



Sunday School **Home Guide**

Name: _____

6.4 – We Don't Talk About...Loneliness

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 Jesus felt Loneliness in Matthew 26:36–39, 27:46 and in Hebrews 13:15, and learned that even if we are by ourselves, we are never truly alone if we know Jesus!

Questions to ask your kiddo...

- When are times you feel lonely?
- What do you do when you feel lonely?
- What did Jesus do when He felt lonely?
- Is Jesus always there to listen to us when we need Him?
- How can we make Jesus our constant companion?

This Weeks Challenge

Having someone to talk to reminds us we are not alone. Even when no one else is around, we still have Jesus. I know that there are times I'm surrounded by people, but I still feel lonely. If loneliness is something you struggle with, spend some time this week alone with Jesus, and reflect on the verses above. Jesus experience the same feeling, and he modeled what we should do when we feel alone – go to God. Take some time this week to let your kids know that you are always there when they need you, and to remind them in the moments you're not there (like they're at school), that Jesus is right there with them.

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

