

Small Group Experience

LESSON 5 - “Depression”



Watt's Up:

“I Can Find Strength In The Lord!”



Power Verse:

“...But David found strength in the Lord his God.”

- **I Samuel 30:6b**

Retelling The Bible Story

SUPPLY LIST:

* Bible Story Pictures (provided; print one set)

TEACHER INSTRUCTIONS:

Before small group begins, print the Bible Story Pictures and review the story so you are familiar with the main points. Once small group begins, review the Bible Story by holding up the pictures one at a time and allowing the kids to explain the events of the story. Help fill in any gaps as needed and ensure the main points are being covered. Continue on this way until the story is complete.

Say - We've been following the story of David, and I must say that so far his life has been pretty epic. David was going through some pretty rough times. You might think that things couldn't get worse for David, but unfortunately the bad times weren't over just yet. Let's take another look at this Bible story together. I am going to hold up pictures from the story, and I want you all to tell me what is happening in each scene. I am here to help as needed!

-Hold up the pictures one at a time and allow kids to tell you the events. Help guide them through the main points of each picture-

Show Picture 1 and discuss with the group highlighting the main points...

Main points:

- David was settled in Ziklag
- David & his men were off on a mission and their enemy, the Amalekites, snuck into their camp
- The Amalekites captured all of the women and children, took all the peoples possessions, and burned the village

Show Picture 2 and discuss with the group highlighting the main points...

Main points:

- David's men saw the smoke and realized what had happened
- They had lost everything
- David's warriors began to weep
- The men were overcome with sadness and depression
- The men blamed David for what happened

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Show Picture 3 and discuss with the group highlighting the main points...

Main points:

- David turned to God for help during this difficult time
- David worshipped God
- God gave David strength to face the difficult situation
- God spoke to David
- God told David to pursue the Amalekites and recover what had been taken

Show Picture 4 and discuss with the group highlighting the main points...

Main points:

- David and his men pursued the Amalekites, found their camp, and defeated them

Show Picture 5 and discuss with the group highlighting the main points...

Main points:

- David and his men recovered all their possessions, and families
- No one was hurt, and no possession was missing. God restored everything to David and his men
- God gave David the strength to make it through the depressing time, and lead his men through their depression to victory

Say - What an amazing story! Thank you for helping me review the events.

Ask - How would you feel if you came home one day to find your family gone, everything you owned had been stolen, and your home burned to the ground?

-Allow time for the kids to answer; discuss their answers with the group-

Ask - David lost everything; his family, possessions, and home, just like his men. Why do you think David's men blamed him for their losses?

-Allow time for the kids to answer; discuss their answers with the group-

Ask - In the middle of heart wrenching loss, David worshipped God. Why do you think David worshipped?

-Allow time for the kids to answer; discuss their answers with the group-

Game/Activity

SUPPLY LIST:

- * Power Verse Print Piece (*provided; print one set*)
- * Bean bag (*one*)
- * Paper or dry erase board (*to keep track of the team's progress*)

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TEACHER INSTRUCTIONS:

Before small group begins, print and cut the Power Verse Print Pieces. Once activity time begins, divide the group into teams. Scramble the power verse words and lay them on the ground in random order. Choose a spot several feet away from the words as the tossing spot. Teams will take turns tossing a bean bag at the power verse words. Their goal is to land the bean bag on the words of the verse in correct order. For instance, the first player should try and land their bean bag on the piece that says, “...But.” If they land on the correct word of the verse, write it down for their team, collect the bean bag, and allow the next team to have a turn. If they do not land on the correct word for their verse order, simply collect the bean bag and allow the next team to go. Continue on this way until a team has landed on all the power verse words in correct order. This can be played multiple rounds as time allows.

Say - David and his men were depressed, and with good reason. They had lost everything! Thankfully, David had been through enough in his life to know exactly what to do when he felt overwhelmed with depression. David turned to God, and God gave him strength. Today’s power verse is a great reminder for us, so let’s spend some time reviewing it together. I am dividing you all into teams and placing the words to the power verse on the ground. However, you might notice that they are not in correct order! That’s part of the game! Your team goal is to put the power verse words in correct order, which sounds pretty simple, but there is a twist. You will not be using your hands; you will be using a bean bag! One at a time team members will take turns tossing the bean bag at the words. Your goal is to land on the power verse words in the correct order. If you land on the correct word, I will write that word down for your team, and then you will collect the bean bag and pass it to the next team. If you do not land on the correct word, collect the bean bag and hand it to the next team. The first team to land the bean bag on the power verse words in the correct order wins!

-Play the game, this can be played multiple rounds as time allows-

Group Sharing**SUPPLY LIST:**

- * God Gives Strength Print Piece (provided; print one per kid)
- * Bibles (one)
- * Pencils, crayons, or markers

TEACHER INSTRUCTIONS:

Before small group begins print and cut the God Gives Strength Print Pieces. Once group sharing begins, pass out the print pieces and begin.

Say - Sadness is something that we all face, and sometimes that sadness is very overwhelming and will not go away. Sadness that overwhelms and hangs around is called depression. Depression is something that many people feel.

Ask - Is it wrong to feel depressed?

-Allow time for the kids to answer; discuss their answers with the group-

Say - There is nothing wrong with feeling depressed. When you feel depressed it can be lonely, scary, and hopeless.

Ask - What did David do when he felt depressed? Why did this help?

-Allow time for the kids to answer; discuss their answers with the group-

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Say - There are so many scriptures to remind us that God gives strength. God's word is a powerful tool we can use to fight sadness and depression. Let's explore a few of these verses together. I need four volunteers who don't mind reading aloud. I will call out a scripture verse for you to look up and read to the group. Once we've read and discussed your verse, pass the Bible to the next volunteer.

-Choose volunteers and begin-

Say - I would like my first volunteer to look up and read Isaiah 40:29.

-Allow time for the volunteer to look up the verse and read it aloud to the group-

Say - Write your thoughts about this verse in the blank.

-Allow time for the kids to complete the task-

Ask - Would anyone like to share what they wrote?

-Allow time for the kids to answer; discuss their answers with the group-

Say - I would like my next volunteer to look up and read Psalm 46:1.

-Allow time for the volunteer to look up the verse and read it aloud to the group-

Say - Write your thoughts about this verse in the blank.

-Allow time for the kids to complete the task-

Ask - Would anyone like to share what they wrote?

-Allow time for the kids to answer; discuss their answers with the group-

Say - I would like my third volunteer to look up and read Psalm 118:14.

-Allow time for the volunteer to look up the verse and read it aloud to the group-

Say - Write your thoughts about this verse in the blank.

-Allow time for the kids to complete the task-

Ask - Would anyone like to share what they wrote?

-Allow time for the kids to answer; discuss their answers with the group-

Say - I would like my final volunteer to look up and read Isaiah 12:2.

-Allow time for the volunteer to look up the verse and read it aloud to the group-

Say - Write your thoughts about this verse in the blank.

-Allow time for the kids to complete the task-

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Ask - Would anyone like to share what they wrote?

-Allow time for the kids to answer; discuss their answers with the group-

Say - Finally, at the bottom of the page are the words to today's power verse. One of the words is missing, and we did that on purpose! David found strength in the Lord, and we can too! Write your name in the blank of the power verse.

-Allow time for the kids to complete the task-

Say - Take this page home with you and put it somewhere safe in your room. When you are facing sad and depressing times look back over these verses, and remind yourself that God is with you, and He can give you strength to face any troubling situation!

Prayer Time

Say - As we pray take time to ask God to be with you and give you strength to face difficult situations in life. If you aren't currently facing any difficult times, pray for a friend, someone at school, or family member. (PRAY)

Closing

Say - David must have felt the greatest heartbreak. He returned from a mission to find that he had lost everything. He lost his wife, children, home, and all of his belongings. Not only had David lost everything, his men had also lost everything. The situation was too much, the sadness was too much, and they all became depressed. David had faced these feelings before, and he knew exactly what to do. David worshipped God. Worshipping God lifted the heavy cloud of depression hanging over David. His spirits were lifted and he felt peace. God spoke to David and gave him a plan to bring restoration! There might be times when you face situations that seem to be too much. Your sadness might be too much to handle and you might feel the heavy cloud of depression hanging over your head. You are not alone when you are sad. God is present! Look to God, worship God, and let Him give you strength! God will lift your spirits, give you peace, and help you find a way to restoration. Thank you for coming today! I will see you again soon.



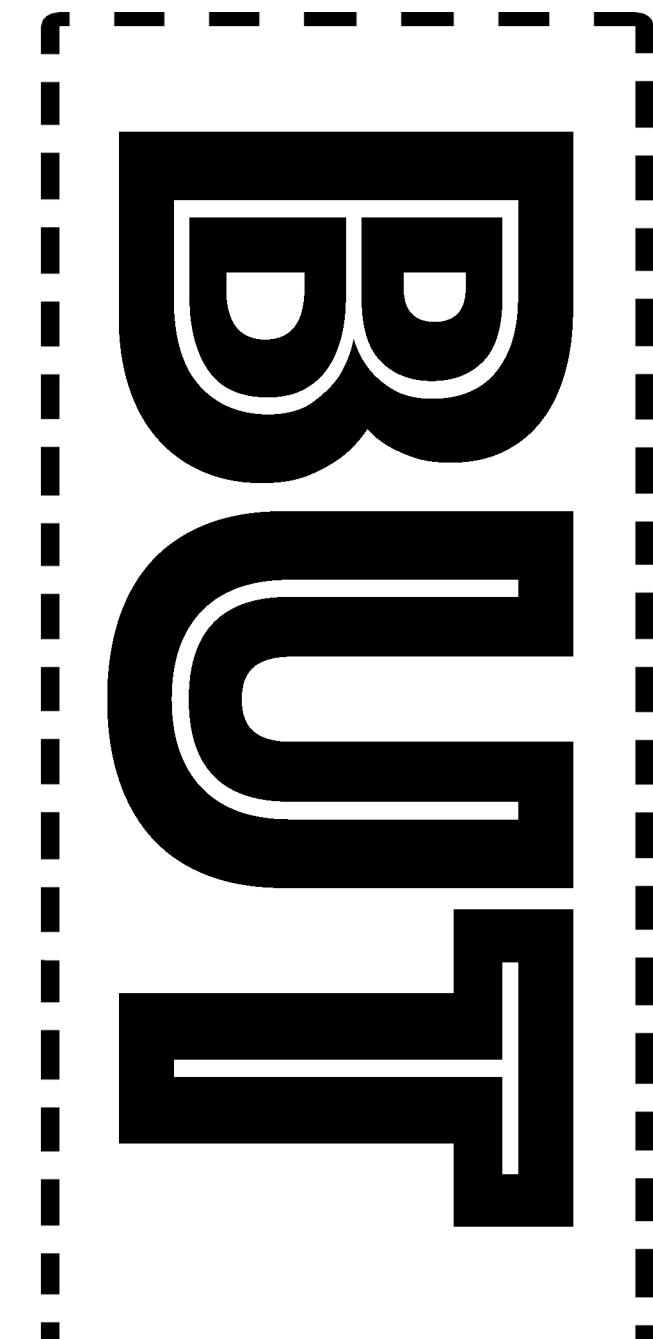
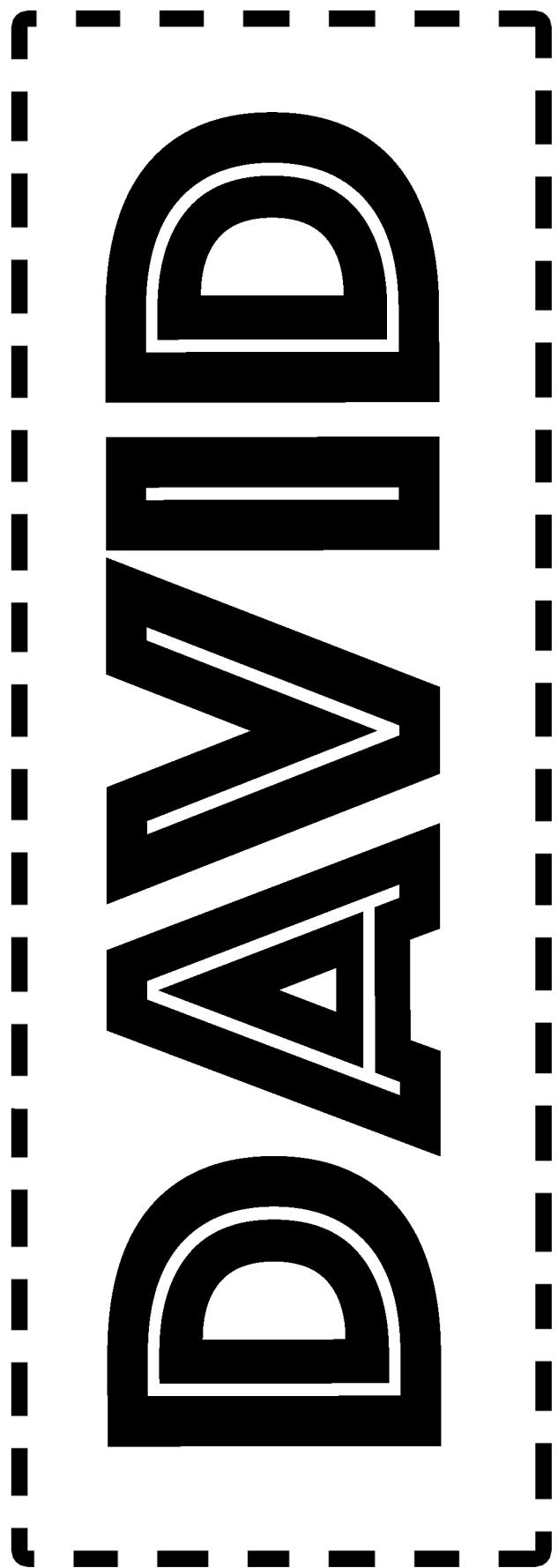


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Psalm 118:11

Isaiah 12:2

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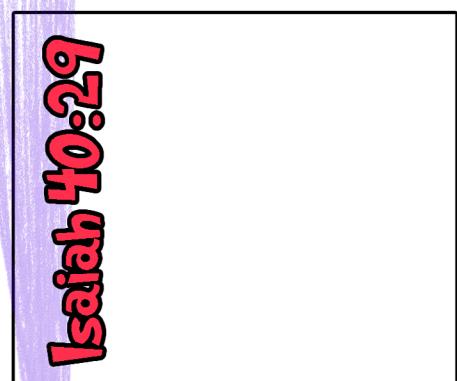
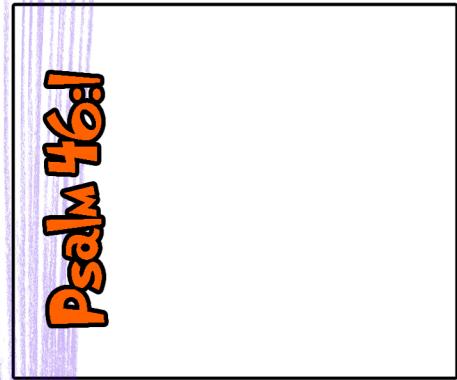
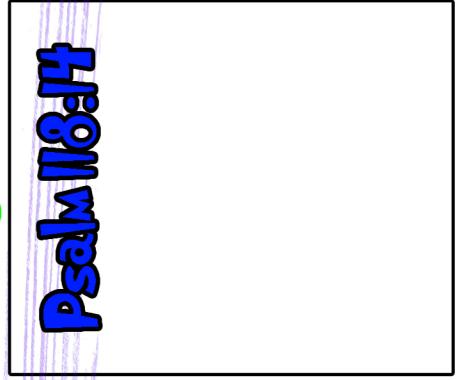
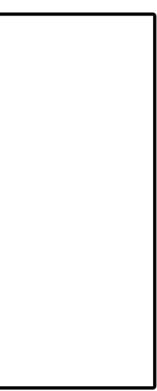
God Gives Strength!

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