

# ALLEY SG- January 4 - 5, 2025

**Today's Bible Story:** Rainy Days and Mondays (Jesus Wept) • *John 11:1-45*

**Today's Key Question:** Who can you talk to when you're sad?

**Today's Bottom Line:** When you're sad, remember you're not alone.

**Monthly Memory Verse:** *Be strong, all you who put your hope in the LORD. Never give up.* Psalm 31:24 (NIV)

## 1. Bible Story Extension

*Bible Story review*

**What You Need:** bean bags (2 per bin), 3 bucket with the 3 feelings (Worry, sadness, joy), scenario cards (1 set per group)

### What You Do:

- On one side of your group space, line up the three buckets that say “worry, sadness and joy” on them.
- Place the “Umbrella Feelings” scenario cards in a pile in front of the line.
- Instruct the kids to line up at the line.
- Invite the first kid in line to choose a beanbag and a card from the pile
- Then, ask that kid to toss the bean bag into the bucket with the emotion they think best describes it (worry, sadness, joy).
- Repeat until each of the cards has been read.
- Gather the kids together and ask the following questions for discussion:
  - Which of these emotions did Jesus feel? (*All of them!*)
  - What other emotions do you think Jesus may have felt at different times in His life?
  - How does it make you feel to know that Jesus has experienced every feeling and emotion you've had?
- Explain that we can always trust Jesus to understand how we feel because He's been there, too. We can trust that no matter what we have going on, God can help us get back up when something gets us down.

## 2. Take a Snapshot

*Application Activity*

**What You Need:** “Resilience Journal 1” Activity Page, pens

### What You Do:

- Invite kids to sit in a circle in your group space.
- Hand each kid the “Resilience Journal 1” Activity Page and a pen.
- Explain to kids that they will be writing on a journal page to help them organize their thoughts and prayers.
- Tell them that one way we can spend time praying is by writing to God about what we’re thinking and how we’re feeling.
- Allow a few minutes of quiet time so that kids can write on the page.
- Explain that each week of this month, they will have the chance to write more about their feelings.
- Give kids a chance to fill out their pages and if anyone wants to share theirs with the group.
- Ask the following questions for discussion:
  - How do you feel about crying in front of others?
  - What brings you comfort when you’re feeling sad?
  - Who’s a trusted adult you talk to when you’re feeling sad?

- Remind kids that we all experience big feelings and emotions. Sometimes we don't want others to see when we're feeling sad or when we need to cry. But Jesus wants us to know that when we're sad we can remember we're not alone. And one way we can do that is writing those feelings down!

### 3. Discussion Questions

- Do you ever feel alone? If so, what makes you feel that way?
- What makes you feel sad?
- Who can you talk to when you're sad?
- What helps you trust someone else?
- Does it take courage to talk about your feelings? Why or why not?

### 4. Verses to Take with You

*Memory Verse Activity*

**What You Need:** Bibles, 2 sets of Verse Cards

**What You Do:**

- Divide the group into two teams.
- Invite teams to gather and sit a distance away from each other in your group space.
- Give them each a set of verse cards and be sure the words of the verse are not in the correct order.
- Hand a Bible to a kid from each team and ask them to look up Psalm 31:24.
- Choose one of the kids to read the verse out loud for the entire group. Tell them to leave their Bibles open for the game.
- Explain that when you say, "Go!" they will race to put their words of the verse in the right order.
- The team that finished first is the winning team!
- Explain how God's Word can help us build our resilience. When we memorize scripture and remind ourselves to trust God no matter what, it becomes a little easier to trust God in every season.

(keep these verse cards in your bin to use all month)

## AT THE 5- MINUTE CALL:

### PRAY

- Ask, "Does anyone have any prayer requests or things they want to thank God for from this week? (*Let the kids share their prayer requests and praises*)
- Take some time to pray for these things as a group, then finish with the prayer below...  
"Dear God, thank You for giving us hope! Please help every friend here know that when they are sad, they are not alone because You are always with them. Remind us of the joy we have in You no matter what and help us see signs of hope like a rainbow in the sky You bring after the hard times. We love You, and we pray these things in Jesus' name. Amen."
- If there is still time, pass out the Discussion Guides to the kids and begin to read through them together. Remind them they can do the activity at home to bring back next week for a prize.

**PARENT PICK UP POINT:** As adults arrive to pick up, invite kids to tell their parents about one person they can talk to when they are feeling sad.