

# Small Group Experience

## LESSON 3 - “God, I Need Joy!”



### Watt's Up:

“When I Am Down, God Can Lift Me Up!”



### Power Verse:

“Let all who seek God’s help live in joy.”

- Psalm 69:32

### Retelling The Bible Story

#### SUPPLY LIST:

- \* 1 “crown” and 1 set of “giant angry eyebrows” (print piece provided) for the volunteer who plays “King Saul”
- \* 1 “happy face w/beard” (print piece provided); 1 “sad face w/beard” (print piece provided) for the child who plays David
- \* Various “face” props such as “smiles with mustaches”, “angry eyebrows” (print pieces provided; be sure to print enough copies of the pieces so that every child has at least one “face” prop)
- \* Straws (enough for each child in the group)
- \* Scissors (preferably enough for each child in the group)
- \* Adhesive tape (enough for each child in the group to fasten their print piece to their straw)

#### TEACHER INSTRUCTIONS:

Choose one child to play the role of Saul and one to play the role of David. Give the children playing Saul and David their print pieces and a straw. Let everyone else choose from the other print pieces. Tell everyone to cut out their print piece and tape it to the straw. They will use these during the lesson to act out the story. The children playing David and Saul should stand at the front of the group. Read the excerpt aloud. When the story talks about “happy” things, have everyone with the “smiles” hold them up and cheer. When the story talks about “sad” things, have everyone with the “frowns” or “angry eyebrows” hold them up and make a growling noise. When the lesson talks about King Saul, have the child playing that role hold up the crown over their head. When the lesson talks about David, have the child playing that role hold up the sad or happy face (depending on how David would have felt at that moment).

**Say** - “Today we have a really fun activity and you guys get to play a part! I need one person to play the part of David. Who would like to be David? I also need one person to play the part of King Saul. Who would like to be Saul? Everyone else has a part to play too. This crown is for Saul, the sad and happy faces with the beard are for David. Everyone else, cut out your pieces and tape them to the straws. I will read the story. When I come to a part for you to act out I will stop reading. Hold up the appropriate face for each part of the lesson. Let’s practice this. If I say, “Saul got angry...”, what would you do? Great! You are ready. Let’s read the story.”

#### Read the following excerpts from today’s Bible Story

Do you remember David? He’s the guy who killed the giant Goliath with a small stone. He’s the guy who was anointed to be King of Israel even when he was only a shepherd boy. Pretty cool, huh? (STOP READING.) Well, it didn’t stay that way. The current King of Israel, Saul, got angry (STOP READING.) at David for being anointed as the next king. He began to chase David all over the country trying to kill him. David had to run for his life. He ended up hiding in a cave called Adullam. Here we find our “cave man” sitting and feeling very lonely and depressed. (STOP READING.)

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A lot of times, we are embarrassed when we are sad. We hide the fact that we are depressed by putting on a fake smile. But, David didn't do that. He knew that it's OK to be sad. It's OK to cry. (STOP READING.) He wrote in Psalm 34:6, “I cried out to the Lord in my suffering...” Does that sound like he was hiding the fact that he was sad? Not at all. When we are sad, we don't need to hide our sadness, and act like we are not sad.

Sometimes we have times when we feel like crying. (STOP READING.) Don't hold it in, let it out. Feel free to cry and be honest about your feelings. David did. He said he was suffering and sad. He admitted his feelings. He wasn't ashamed to cry. (STOP READING.)

David also teaches us something else we need to remember when we are depressed. David says in Psalm 34:18, “The Lord is close to the brokenhearted...” When we are sad, we feel we are facing our depression all alone. But, we aren't. God is close to us at all times, especially when we are sad. He is there to help us. All we have to do is call on Him for HELP! (STOP READING.)

David remembered what we need to remember: “The Lord hears his people when they call to Him for help.” David says in Psalm 34:5, “Those who look to Him will be radiant with joy.” And our Power Verse tells us that “The joy of the Lord is my strength.” When we are sad and depressed, God will give us the joy (STOP READING.) we need for strength to make it through our sad time. Depression doesn't have to last forever. Call on God for HELP and let Him fill you with His joy.

**Ask** - “Do you think it was ok for David to be upset about his bad day?”

**Ask** - “How do you think God reacted to David's sadness?”

**Say** - “David definitely had a right to be sad. He had some rotten things happen to him, and none of those things were his fault. David might have been hiding in a cave, but he was not alone! Psalm 34:18 says, “The Lord is close to the brokenhearted...” God wasn't absent during David's bad day, he was right there with him. God was able to bring JOY back to David's day, even when there seemed to be no hope.

**Ask** - “Who has had a bad day this week? Would you like to share about what happened and how you felt?”

**Ask** - “What do you think JOY is?”

**Ask** - “How is having Joy different from just feeling happy?”

**Ask** - “David had some really bad stuff happening to him. How did he find joy?”

## Game/Activity

### SUPPLY LIST:

- \* Boxes of facial tissue (one for each team)
- \* Rubber bands (several for each team)
- \* Rolls of adhesive tape (one for each team)
- \* Markers (several for each team)

### TEACHER INSTRUCTIONS:

Divide the group into teams. Give each team a box of tissue, rubber bands, a roll of tape, and some markers. Their task is to create a person out of these supplies. The person must have a happy side and a sad side. Give them 5 minutes to  
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assemble their tissue person. They will use the tissue people as tools when answering the questions you will ask. To answer, they must raise the tissue person in the air. Call on whoever raises their tissue person first. If the feelings “sad” or “happy” are a part of the answer, instruct them to show the side of the tissue person showing that emotion.

**Say** - “Today, we have been talking about people who feel happy and sad. I want you to make a happy and sad person out of the supplies I have here for you. On one side of your person’s head, draw them looking happy. On the other side, draw them looking sad. You have 5 minutes to complete your tissue person.”

(allow 5 minutes for them to create their tissue person)

**Say** - “I’m going to ask some questions. Raise your tissue person in the air if you know the answer. I will call on the first tissue person I see. Answer the question. If the answer has something to do with being happy or sad, show the appropriate side of the tissue person and say ‘happy’ or ‘sad.’”

**Q.** What does it mean to be depressed?

**A.** It’s a feeling of sadness that you just can’t shake

**Q.** Who was anointed to be the next King of Israel?

**A.** David

**Q.** How do you think being anointed king made David feel?

**A.** Happy

**Q.** Who was angry in our lesson and why?

**A.** King Saul was angry because he did not want David to become King

**Q.** How do you think David felt when he was hiding in the cave alone?

**A.** Sad

**Q.** True or False, while in the cave David wrote a song named, “The Bible Boy Blues?”

**A.** False

**Q.** What kind of song did David write?

**A.** A song about JOY that comes from God

**Q.** Is God upset with us when we are sad?

**A.** No

**Q.** Will God give us joy when we call on Him for HELP?

**A.** Yes

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## Group Sharing

**SUPPLY LIST:**

- \* Blue outline of cloud (*print piece provided*)
- \* Markers (enough for the children to share)

**TEACHER INSTRUCTIONS:**

Give each child a copy of the cloud print out. Tell them to design their cloud in whatever way they want it to look. After they have designed the cloud they should write a word or phrase in the cloud from a sad time in their life. Your goal during this time is to make the kids aware that it is ok to feel sad. Discuss that you might not always be able to tell someone is sad just by looking at them. Once you are done talking, ask the kids if any of them would like to share what they wrote on their cloud.

**Say** - “Sometimes when people are sad they call it ‘feeling blue.’ Everyone has days when they feel blue. There are a lot of different situations that can make you feel sad. Maybe someone in your family is sick or your best friend is moving away. Maybe your teacher corrected you in front of the class or your pet died. Whatever the situation, feeling blue is not fun. Everyone feels blue at times, but not everyone shows it.”

**Ask** - “Do you think some people try to hide the fact that they are feeling sad? Why?”

**Ask** - “What are some things that people might feel sad about?”

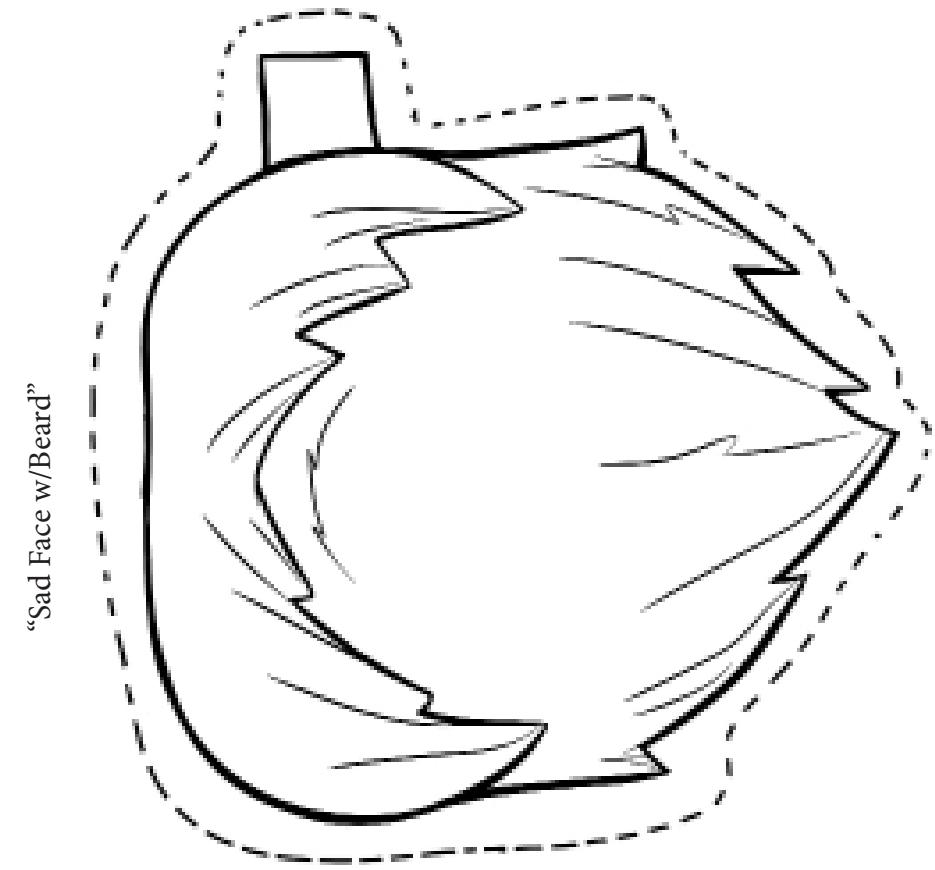
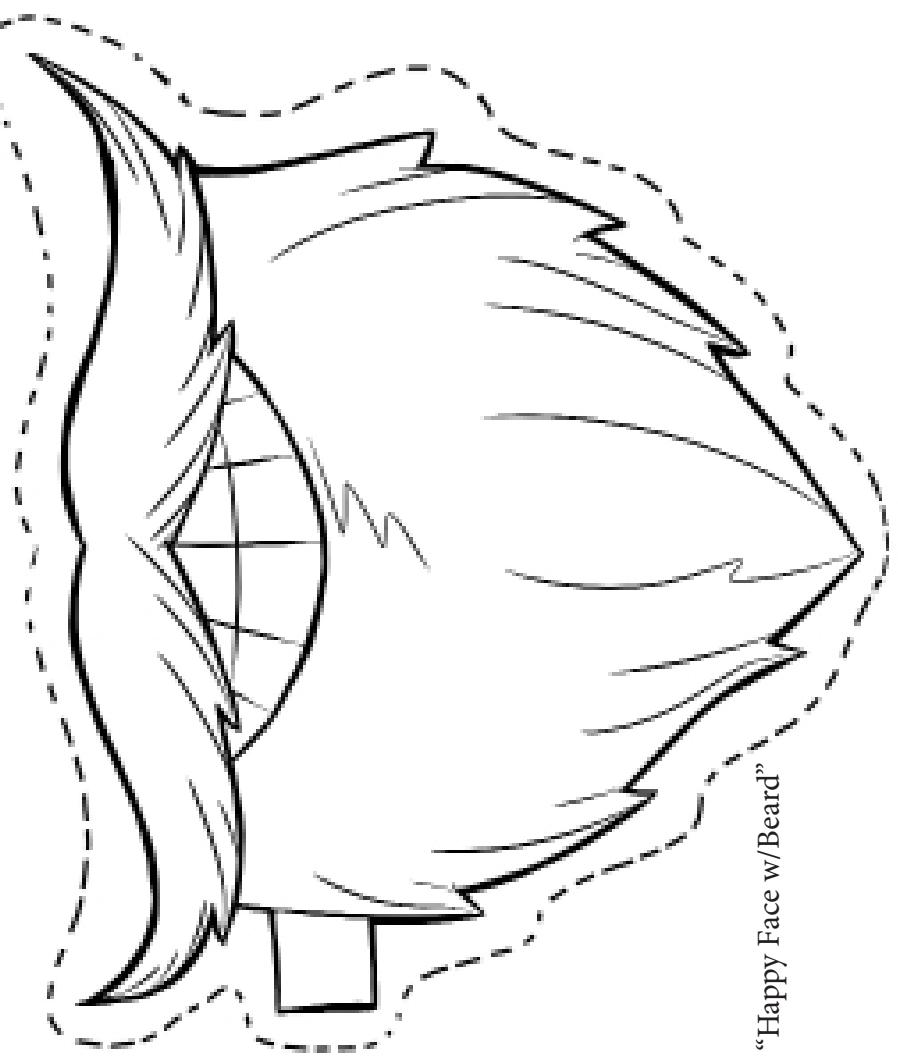
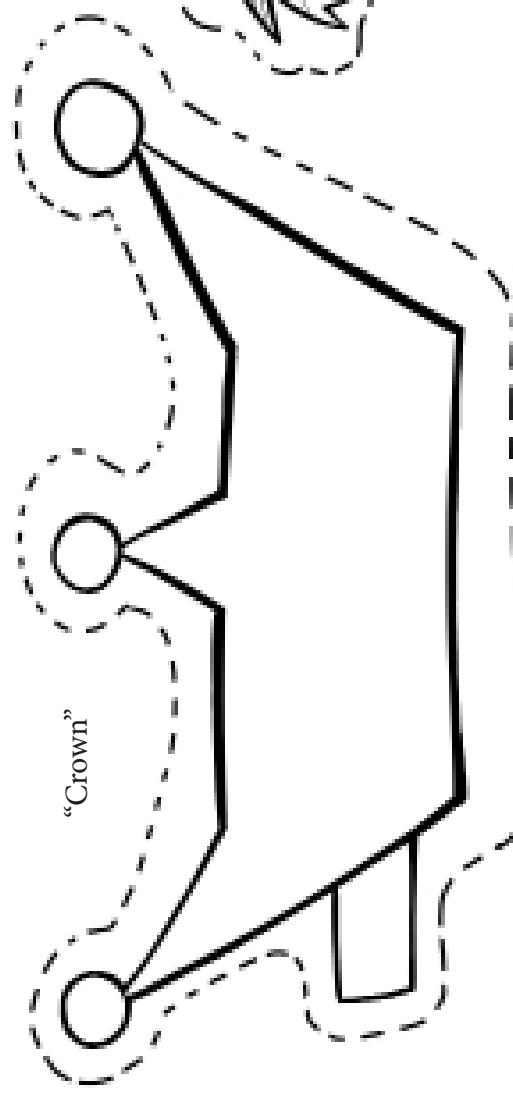
**Say** - “It’s a fact of life; all of us will be sad at some point. The Bible tells us that even Jesus was sad at times when He was here on Earth. It’s OK to feel sad; it’s ok to cry, even about the smallest things. God tells us that He is, ‘close to the brokenhearted.’ When your heart is hurting, God is near to you. He is right there loving you through your blue times.”

## Prayer Time

**Say** - “God can give you JOY! Joy isn’t just a smile. It’s not just a sunny day or a warm feeling. Joy is something that happens deep down inside of you. Joy is having happiness and hope even though things around you are sad. God will never leave you alone, especially in your sadness. Call out to God for HELP when you are hurting. He will fill you with His JOY! We are going to pray together. If you have a situation in your life that is causing you sadness, ask God to fill you with his strength and joy. Everyone else pray that God will help you to share His joy with those in your life who might be facing sad times.” *(Pray together as a group)*

## Closing

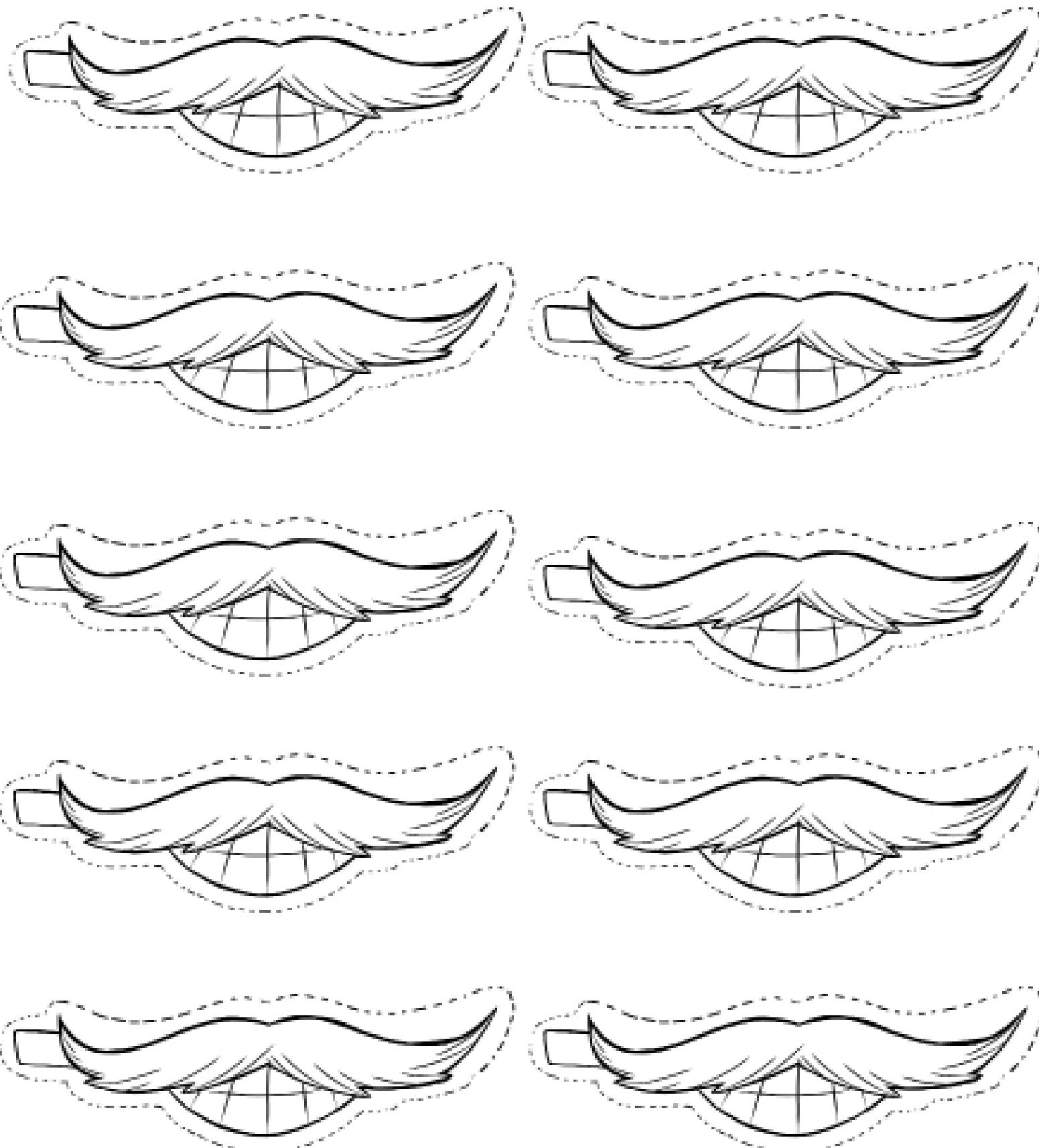
**Say** - “David is a great example of what we should do when we are sad. No, I don’t mean go and find a cave to hide in! In David’s sadness, he called out to God for HELP. We should follow his lead. Try it this week. When a situation comes that makes you sad or upset, stop and pray. Ask God to fill you with His joy and strength. The more we look to God when we are sad, the more those pesky ‘blue’ clouds will start to drift away.”



Various Face Props - "Angry Eyebrows"



Various Face Props - "Smiles With Moustaches"



“Cloud”

