly to the Intro Activity so you have enough time for it before the teaching video.

Instructions:

- As the kids arrive, welcome them and gather everyone together.
- Ask:
 - When you're feeling hurt or sad, who do you go to first? Why?
 - Do you have a stuffed animal or pet that you cuddle with when you're sad?
- Depending on the size of your group, have the kids share their answers with the people sitting closest to them or with everyone.
- Introduce this week's Big Idea: **God helps us when we are sad.**

2. INTRO ACTIVITY

Supplies:

- Emoji signs
- Wall-safe tape

Before the Activity:

- Hang the signs all around your group's space at the kids' eye level.

Leader Tip:

- Talk about why the kids would feel that way in each scenario. Highlight that emotions are a normal part of human life.

Instructions:

- Gather everyone in the middle of your space.
- Read the following scenarios, pausing after each one to allow the kids to choose and go to the emoji that matches their reaction:
 - Your parent surprises you with your favourite candy.
 - You can't play a video game or go outdoors until you finish your homework.
 - You get invited to a birthday party.
 - You're eating sushi for dinner.
 - It's time for bed.
 - A friend borrows your favourite toy and breaks it.
 - Your family is going on a bike ride.
 - You spill juice on your favourite shirt.
- If time allows and the kids are interested, come up with additional scenarios.
- To wrap up, let everyone know that David feels really sad in today's God Story.



3. WEEKLY VIDEO

Supplies:

- Video file

Leader Tip:

- Sit with the kids and encourage them to focus on the video.

Instructions:

- Play the video. It includes:
 - Host segment
 - God Story (David Mourns | 2 Samuel 1)
 - Key Verse segment
 - Life Story
- Recap the video. Discuss:
 - What happened in the God Story?
 - What was the Life Story about?
 - How do these two stories and today's Big Idea (**God helps us when we are sad**) connect?



4. SMALL GROUP ACTIVITY

Supplies:

- When I'm Sad activity pages
- Markers
- Pens

Leader Tip:

- Make sure everyone's names are on their pages.

Instructions:

- Gather your small group to sit together.
- Discuss:
 - When David was sad, what did he do? (wrote a song of sadness)
 - When you're sad, what do you do that helps you deal with your feelings?
- Point out that David was a poet. The ability to write songs and poems was God's gift to him. It helped David work through and show his sadness. It helped to comfort him, too.
- Let the kids know that God helps each of us in a variety of ways when we are sad.
- Give each person an activity page.
- Place the markers and pens where everyone can reach them.
- Read aloud the text on the page. Point out that in each corner, there's an idea for something to do when the kids feel sad.
- Direct everyone to draw or write about something in each square (e.g., write a simple prayer or draw themselves praying). Help with spelling as needed.
- As the kids work, highlight that God gives us ways to express our sadness and other emotions. He also uses them to help us get through these feelings.

5. WRAP-UP ACTIVITY

Supplies:

- Tissues

Instructions:

- a. Remain in your small group.
- b. Give each person a tissue.
- c. Explain that it is a symbol of someone who's sad—perhaps one of the kids in the group, or a person they know, or sad people out in the world.
- d. Prompt everyone to hold onto their tissue as you pray for comfort for all who are sad right now.

Os Our Story

6. DISMISSAL

Supplies:

- Crafts
- Take-home cards
- Key Verse cards
- Key Verse colouring pages

Instructions:

- a. Greet parents as they arrive to pick up their kids. Take a moment to share a highlight or two from your time together today.
- b. Give everyone a weekly take-home card.
- c. Offer a Key Verse card and a colouring page to anyone who has not gotten them this month.
- d. Remind the kids to take their crafts.
- e. Make sure their security numbers match before they leave your group's space.