

March 15, 2026
1st-3rd Grade Sunday School
Week 3:
We Don't Talk About... Sadness

Video Game:

Move Over Clover

It is in the "Sunday School Videos" album and the date is in the comments.

Game: Pass the Tissue (But Don't Keep It!)

SUPPLIES:

1 tissue per group.

INSTRUCTIONS:

Kids sit in a circle. Play music. Pass one tissue around. When music stops, that child shares:

- One thing that makes them sad
- OR one thing that makes them feel better when sad

Then keep going.

WHAT'S THE POINT:

We need to talk about sadness so that God can give us joy in those sad moments.

LESSON: Expressing our sadness to God can help us find joy.

Okay, let's be honest. The last two weeks we've talked about things that most people don't enjoy talking about, but there are times when we do. Take fear for instance. There's a certain segment of people who love talking about fear: people who like horror. Fans of the scary stuff LOVE to talk about their favorite books, movies, and monsters. And there are a lot of them! Scary movies and books are always in high demand, and horror conventions draw people by the thousands!

Even anger is sometimes easy to talk about. It may take us a while to start, but once we get going, oh the release we feel speaking about why we are angry. It makes us feel better. Someone's heard us. Someone knows what we're feeling. We can finally breathe.

Today's topic can give us some relief as well when we talk about it, but boy, it's a lot harder to bring up than anger or fear. In fact if anything's harder to talk about than anger and fear, it's sadness.

No one likes to be sad. No one likes to cry. But sadness, like fear and anger, is a normal part of life. It's an emotion we cannot avoid. The book of Ecclesiastes in the Old Testament tells us there's a time and place for everything, including a time to cry. It's part of who we are as humans living in a fallen, broken world.

One of the saddest people we find in the Bible was a woman named Hannah. She was sad because she badly wanted to have a child. Hannah didn't keep her sadness to herself. She took it to God. God was listening, and in her great sadness, God surprised her with even greater joy.

READ 1 SAMUEL 1:7-17

Hannah was heartbroken. She wanted to have a baby more than anything, and it made her sad. Hannah didn't keep her sadness to herself. She took it straight to the Lord. God heard her cries, and He surprised her by answering her prayers.

Hannah had a son named Samuel, the same Samuel for whom this book of the Bible is named! He became a great leader in the history of Hannah's people. God used Samuel not only to lead Israel but to appoint the nation's first two kings: Saul and David.

Hannah's sadness turned to joy because she spoke about her sadness. God hears the cries of His people when they are sad, and He will always find a way to bring us joy.

There are many things that make us feel sad. We are sad when we are disappointed. We can feel sad when things don't turn out the way we hoped. Sadness comes when we experience loss, when we lose a loved one or a beloved pet. We feel sadness when friends move away or when our own families move away.

Sadness doesn't go away any faster when we bottle it up than anger does. When we feel sad we need to take time to cry, to mourn, and most importantly, to talk. We need to express how we feel, not only to God but to our families. Hidden sadness can come out in negative ways the same as sadness, but when we speak up about our sadness, the people we love can mourn with us and help us heal.

The best thing that happens when we talk about sadness is that God helps us to find joy. True, God doesn't always answer the way He did with Hannah, but God can reveal things to us that will put a smile back on our face. When we lose someone we hold dear, God will remind us of all the good memories we had and the things we learned from them. When we are sad about a change of circumstances, God will remind us that He is in control. He will show us that while things don't always go the way we want, He is always going to work things out for our best.

Only God has the power to make us smile, to make us laugh, and to give us joy in the midst of great sadness. God can do these things when we talk to Him about our sadness. If you are feeling sad, say a little prayer. Talk to Mom

or Dad, and tell them how you are feeling. Speaking up is the first step to healing, and the more comfortable we are speaking about sadness, the more we will see God working through our sadness to bring joy.

It's okay to be sad, and it's okay to talk about feeling sad. Let God turn your sadness into joy.

Discussion Questions:

1. What is one thing that makes you sad?
2. What do you usually do when you feel sad?
3. What did Hannah do when she felt sad?
4. How did God turn Hannah's sadness to joy?
5. Why do we need to tell God when we are sad?

Who else can we talk to when we feel sad?

Close in prayer.

Memory Verse:

THIS WEEK: "So confess your sins to one another. Pray for one another so that you might be healed. The prayer of a godly person is powerful. Things happen because of it." James 5:16 (NirV)

If they memorize the verse, they can get a ping pong ball to put in the BLUE BOX in the hallway.