



PODCASTS

We've got more on this topic on our podcasts.
Listen in and carry on the conversation.



Faith in Kids exists to encourage, inspire and equip influencers of faith in children with support, training and resources.

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Teaching resources for understanding **identity**



The Bible's answers to our big questions

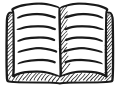


Lesson 3

I AM HURTING

John 11:17-37

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READ

I am hurting

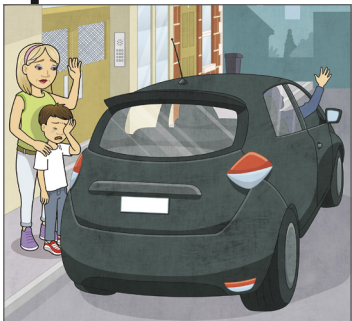
JOHN 11:17-37

TRUTH = Life in a broken world hurts. Jesus knows how we feel because he lived here, too.

FAITH = Children who are not surprised by suffering. They choose to go to Jesus with their hurt.

When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. Jesus wept.

JOHN 11:33,35



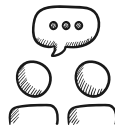
His mum and dad aren't together anymore. It makes him sad. He thinks it's his fault.

She wants to protect her son from heartbreak. She doesn't know what to say to help.

Suffering is to be expected in this broken world. Much as we'd like to, we can't protect our children from it. When things go wrong we often blame others or ourselves.

GOD'S BETTER STORY

- We're never alone in our suffering. Our Saviour is alongside us, completely understanding and able to help.



TALK

Adults and children, ask each other...



UNDER 7's

- What last made you cry?
- Who can you talk to who understands?
- What truth can you remember next time you feel sad?



OVER 8's

- What suffering makes you want to ask God, 'why?'
- What part of your life brings the most tears?
- How does it change things to know that Jesus fully understands your tears and questions?

FEELINGS



SAD



ANGRY



HAPPY



WORRIED



SCARED

- Tick the feelings that Jesus understands.
- Look at each emotion - do you feel like you can talk to Jesus when you feel that way? Why?



LIVE

Look for opportunities to talk and pray about feelings this week.

Start a conversation when someone in your family feels happy or sad.

ASK

- What made you feel happy/sad?
- Who can help?

CONNECT TO THE TRUTH

When there are tears and questions, we can talk to Jesus. He understands!

- Jesus listens to our questions
- Jesus shares our tears
- Jesus can help us



PRAY

Ideas to help you pray.

1. TISSUES – when there are tears about the things that hurt, ask God to help you know that he understands and loves you.

2. BIBLE – God isn't surprised by suffering. Ask him to help you to trust him and go to him when life feels hard.

We don't hurt alone. Jesus understands us and will help us now and forever.



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