



Sunday School **Home Guide**

Name: _____

6.3 – We Don't Talk About...Sadness

This week

There are lots of things that are tough for kids (and adults) to talk about – fear, anger, sadness, and loneliness. During this unit, we will look at these things and what the Bible says about these topics. We'll learn that it's okay to talk about our struggles, because when we are weak, God is strong! This week, we read about when Hannah was praying for a Son in 1 Samuel 1:7-17, and learned that we can talk with God and others when we feel sad so that we can grieve and then find joy!

Questions to ask your kiddo...

- What is one thing that makes you sad?
- What do you usually do when you feel sad?
- What did Hannah do when she felt sad?
- How did God turn Hannah's sadness to Joy?
- Who should we talk to when we feel sad?

This Weeks Challenge

Sadness isn't something to be avoided. It's part of life. It's important that all of us learn how to express our sad feelings in a constructive way. Just like we talked about last week, it's important that we model that behavior for our children. When you are feeling sad, or you sense your kids feeling sad, encourage them to open up and talk about it. Pray with them, and ask God to give them joy in those sad moments.

Memory Verse

"So confess your sins to one another. Pray for one another so you might be healed. The prayer of a godly person is powerful. Things happen because of it."

James 5:16 NIRV

