

## LESSON 2 SNAPSHOT

**BOTTOM LINE:** God comforts us when we are sad.

**TAGLINE:** How are you feeling?

**OBJECTIVE:** Little ones will learn, “I can talk to God when I’m sad and he will comfort me.”

**KEY PASSAGE:** Psalm 6

**MEMORY VERSE:** “All you nations, praise the Lord. All you people on earth, praise him. Great is his love for us. The Lord is faithful forever. Praise the Lord.”  
Psalm 117:1-2 (NIRV)

**SUMMARY:** David was very sick and sad. He thought that God had left him. Instead of just giving up on his relationship with God, he cried out to God for comfort.

**SIMPLE PRAYER:**

Dear Jesus (Dear Jesus),  
Please comfort me (Please comfort me)  
When I am sad (When I am sad).  
Amen (Amen)

## SPECIAL 1 PAGE LESSON FOR 1 AND 2 YEAR OLDS:

**PLAY TIME:** Spend the first 15 minutes on the floor playing with the kids. Cars, dolls, blocks, and simple puzzles are great for this time.

**BIBLE TIME:** Seat the kids in the place they will be having snack. Hold up a Bible or Illustrated Kids' Bible and say, "This is the Bible. God wrote the Bible. Everything in the Bible is true." Then allow each child to pat the Bible with his hand.

**LESSON:** "Today we are talking about when we are sad. When you feel sad, God is with you. You can pray to Him and He will comfort you. God loves you!"

**MAKE IT REAL:** After the lesson say, "Jesus is our comfort!" Point to each child and say (child's name) "Jesus is your comfort."

**PRAYER TIME:** Ask the children to fold their hands and bow their heads. Say, "Let's pray before our snack. Thank you, God, for our families. Thank you for loving me. Thank you for this snack we get to eat. Amen."

**SNACK TIME:** Wash each child's hand with a wet wipe and then serve the snack. At this age crackers or goldfish with water are generally best, but you always want to be mindful of any food allergies.

**POTTY BREAK:** After snack is a great time to ask those who are potty trained if they need to use the bathroom, or change diapers of those who are not yet potty trained.

**PLAY TIME:** Finish the day with more playtime until it's time for dismissal.

## MEMORY VERSE:

*“All you nations, praise the Lord. All you people on earth, praise him. Great is his love for us. The Lord is faithful forever. Praise the Lord.” Psalm 117:1-2 (NIRV)*

### **LARGE GROUP MEMORY VERSE ACTIVITY:**

“All you nations, (point straight out) praise the Lord. (Look up at the sky and reach up with arms.) All you people on earth, (make a circle with arms) praise him. (Look up at the sky and reach up with arms.) Great is his love for us. (Make a heart shape with your hands.) The Lord is faithful forever. Praise the Lord. (Look up at the sky and reach up with arms.)

Practice the verse a few times.

### **SMALL GROUP MEMORY VERSE ACTIVITY:**

Read the memory verse.

Say, “Psalm is the Big Book of emotions! David expressed his feelings in this book. In our memory verse, David is expressing his love for God! You can do the same. When you pray to God or when you are feeling happy, sad, or angry, you can write it down in a journal. Sometimes it helps to write how we are feeling. It helps us let out our emotions in a healthy way! Since we are preschool-aged, most of us can’t write yet...but we can do something just as cool. We can draw pictures. We can express how we feel through our art.”

Hand each kid paper and crayons and ask them to draw how they feel today. They can also draw something that happened that made them feel the way they do.

## PUPPET SHOW:

### How are You Feeling?

**ITEMS NEEDED:** Small blanket

### CHARACTER BREAKDOWN:

Dog Puppet - Willow

Kids - Audience

Pet Owner – Charles

### CHARACTERS:

Willow the Dog

Interactive Audience

Charles the Pet Owner

*Willow the Dog enters the stage with his blanket.*

WILLOW: Hey, I remember you guys! You are my friends from last week. How is everybody doing?

(Willow holds his paw up to his ear.)

WILLOW: I can't hear you. I said how is everybody doing!?

(Willow jumps back.)

WILLOW: WOW! I definitely hear you now friends! If you don't remember me, I'm Willow the dog.

(Willow waves his paw.)

WILLOW: I'm glad everybody is doing GOOD today. Unfortunately, I am not. I am SAD.

(Willow hugs his blanket.)

WILLOW: Something SAD happened last night. You will never believe it. I was walking around sniffing the yard like I always do, and I remembered that I hadn't seen my favorite ball in a while. So, I decided to sniff it out. That means, I went looking and smelling for it. I was walking all around the yard and in the house when I finally saw my ball. It had been ripped in half and no longer bounced the way it always did. It was ruined!!!

## PUPPET SHOW PAGE 2:

(Willow hides underneath his blanket for a few seconds. Then comes back out.)

WILLOW: I can't even talk about it without tearing up. I loved that ball. Do any of you have a favorite toy? Raise your hand if you do and I'll call on a couple of you to share what your favorite toy is.

(Willow calls on a couple of friends to share.)

WILLOW: How would you feel if your favorite toy was ruined? SAD! Just like I do right now.

(Willow starts to howl and whimper. Pet owner, Charles, enters the stage.)

CHARLES: Hi Willow! Come here boy!

(Willow goes over to Charles.)

CHARLES: I went to the pet store today and got you a new ball. Since your old one was ripped in half. I think you must have gotten a little too rough with it the other day when we were playing fetch, and it broke in half from all that chewing you were doing. Here ya go! Enjoy, Willow!

(Charles drops the ball down for Willow and exits the stage.)

WILLOW: That was my pet owner, Charles. He is so nice. And...that is the problem with being a dog. We have the worst memories. I WAS THE ONE THAT RIPPED MY OLD BALL! I FORGOT!

(Willow starts rolling on the ground laughing.)

WILLOW: I feel much better now. And I have a brand-new ball too! Hooray! Time to try out this new ball. See you later, friends. Oh, and by the way. Now I feel HAPPY!!!

(Willow takes the ball and blanket, waves to his friends, and exits the stage.)

## CRAFT

### Emotions Ball

**ITEMS NEEDED:** 2-inch round wooden balls and markers

**ADVANCED PREPARATION:** N/A

**DIRECTIONS:** Give each kid a ball. Ask them to draw a smile on one side and a frown on the opposite side. Then ask them to draw a surprised/scared face on the top and an angry face on the bottom.

Tell the kids, “When you look at your ball you will see different emotions that you can feel. Next time you have an emotion you can look at your ball and it might help you see how you are feeling. You can point to how you are feeling and ask God to help you if you are sad, thank God for his blessings if you are happy, and more. Let’s practice using them now. Point to the emotion that is closest to how you feel and say a prayer in your head about it. You can use the surprised/scared face as a good thing or a bad one. Sometimes we feel scared but sometimes we feel pleasantly surprised!”

## HANDS-ON ACTIVITY

### Play Ball!

**ITEMS NEEDED:** All different kinds of balls. Soccer balls, basketballs, bouncy balls (big and small), squishy balls, softballs, tennis balls, ball-pit balls, beach balls, etc.

**ADVANCED PREPARATION:** Put each kind of ball in its own spot. Put all the tennis balls together, separate from the soccer balls, etc.

**DIRECTIONS:** Split kids into groups and have them go from station to station with a few minutes to play with each kind of ball. Create an appropriate ball game for each station. For instance, since softball is hard, have the kids sit down and roll those balls back and forth to one another. For basketballs, have kids practice dribbling, for soccer balls, have kids attempt to throw the ball into a trash can, or bin. For bouncy balls, have kids try to bounce and catch the ball before it bounces again, etc.

Once everyone has made it to all the ball stations, ask the kids, “Do you think Willow the Dog would have loved today’s activity? His ball is his favorite toy!”

## SNACK

**ITEMS NEEDED:** Cheese Balls (Consider Outstanding Cheeseballs for a DF option.)

**ADVANCED PREPARATION:** Post a sign outside the preschool area that says:  
“Today’s snack is Cheese Balls. Please let your child’s teacher know if it is not ok for your child to have this snack.”

**CONNECTION:** Tell the kids, “We are having A BALL today! While you are eating your snack, talk to a friend about something that has made you very happy that we did so far today.”

## MAIN LESSON

**BOTTOM LINE:** God comforts us when we are sad.

**TAGLINE:** How are you feeling?

**OBJECTIVE:** Little ones will learn, "I can talk to God when I'm sad and he will comfort me."

**KEY PASSAGE:** Psalm 6

**WORSHIP TIME:**

Prior to the lesson, sing one or two songs with the kids. Use CDs or live lyrics of songs that the kids are familiar with.

**LESSON:**

How are you feeling today? As we dive into our BIG BOOK OF EMOTIONS in Psalms, we really get to explore how David was feeling. Sometimes he felt happy and He praised God for his blessings. Sometimes he felt sad, and He prayed for God's comfort. Today we are talking about feeling SAD. It is not a good feeling to be sad. It is a yucky sort of feeling that we don't really want to feel for too long. It is important to think about how we feel and pray to God about it. It is healthy to dive into our feelings the way David did. Otherwise, we are just stuffing our emotions down and not dealing with them. It's okay to talk about how we feel! So let's practice right now. Let's pretend that I just gave everyone a dollar. How do you feel? Shout it out! Awesome. Now let's pretend that you lost your favorite toy. How do you feel now? Shout it out! Great. Now let's pretend that you just walked into a room with a party just for you and you had no idea about it. How do you feel now!? Shout it out! Wonderful.

Let's remember to talk about how we feel because it is better than ignoring our feelings. If we ignore them and pretend they aren't there, we can start to feel yucky on the inside. Today we are going to read how David felt. When he felt this way, He talked to God about it and it helped him to feel a lot better. As you listen, when you feel like David is feeling sad, I want you to stay seated, but as David starts to feel better, more and more, I want you to slowly sit up, and eventually stand as tall as you can. The happier David gets, the higher I want you to get. Understand!? Alright, listen as I read.

**READ:**

"Lord, do not rebuke me in your anger  
or discipline me in your wrath.  
2 Have mercy on me, Lord, for I am faint;  
heal me, Lord, for my bones are in agony.  
3 My soul is in deep anguish.  
How long, Lord, how long?  
4 Turn, Lord, and deliver me;  
save me because of your unfailing love.  
5 Among the dead no one proclaims your name.  
Who praises you from the grave?  
6 I am worn out from my groaning.  
All night long I flood my bed with weeping  
and drench my couch with tears.

## MAIN LESSON

- 7 My eyes grow weak with sorrow;  
they fail because of all my foes.
- 8 Away from me, all you who do evil,  
for the Lord has heard my weeping.
- 9 The Lord has heard my cry for mercy;  
the Lord accepts my prayer.
- 10 All my enemies will be overwhelmed with shame and anguish;  
they will turn back and suddenly be put to shame.”

Maybe it was hard to tell. Let's read that one more time. Listen careful as David's tone changes at the end. He no longer talks about how he is sick but he starts to talk about how God accepts his prayer and how his enemies are now put to shame for trying to hurt him. Let's try one more time. Ready!?

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or discipline me in your wrath.
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- 3 My soul is in deep anguish.  
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- 10 All my enemies will be overwhelmed with shame and anguish;  
they will turn back and suddenly be put to shame.”

As we pray to God, he will help us let go of our sadness and have confidence in Him. He will comfort us, even in difficult times! **GOD COMFORTS US WHEN WE ARE SAD!** David was feeling sad until he remembered that God was with him! We can say, “I can talk to God when I'm sad and he will comfort me.” Let's say it together...repeat after me. **I CAN TALK TO GOD. “I CAN TALK TO GOD.” WHEN I'M SAD. “WHEN I'M SAD.” AND HE WILL COMFORT ME. “AND HE WILL COMFORT ME.”** Let's talk to God now!

### **SIMPLE PRAYER:**

Dear Jesus (Dear Jesus),  
Please comfort me (Please comfort me)  
When I am sad (When I am sad). Amen (Amen)

## MAIN LESSON DISCUSSION QUESTIONS:

**WIGGLE TAMER:** Have kids spread out and lay on the floor. Ask them to roll as far as they can without running into someone else. Then ask kids to lay on their backs and tuck their legs up to their chin and wrap their arms around their legs. Then tell them to rock back and forth on their back like an egg.

### **SMALL GROUP MEMORY VERSE ACTIVITY:**

Read the memory verse.

Say, “Psalm is the Big Book of emotions! David expressed his feelings in this book. In our memory verse, David is expressing his love for God! You can do the same. When you pray to God or when you are feeling happy, sad, or angry, you can write it down in a journal. Sometimes it helps to write how we are feeling. It helps us let out our emotions in a healthy way! Since we are preschool-aged, most of us can’t write yet...but we can do something just as cool. We can draw pictures. We can express how we feel through our art.”

Hand each kid paper and crayons and ask them to draw how they feel today. They can also draw something that happened that made them feel the way they do.

### **DISCUSSION QUESTIONS:**

How did David feel at the beginning of Psalm 6.

How did he feel towards the end? (Hint: Started to feel a little bit better.)

When it feels like God is far away, what can you do?

### **SMALL GROUP GAME OR ACTIVITY:**

Have each small group use one ball from the earlier activity. Sit in a circle and roll the ball around the circle slowly. From person to person. Then roll the ball around the circle a little faster. Then a little faster. Then roll the ball as fast as you can. Finally, have everyone turn and face their backs to the circle and try passing the ball around the outside of the circle in the same way. (Slow to fast.)

# MAKE IT STICK

THE BIG BOOK OF EMOTIONS PRESCHOOL LESSON 2

4 SIMPLE WAYS  
YOU CAN MAKE  
THIS LESSON STICK  
WITH YOUR KIDS

## THIS WEEK'S LESSON:

Use these four common times in a preschooler's day to reinforce this week's lesson:



### DRIVING:

Ask your child, "How do you feel?" Encourage them to tell you how they feel whenever they need to talk about their emotions. Remind them that God is always there for them to pray to.



### PLAYING:

Play capture the ball outside! Use the same rules for capturing the flag, but instead, you are allowed to throw the ball and if it makes it to the other side before you are tagged, you win! (This makes the game a little easier for just two people playing or for younger kids.)



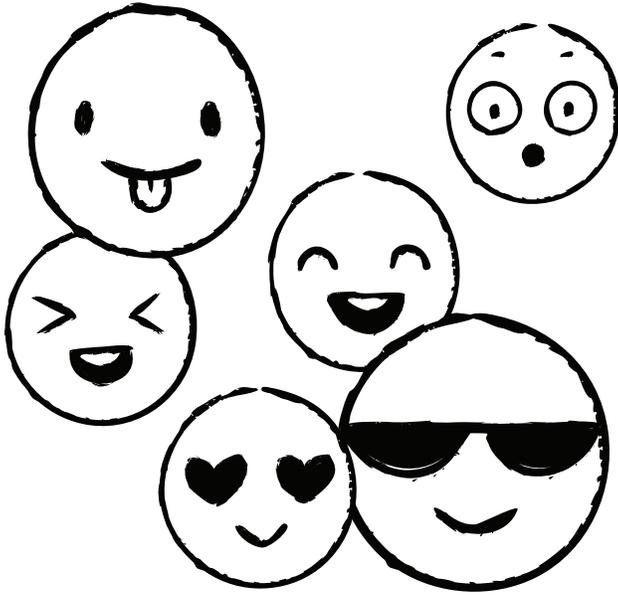
### EATING:

During the meal, carefully roll a hard-boiled egg around the table from person to person. Whoever has the egg has to talk about one thing that happened that day and how it made them feel. This fun game is a good conversation starter at the dinner table and if the egg rolls off the table and cracks, it might just make everyone "crack up"!

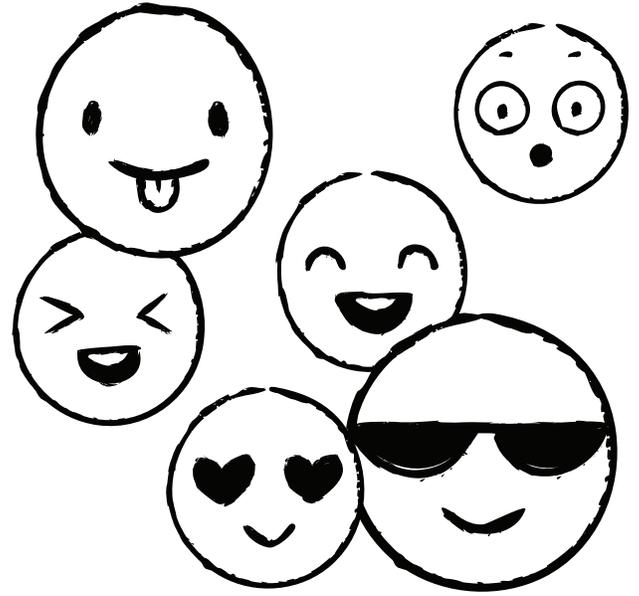


### SNUGGLING:

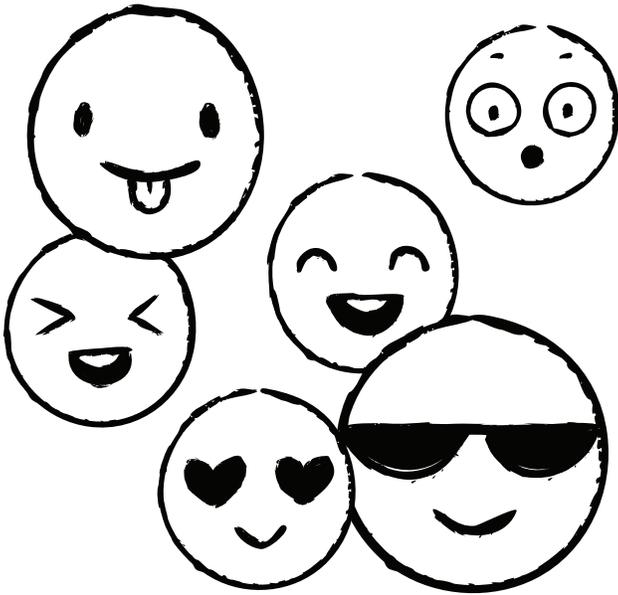
When you're rocking with your child at night, or reading a bedtime story, choose to read this week's Bible lesson at least one night of the week. (Psalm 6) Ask your child how this psalm makes them feel and if they have ever felt this way about anything.



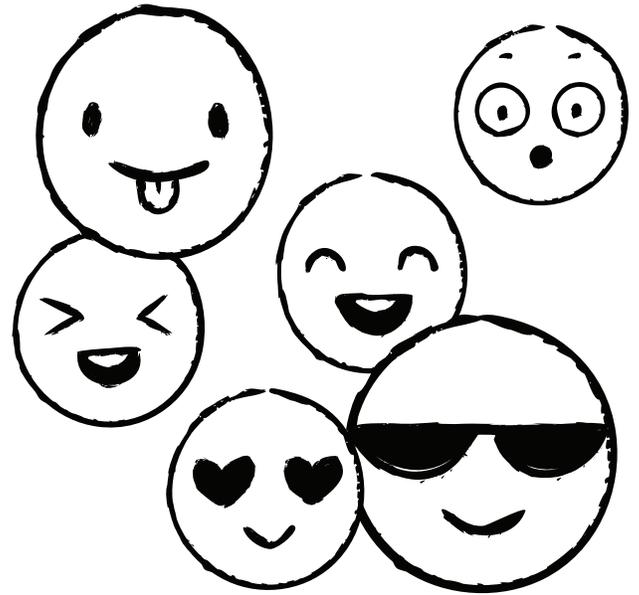
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