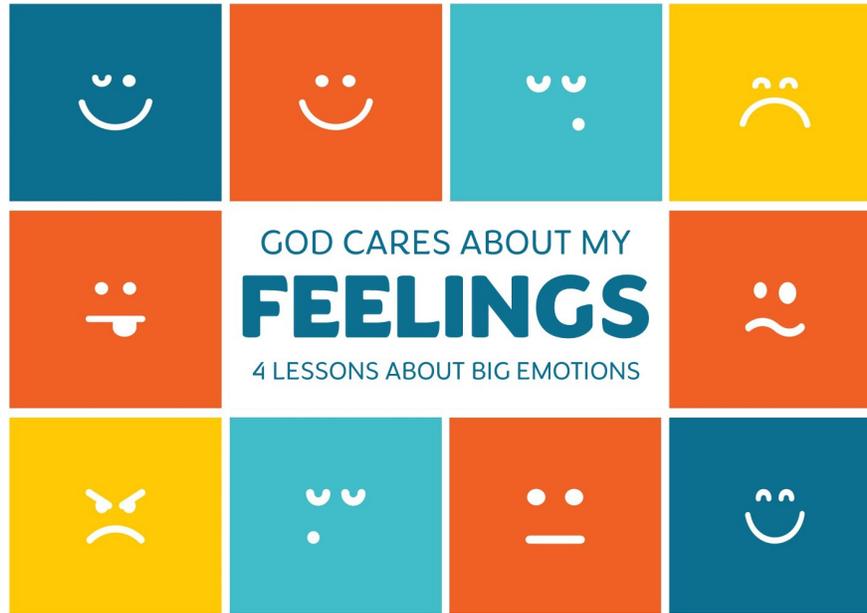


**THIS DOCUMENT CONTAINS A PREVIEW
OF LESSON 1 OF THE GOD CARES ABOUT
MY FEELINGS SERIES.**



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WEEK #1: GOD CARES WHEN I FEEL SAD
1 KINGS 19:1-19, 1 PETER 5:7, PSALM 42:3-5, AND PSALM 56:8
GOD CARES ABOUT MY FEELINGS SERIES
WRITTEN BY: AMY WEATHERFORD OF SEED TO SEQUOIA
PUBLISHED BY: DEEPER KIDMIN

WEEK #1: GOD CARES WHEN I'M SAD

1 KINGS 19:1-19, 1 PETER 5:7, PSALM 42:3-5, AND PSALM 56:8

LESSON OVERVIEW

Series Main Idea: God cares about my feelings.

Series Memory Verse: "Give all your worries and cares to God, for He cares about you." 1 Peter 5:7 (NLT)

Week 1 Main Idea: God cares when I feel sad.

Suggested Schedule:

- Pre-Service Activity: Hidden Feelings Search – 5 to 10 minutes
- Worship – 5-10 minutes
- Service Intro – 5 minutes
- Illustrated Bible Story: Elijah Flees to Mt. Horeb – 10 minutes
- Going Deeper Teaching Time – 5 to 10 minutes
- Prayer Response – 5 minutes
- Two Person Skit – 5 minutes
- Game: Four Corners Feelings – 10 minutes
- Craft: Feelings Gauge – 5 to 10 minutes
- Feelings Feedback Questions – 5 to 15 minutes
- 2 Activity Printables – varies, use for additional time fillers

Total Time: ~ 60-90+ minutes

List of Printables:

- Week1_Activity_HiddenFeelingsSearch
- Week1_GoingDeeper_Emojis
- Week1_Craft_FeelingsGauge (print on cardstock)
- Feelings_FeedbackQuestions
- Week1_ActivityPrintable_DrawElijahsStory
- Week1_ActivityPrintable_WordSearch

Supplies:

- whiteboard and whiteboard markers or chalkboard and chalk
- Bibles
- small plastic cups
- pitcher filled with water
- large bowl
- pencils
- markers
- pipe cleaners – one per project
- pony beads – one per project

- scissors
- hole punch

PREVIEW

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WEEK #1: GOD CARES WHEN I'M SAD
1 PETER 5:7, PSALM 42:3-5, AND PSALM 56:8
LESSON DETAILS

PRE-SERVICE ACTIVITY: HIDDEN FEELINGS SEARCH –10 MINUTES

Description: Use this as a fun activity for kids who arrive early.

Supplies: printable Week1_Activity_HiddenFeelingsSearch, pencils

Set Up: Hide the ten pictures of emojis around the room before kids arrive.

Details:

Welcome kids (by name when possible) as they arrive and invite them to search for hidden emojis around the room.

Kids will pick up the response paper. They will search the room to find the pictures. When they find a picture, they must decide what feeling from the lettered list on the response paper the emoji is showing and write it beside the number that matches the number on the picture they found.

WORSHIP –10 MINUTES

Description: Praise God through movement and song.

Supplies: worship videos or live band

Details:

Sing 1-3 worship songs as a group.

Song suggestions:

- Working on Me – Orange Kids Music
- I've Got the Joy – Children's Ministry Deals
- Love Like You – Orange Kids Music
- Trading My Sorrow – By Darrell Evans, kid's versions by CJ and Friends Worship and God's Kids Worship
- Who You Say I Am – Hillsong Worship, kid's version by Yancy
- Even When - Yancy

SERVICE INTRO – 5 MINUTES

Description: Use this time to give the kids a glimpse of the lesson to come.

Supplies: slides on screen

Details:

Content Graphic (CG): Show the Main Title Slide on the Screen

Say: **Hello everyone! Welcome to our new series that is all about FEELINGS.**

Speak in a flat voice with no emotion on your face. **Have you ever tried to talk without showing any feelings on your face. Everyone at the same time, let's say, "God is so wonderful, and I love Him" with a completely flat face.** (Give kids the opportunity to try.) **That felt weird didn't it? That is not at the normal way to say that, is it?**

Now, without making any sound, show me what it looks like when you feel super excited. (let kids make an excited face) **That was weird too without any noise!**

Big feelings like that make us come alive. They are also like road signs inside of us to help us know what is going on inside.

Four great feelings are joy, anticipation, love, and confidence. Think about which one is your favorite.

Say each feeling again. Ask kids to stand up to vote for their favorite.

Great job! Now think about the not-so-great feelings of sadness, anger, worry, and embarrassment. Which of these is your least favorite?

Say each feeling again. Ask kids to stand up to vote for their least favorite.

Today we are going to focus on the feeling of sadness. That's a tough emotion to talk about and it's easy to try and avoid sadness completely, but God can use that feeling to lead us to Him.

CG: Show the Main Idea Slide on the Screen

Today's Big Idea is "God cares when I feel sad." Now say it with me. "God cares when I feel sad."

Optional: Review the unit memory verse (1 Peter 5:7).

ILLUSTRATE THE BIBLE STORY: ELIJAH FLEES TO MT HOREB –10 MINUTES

Description: Use illustration to tell the Bible story.

Supplies: whiteboard and whiteboard markers or chalkboard and chalk

Details:

This story is found in 1 Kings 19:1–19. The Teacher is the narrator (words the narrator will say out loud are written in bold). Kids will illustrate the Bible story by drawing pictures of specific things you tell them.

Options:

- Choose two or three kids who will take turns drawing.
- Let a different kid draw every time.
- Give every kid a small whiteboard and let everyone draw.

Say: **This story is found in 1 Kings 19:1–19 in the Old Testament.**

- 1. This story takes place in Israel after Israel had split into two kingdoms, Israel and Judah. The king of Israel was Ahab, and his queen was named Jezebel. They led the nation in serving false gods and killed many of God's prophets.**
 - Draw a rectangle going up and down. Draw a dividing line close to the bottom to split the nation. Write King Ahab in the top space.
- 2. God used the prophet Elijah to defeat the prophets of the false gods. You can read this story in 1 Kings 18.**
 - Write the name Elijah.
- 3. Jezebel was so mad, she sent soldiers to find Elijah and kill him.**
 - Draw an angry face.
- 4. Elijah was very afraid, so he ran away to hide in the wilderness.**
 - Draw a scared face.
- 5. He sat down under a tree to rest. He felt exhausted and very lonely and discouraged. He asked God to let him die there in the wilderness.**
 - Draw a tree with a figure under it.
- 6. But God had a plan for Elijah. While he was sleeping, God sent an angel to bring Elijah food.**
 - Add z's to the figure to show he is sleeping.
- 7. The angel woke Elijah up and told him to eat. Elijah found bread and a jar of water. He ate it then went back to sleep.**
 - Draw a loaf of bread and a jug.
- 8. When Elijah woke up again, he found more food and water. He ate again then got up and began walking. The food gave him the energy to travel for 40 days to Mount Horeb (also called Mount Sinai where Moses received the 10 Commandments).**
 - Erase the z's over the figure. Draw the number 40.
- 9. When Elijah got to Mt. Horeb, God asked him, "What are you doing here?"**
 - Draw a large mountain. Draw a cloud above and lines for the words coming from God.
- 10. Elijah replied, "I have faithfully served the Lord God Almighty. But the**

people of Israel have broken their covenant with You and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.”

- Draw a small figure on the mountain. Add an empty speech bubble.
11. **As Elijah stood on the mountain, God sent a fierce windstorm, but God was not in the wind.**
 - Draw swirling lines to represent the wind.
 12. **Then God sent an earthquake that shook the mountain, but God was not in the earthquake.**
 - Draw cracks in the mountain.
 13. **And after the earthquake there was a fire, but God was not in the fire.**
 - Draw flames on the mountain.
 14. **After the fire there was the sound of a gentle whisper. God was in the whisper. God whispered, “What are you doing here, Elijah?”**
 - Draw flourishes or squiggly lines from the cloud.
 15. **Elijah repeated the same reason to God. “I have faithfully served the Lord God Almighty. But the people of Israel have broken their covenant with You and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.”**
 - Write “I am alone” in the speech bubble above Elijah.
 16. **God knew exactly what Elijah was feeling. God knew Elijah felt sad that the people of Israel were worshipping false gods.**
 - Draw a sad face.
 17. **God knew Elijah felt heartbroken and alone because many of God’s prophets had been killed.**
 - Draw a heart broken in two.
 18. **But God also knew what Elijah didn’t know. Elijah was not alone. God told Elijah there were 7,000 others in Israel who had never worshipped a false god. Then God gave Elijah hope for the future by sending him to find Elisha, who became his student and his friend. God comforted Elijah when he needed it most.**
 - Erase Elijah’s speech bubble. Write 7000 = Served the 1 True God. Draw a big heart around Elijah.

Thank your volunteer drawers and/or invite kids to show their drawings to a friend around them. Then, depending on your time and age groups, continue with the Going Deeper Teaching Time or dismiss to small groups/other activities.

GOING DEEPER TEACHING TIME – 5-10 MINUTES

Description: Use this teaching segment for a deeper study of sadness using Psalm 42:3-5 and reflecting on Elijah’s experience.

Supplies: printable Week1_GoingDeeper_Emojis, Bibles
Details:

Say: **Wow, Elijah sure felt sad in today's Bible story! Sadness is one of those things we can't actually see with our eyes, but we see how sadness effects people. When was the last time you were sad?** (Ask for a few examples.)

It seems to me there are small things and big things to be sad about, and a lot of them are in between. No one likes to feel sad, so sometimes we hide sadness down inside of our heart. Let's hide some sadness in our room.

(Choose a kid to help you. Ask the kid to hide the small emoji while you turn around so you can't see where it is hidden. Then all kids will use "hotter" and "colder" to direct you to the hiding place.)

Let's think of some small things that would make you sad. You might be sad that your friend didn't get to sit with you on the bus or that you had something you don't like very much for dinner.

Raise your hand if you think God can give you comfort in small sad things like this? I think He can, and He does if you ask Him for help. It's ok to be sad not to sit by your friend, but you can find comfort when you remember that God is always with you. Maybe He will use that to give you the chance to talk to someone new who needs a friend. You might be sad about dinner, but God will comfort you by showing you it is a great thing to always be thankful for the food you have and the people who make it for you.

What about those big sad things? This time we are going to hide a big sad face.

(Play the game again with the big emoji.)

Let's think about the big things that made Elijah sad. He had obeyed God and defeated the false prophets, then immediately the queen is trying to kill him. Obviously, he was upset because he was running for his life, but more than that, Elijah was really sad how Israel, God's chosen people, had turned away from God. He was sad that the king and queen were leading the people in evil things and many of God's prophets, Elijah's friends, had been killed. That's a very big reason to be sad!

But what did God do? He sent angels to provide food and water, then God showed up and spoke to Elijah in a gentle whisper. Elijah had run away when he was scared, but God showed up. We know God is all-powerful and created the wind, the mountain, and fire, but God choose to show up in a whisper. I can't tell

you how God will show up for you, but He will always show up because God will always be there for you.

Get a Bible and turn to Psalm 42:3-5.

Read Psalm 42:3-5: *"My tears have been my food day and night, while people say to me all day long, 'Where is your God?' These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God."* (NIV)

The person writing this Psalm was so sad, they were crying and didn't know where to find God. The writer wasn't hiding his sadness, but he thought God was hiding from Him. What did he do about it? He chose to put his hope in God. He chose to praise God when he didn't feel like it. He chose to trust in God's goodness even when he didn't see it right away. Then he found God in the middle of the sadness.

When we feel sad, sometimes we may feel like hiding, or we may think God is hiding from us. But we can remember that God cares about our sadness, and He is always with us. We can choose to trust God's goodness even when we can't see it right away too.

PRAYER RESPONSE – 5-10 MINUTES

Description: Use this Prayer Response as a physical representation of giving your sadness to God.

Supplies: small plastic cups, pitcher filled with water, large bowl

Details:

Say: **God cares when you feel sad, but God doesn't promise to fix everything immediately. The pain of some big sad things lasts a long time, but you will find comfort and hope when you spend time with God.**

***Psalm 56:8 says,** "You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in Your book."* (NLT)

***1 Peter 5:7 says,** "Give all your worries and cares to God, for he cares about you."* (NLT)

Look these scriptures up together if you have time.

Say: **These verses show us how much God cares about everything that makes you sad because He loves you. For our prayer response today, we're going to**

do a small prayer activity that helps us remember to give our sadness to God and ask for His comfort in return.

Have an adult or youth helper pour water into small plastic cups. Kids will pick up a cup. The water represents their sadness and tears. Then the kids will pour out the water into the big bowl. The water being poured out represents giving the sadness to God and not hiding it. Encourage them to give their sadness to God and ask for His comfort in return. Ask them to put the cup in a stack on the table. Give more time to pray if possible.

OPTION FOR A SMALL GROUP SETTING: Have each person give a personal example of something they have been sad about before pouring out their water.

TWO PERSON SKIT – 5 MINUTES

Description: Easy skit featuring two friends. It can be done with two actors or two puppets. Change the character's names as needed.

Supplies: None

(Benji is on the stage. Z walks in.)

Benji: There you are, Z. I've been waiting for you FOREVER!

Z: (head down and acting sad) Sorry Benji. I'll do better tomorrow...or maybe I won't.

Benji: What is that supposed to mean? Is everything ok?

Z: I guess I'm just a little sad, that's all.

Benji: Oh. Sorry, buddy. What are you sad about?

Z: It's not really important.

Benji: Z, if you are feeling something, then it is important. You're my best friend. You can tell me anything.

Z: (talking softly) I had brussels sprouts for breakfast.

Benji: What?! You're sad because you had brussels sprouts for breakfast! That's nothing. The other day I had burnt toast for breakfast. Gross!

Z: (voice begins to escalate) Oh yeah. Well, the other day, my brother ate tuna fish straight from the can.

Benji: Oh yeah. The other day, we were out of milk, and I had to use orange juice in my cereal!

Z: (louder voice now) Oh yeah! Well, the other day, they forgot the sauce and I had to eat my nuggets without the beautiful, delicious Chick-Fil-A sauce.
(Wail then dissolve into sobs)

Benji: Wow. That is bad. But Z, that was the other day. Why are you crying over naked nuggets now?

Z: (sniffing) Don't you see, Benji, I just did it again. My cousin JoJo told me my feelings were out of control. She said I was worse than a toddler in a barrel of cotton candy with Coco Puffs sprinkled on top!

Benji: Z, you trust me, right? I'm the friend who never steers you wrong.

Z: Except for that time when you convinced me a pillowcase was a good parachute.

Benji: Right, except for that. But listen, feelings are big and confusing. You are good at letting yours out and talking about them. That's a good thing. I wish I could be more like that. Sometimes, I just pretend like my feelings aren't there.

Z: Does that help?

Benji: No... it just makes me feel like I swallowed a giant package of Pop Rocks... when I'm in the library.

Z: Yikes! That's not good. So, you think showing my big feelings is a good thing?

Benji: Yeah, but maybe you could think about your feelings a little more before you let them explode out of your mouth.

Z: Ok. I can try that. But only if you promise not to keep your feelings stuffed down inside. It sounds like they would explode out eventually anyway.

Benji: You've got a deal. Wait. Why did you have brussels sprouts for breakfast?

Z: Well, it all started when my dog got his head stuck in the refrigerator door...

(Walk out together.)

FOUR CORNERS FEELING GAME – 10 MINUTES

Description: Play a fun game that gets kids moving and helps everyone learn more about themselves and each other.

Supplies: None

Details:

You will ask the kids questions about they would most likely feel in a situation. You will give four answer choices, one answer for each corner of the room. The kids will pick their answer by walking to one of the corners. If you don't want to use the corners of the room, you can designate four other places. If the room is large, ask adult or youth helpers to stand at each designated place if possible.

Questions:

1. On the first day of school, you are most likely to feel:

- excited, scared, worried, confident
2. **On the last day of school, you are mostly to feel:**
 - joy, relieved, sad, tired
 3. **When you have to read a book for school, you are most likely to feel:**
 - interested, bored, annoyed, happy
 4. **If you have to talk in front of group of people, you are most likely to feel:**
 - embarrassed, courageous, terrified, peaceful
 5. **If you are asked to try a food you've never tried before, you are most likely to feel:**
 - eager, disgusted, resentful, worried
 6. **You are going to a new friend's house for the first time, you are most likely to feel:**
 - nervous, excited, overwhelmed, curious
 7. **You just got in trouble for disobeying your parent, you are most likely to feel:**
 - guilty, repentant, frustrated, angry
 8. **Your mom is telling your grandmother how happy she is with something you did, you are most likely to feel:**
 - proud, embarrassed, indifferent, shocked
 9. **You are riding your bike and you fly down a hill very fast. You are most likely to feel:**
 - free, out of control, powerful, scared
 10. **Your family is going on a long road trip. You are most likely to feel:**
 - happy, thankful, annoyed, bored

FEELINGS GAUGE CRAFT – 5-10 MINUTES

Description: A cute craft that also helps kids think about what they are feeling.

Supplies: printable Week3_Craft_FeelingsGauge on cardstock, scissors, hole punch, markers, pipe cleaners (one per project), pony beads (one per project)

Set Up: The file prints three gauges per page. Cut them apart. For younger kids or if your time is limited, cut off the paper around the gauge. Punch a hole over the black dot at the top and bottom of each gauge.

Details:

Say: **Today we're going to make something that can help us think about what we are feeling! You can take your Feelings Gauge home and use it to tell others how you're feeling too.**

Lead kids in making the craft, offering encouragement as they work:

1. Color the outside of the Feelings Gauge.
2. Pick one pipe cleaner and one pony bead.
3. Put the bead on the pipe cleaner.

4. Put one end of the pipe cleaner in the top hole of the gauge and bend it down in the back.
5. Put the other end in the bottom hole and bend it up in the back.
6. The bead can move up and down the gauge to show the kid is feeling.

If time allows, encourage kids to share with the group how they are feeling now and to move their pony bead to the appropriate feeling.

FEELINGS FEEDBACK QUESTIONS – 5-15 MINUTES

Description: Give this questionnaire to kids to get them thinking about how they feel, especially at church. Use this at any time during the series.

Supplies: printable Feelings_FeedbackQuestions, pencils

Details:

Kids check the answer that best fits what they most often feel in common situations. They have the option to write in a different answer.

ACTIVITY PRINTABLE: DRAW ELIJAH'S STORY – TIME VARIES

Description: Follow the instructions in each comic panel to draw the story of Elijah fleeing to Mount Horeb. This printable is good to use to fill time at the beginning or end of a service.

Printable: Week1_ActivityPrintable_DrawEljahsStory

Supplies: pencils

ACTIVITY PRINTABLE: ELIJAH WORD SEARCH – TIME VARIES

Description: Search for twelve words from Elijah's story in 1 Kings 19. Use these to fill time before or after service.

Printable: Week1_ActivityPrintable_WordSearch

Supplies: pencils

DISMISSAL

Close in prayer and dismiss using your regular procedures.

Hidden Feelings Search

Ten pictures of emojis are hidden around the room.
Search the room to find the pictures.

When you find one, decide what feeling that picture is showing. Then write the letter of the feeling beside the number on that face.

Remember: don't move the emoji pictures when you find them!

- | | |
|-----------|-----------------------|
| 1. _____ | A. HAPPY |
| 2. _____ | B. DISGUSTED |
| 3. _____ | C. ANGRY |
| 4. _____ | D. EMBARRASSED |
| 5. _____ | E. CONFIDENT |
| 6. _____ | F. WORRIED |
| 7. _____ | G. SICK |
| 8. _____ | H. LOVING |
| 9. _____ | I. SAD |
| 10. _____ | J. SURPRISED |



Hidden Feelings Search

Ten pictures of emojis are hidden around the room.
Search the room to find the pictures.

When you find one, decide what feeling that picture is showing. Then write the letter of the feeling beside the number on that face.

Remember: don't move the emoji pictures when you find them!

- | | |
|-----------|-----------------------|
| 1. _____ | A. HAPPY |
| 2. _____ | B. DISGUSTED |
| 3. _____ | C. ANGRY |
| 4. _____ | D. EMBARRASSED |
| 5. _____ | E. CONFIDENT |
| 6. _____ | F. WORRIED |
| 7. _____ | G. SICK |
| 8. _____ | H. LOVING |
| 9. _____ | I. SAD |
| 10. _____ | J. SURPRISED |



Hidden Feelings Search - ANSWERS

Ten pictures of emojis are hidden around the room.
Search the room to find the pictures.

When you find one, decide what feeling that picture is showing. Then write the letter of the feeling beside the number for that face.

Remember: don't move the emoji pictures when you find them!

- | | |
|--------------------------|-----------------------|
| 1. _____ J _____ | A. HAPPY |
| 2. _____ E _____ | B. DISGUSTED |
| 3. _____ A _____ | C. ANGRY |
| 4. _____ C _____ | D. EMBARRASSED |
| 5. _____ I _____ | E. CONFIDENT |
| 6. _____ H _____ | F. WORRIED |
| 7. _____ D _____ | G. SICK |
| 8. _____ B _____ | H. LOVING |
| 9. _____ F _____ | I. SAD |
| 10. _____ G _____ | J. SURPRISED |

#1



#2



#3



#4



#5



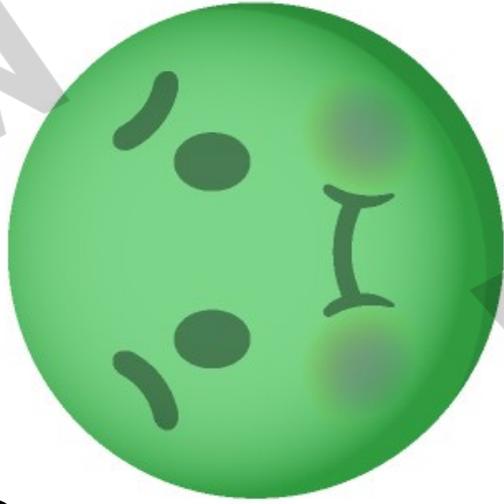
#6



#8



#10



#7



#9



DRAW ELIJAH'S STORY

From 1 Kings 19

Elijah defeated the prophets of Baal in an epic showdown.

VS

Draw in Elijah and the false prophets of Baal.

Queen Jezebel is furious at Elijah and sends soldiers to kill him.

Draw a very angry face. Add a crown.

Elijah flees into the wilderness. God sends angels to give him food and water.



Draw Elijah sleeping, bread, and a jar of water.

What are you doing here, Elijah?

I am sad because I am the only one left who loves You.

Draw Elijah on the mountainside. Draw a windstorm, rocks falling in an earthquake, and fire.

God assured Elijah there were 7,000 people in Israel who loved the One True God. Then God sent him to find a new friend, Elisha.

you are not alone

Draw the whisper of God's words to Elijah.

ELIJAH FLEES WORD SEARCH

Find the words from Elijah's story in 1 Kings 19.

ELIJAH

JEZEBEL

AHAB

ISRAEL

PROPHET

BREAD

AFRAID

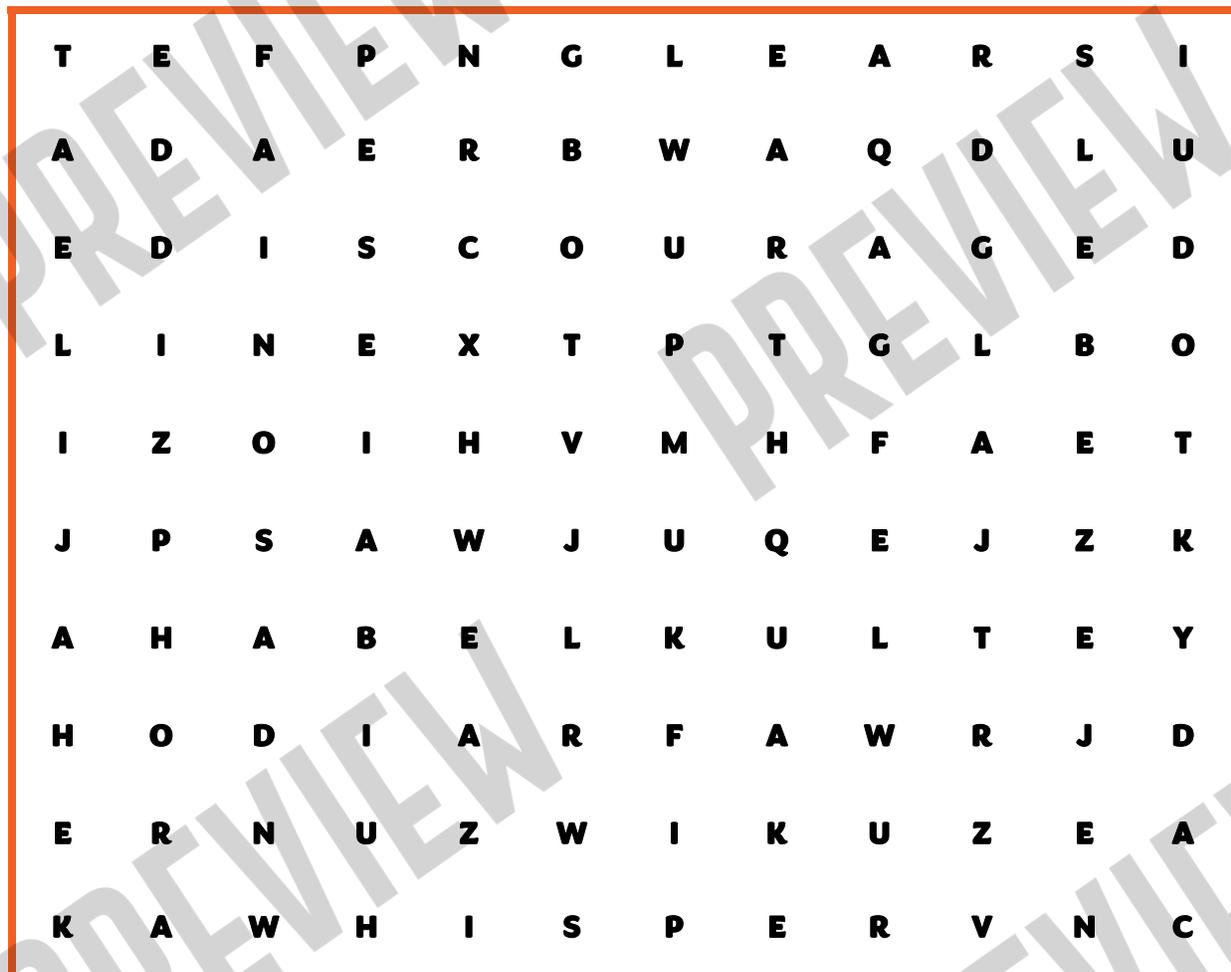
SAD

DISCOURAGED

WIND

EARTHQUAKE

WHISPER



Feelings Gauge

How do I feel today?



AWESOME



OK



SCARED



WORRIED



FRUSTRATED



CONFUSED

Give all your worries and cares to God for He cares about you. 1 Peter 5:7

Feelings Gauge

How do I feel today?



AWESOME



OK



SCARED



WORRIED



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