

March 22, 2026
1st-3rd Grade Sunday School
Week 4:
We Don't Talk About... Loneliness

Video Game:

Name that Fear

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

Game: JUST LIKE ME

ITEMS NEEDED:

Index cards

INSTRUCTIONS:

This is a game for everyone to play. Prepare a stack of index cards with various, specific things written on them that kids like: popsicles, candy bars, pizza, gummi bears, Disney movies, Star Wars movies, football, soccer, basketball, etc.

Have all the kids start the game sitting. Read off the first index card. If a child likes that thing, they should stand up. Then read the next. How many cards do you have to read until everyone is standing? Repeat if you have time, and see how many cards it takes to get everyone standing a second and third time.

WHAT'S THE POINT:

We are not meant to be alone. God can help us connect with people like us. And Jesus is always there to connect with us!

LESSON: Even when we're alone, we are never truly alone!

Over the last few weeks, we've learned to talk about things most people don't like to talk about. We've learned that we can face our fears by discussing them openly. We've learned that the best way you cool our anger is to talk it out. We've learned how important it is to express our sadness instead of hiding it inside. And we've learned that God is always willing and able to listen to us, no matter how we are feeling.

That's an important fact to understand. God is always there. No matter where we go, no matter who we are with, no matter how isolated and alone we may feel, God is there.

It's important to know God is always listening because today's hard-to-talk-about topic is loneliness. Loneliness is far more than just being alone by ourselves. It's that feeling of isolation that we get when we think no one understand us. It's thinking no one gets us, no one is listening, and no one cares.

Like I said, you don't have to be alone to feel this kind of loneliness. You can feel all alone in the middle of a crowd, at school, or even surrounded by family. And it's no fun to feel that kind of loneliness.

Many heroes of the Bible had terrible moments of loneliness. Elijah the prophet had an agonizing bout of loneliness hiding in a cave. And Jonah had three days in the belly of a whale that had to feel incredibly lonely. But the lonely man we want to read about today is Jesus Himself. Jesus was surrounded by people most of His adult life, and yes the gospels tell us that even Jesus had His lonely moments. He felt alone in the Garden of Gethsemane, the night before He died. And He felt alone on the cross.

READ MATTHEW 26:36-39 and MATTHEW 27:46

Jesus knows what loneliness is. He felt it deeply, praying in the garden while His friends slept, and especially on that cross. Do you notice what Jesus does

when He's lonely? He talks to the one person He knows is always listening: His Father.

Jesus showed us by example how we face loneliness. We talk about it. We reach out to God, and we share how we feel, just like we do with our other emotions. Even if no one else understands, if no one else is listening, we can talk to Jesus.

And how do we know Jesus will listen? We know because we have this promise:

READ HEBREWS 13:5

Jesus wants to be our friend. He wants to be our constant companion. He is able to do that because of what He did on the cross. Jesus was the only perfect man, the only person who never sinned. When He died, He paid the price for the sins of the whole world – from Adam and Eve to you and me. Because Jesus rose from the grave, He can offer us new life. He can send the Holy Spirit to be our constant companion.

When we give our hearts to Jesus, we receive the gift of the Holy Spirit. Through the Spirit, we can talk to Jesus. We can talk to our Savior who knows all the emotions we don't like to talk about. He knew fear in the Garden as well as loneliness. He knew anger when He saw people making a market out of the holy temple in Jerusalem. He knew sadness many times, including the day His friend Lazarus died.

We never need to feel lonely if we know Jesus. Jesus understands it all. He's been through it all. He knows us better than we know ourselves in many ways.

We can make Jesus our constant companion by receiving Him as our Savior. We must recognize that we are sinners, and that we cannot save ourselves. We must confess that Jesus is the Christ, the Son of God, who died for our sins. Then we must ask Jesus to forgive us and come into our hearts.

That one simple prayer can be the start of a whole new life. Knowing Jesus means that you will never, ever feel alone. You will always have a close friend ready to listen no matter what emotions come to you. You will never be alone.

If you've never received Jesus as your Savior, this is your invitation. Talk to one of our leaders. Let them know you want to make Jesus your best friend. The best way to face loneliness is to talk, and the best person to talk to is the one who is always there for you!

Discussion Questions:

1. When do you feel lonely?
2. What do you do when you feel lonely?
3. What did Jesus do when He felt lonely?
4. Is Jesus always there to listen to us when we need Him?
5. How can we make Jesus our constant companion?

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.