

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** **7 minutes**
Discuss how the students show it when they feel sad. Introduce today's Big Idea.
- 2. Intro Activity** **5 minutes ***
Guide the students to share how they help themselves feel better when they're sad as well as how they help others.

Gs God Story

Ls Life Story

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

Ms My Story

- 4. Application Activity** **12 minutes ***
Read aloud David's song from 2 Samuel 1, then have an extended discussion time about expressing emotions.
- 5. Wrap-Up Activity** **10 minutes**
Create cards to encourage people who are mourning.

Os Our Story

- 6. Dismissal** **2 minutes**

* Extend as needed and adjust timing for other activities.



1. CONVERSATION STARTER

Supplies:

- None

Instructions:

- As the students arrive, welcome them and gather everyone together.
- Check in quickly to see how their week went.
- Explain that sometimes when we're sad, it comes out as being mad or backing away from people.
- Ask: When you're sad, how do you show it?
- Depending on the size of your group, have the students 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:

- None

Instructions:

- Guide everyone to find a partner.
- Ask each student to share with their partner how they try to make themselves feel better when they are sad.
- Direct everyone to find a new partner.
- Ask them to share how they help others when they are sad.
- Gather the students back together in a group.
- Invite them to share and discuss any ideas they heard that they hadn't thought of before.



3. WEEKLY VIDEO

Supplies:

- Video file

Instructions:

- Play the video. It includes:
 - Host segment
 - God Story (David Mourns | 2 Samuel 1)
 - Life Story
- Invite the students to give a quick recap of what happened in the God and Life Stories.
- Ask:
 - How do these stories and today's Big Idea (**God helps us when we are sad**) connect?
 - Do you have a story from your own life that also connects?

Ms My Story

4. APPLICATION ACTIVITY

Supplies:

- Key Verse sign
- Wall-safe tape
- Bibles
- Paper
- Markers

Instructions:

- Hang or hold up the Key Verse sign.
- Review 1 Samuel 16:7 together.
- Explain that learning verses can be hard. However, it's worth it because having them stored in our minds is helpful as we journey through life.
- Ensure everyone has a Bible. Share them if needed.
- Guide the students to look up 2 Samuel 1.
- Read aloud David's song found in this chapter. Pause to highlight anything that seems relevant or ask if anyone has any questions about it.
- Encourage the students to consider what they'd say in a song or a poem if they were grieving someone or were very sad about something significant.
- Give each person some paper and markers.
- Invite them to doodle as you discuss:
 - Some people think it's weak to show emotions. How do you feel about that?
 - David was a strong dude who expressed his emotions often. Do we usually see these two things connected? If so, how? If not, why do you think that is?
 - How do you feel about expressing your emotions to God? To others?
 - Have you ever tried journaling? Drawing? Do you work your emotions out in sport or exercise?
 - How might God help us work through our emotions?

5. WRAP-UP ACTIVITY

Supplies:

- Cards
- Markers
- Pens
- Bibles

Instructions:

- Set out the supplies where everyone can reach them easily.
- Invite the students to make an encouraging card for someone in their lives who is sad, grieving, or mourning.
- Suggest that they include a verse from the Bible, (e.g., Psalm 9:9; Psalm 18:2; Nahum 1:7; John 14:27; Philippians 4:6).

Os Our Story

6. DISMISSAL

Supplies:

- Take-home cards
- Key Verses cards

Instructions:

- Take a few moments to pray for the students if you have not already done so.
- Remind everyone about any upcoming events or relevant announcements.
- Make sure the students have all their take-home materials.
- Ensure the adult teaching is over before dismissing the students.