

Animated Elementary & Preteen

Week 3: Online

BIG IDEA

God gives me comfort when I feel sad.

BIBLE

Elijah Flees to Horeb: 1 Kings 19:1–13; Jeremiah 8:18–9:1

SAY...

Welcome to another week of our series, *Animated!* So far, we've talked about how God makes us feel secure and how God takes away our feelings of shame. Today, we'll talk about a feeling all of us have sometimes — sadness — and how God can help us when we're sad.

SCRIPTURE | 1 Kings 19:1–13 (Elijah Flees to Horeb)

- **Who can tell me the last animated movie or cartoon you saw?** Well, let's watch a clip right now from an amazing animated movie that I really like!
- **INSTRUCTIONS:** *Before telling today's Bible story, show [this](#) clip from "Inside Out," stopping the video at 2:02. For more information on how to legally use copyrighted material for educational purposes, [read this!](#)*
- In this clip, we saw some of the characters had really, really big and animated emotions! All of these characters live inside Riley's mind, and Bing Bong, Riley's old imaginary friend, was feeling sad because it seemed like she had forgotten all about him.
 - **How does Joy try to cheer up Bing Bong?**
 - **Why do you think it didn't work?**
 - **How does Sadness comfort Bing Bong?**
- Today, we're hearing all about the prophet, Elijah, who also had very animated feelings. Elijah was such a strong and confident believer in God, he called out all the prophets of Baal — which was a fake god — and challenged them to a contest.
- Of course, it was no contest. The real God made the fake god and all its prophets look silly. But let's find out what happens next.
- *[Read 1 Kings 19:1–5a.]*
 - An evil queen named Jezebel, who worshiped this fake god, got really mad and became determined to find and kill Elijah. Elijah was scared, so he did what he had to do: He ran for his life.
 - He ran and ran until he fainted. He was so tired and so depressed, he wanted to die, but an angel came and gave him food and drink.
- *[Read 1 Kings 19:5b–9.]*
 - When Elijah heard this, he poured out his feelings to God. His frustration, sure, but mostly his sadness. Elijah was sad God had come through in such an amazing way to defeat the prophets of Baal, but now seemed far away.
- He said: *[Read 1 Kings 19:10–13.]*
 - God told Elijah to go out and stand on the mountain because he was going to show up.
 - A mighty wind came, but God wasn't there.
 - An earthquake shook, but God wasn't there.
 - A fire burned, but God wasn't there.
- And then, in the midst of Elijah's sadness, came a gentle whisper. It was God speaking

directly to Elijah, letting him know God was still there and Elijah could feel comforted.

- No matter how confident or sure of yourself you are, sometimes, you'll find yourself in a situation where you feel sad feelings, too. But no matter what, God comforts us when we feel sad.

BIG IDEA | God gives me comfort when I feel sad.

- Let's all say the Big Idea together: **God gives me comfort when I feel sad.**

VIDEO | Animated, Episode 3

- **INSTRUCTIONS:** *Play this week's episode of [Grow TV](#).*

SCRIPTURE | Jeremiah 8:18–9:1

- Do you remember when we talked about Jeremiah? Jeremiah had the nickname, "the weeping prophet." Jeremiah was sad very often because he cared so much about God's people. Let's read together some of the words Jeremiah said when his heartfelt sorrow.
- **INSTRUCTIONS:** *Read Jeremiah 8:18–9:1 together.*
 - **PRETEEN HACK:** *Provide each preteen with a small tissue package and a name tag for the tissues. Encourage preteens to give it to a friend who might need comforting.*
- Do you see? Jeremiah didn't hold back when it came to his thoughts and feelings. But even then, Jeremiah knew God was with him and he could say all those things because he knew God was listening.
- **Did you know even Jesus got sad sometimes?**
 - While on Earth, Jesus felt and experienced human emotions, including sadness.
 - The Bible tells us about a specific time when Jesus was with friends and wept. One of Jesus' friends died after being sick, and Jesus cried after seeing how sad his friend's family and friends were.
- Sadness doesn't last forever. And having someone with us who understands our sadness — like Jesus was with friends — actually helps because then we aren't alone in our sadness. When you're sad, remember God is with you in your sadness, so you can say with confidence, **God gives me comfort when I feel sad.**

MEMORY VERSE | Romans 15:13a (NIV)

- **"May the God of hope fill you with all joy and peace as you trust in him."**
- **INSTRUCTIONS:** *Ask kids for the names of some of their favorite animated villains. Show Romans 15:13a on a screen or print it on paper for them to see. Then, invite the kids to recite the memory verse like they're giving a famous villain monologue. Only a few kids might actually volunteer to do it, but it will be a hilarious way to help everyone remember the verse. (Don't forget to also check out the memory verse signs — a combination of SEE and ASL — available in your Programming folder or at growcurriculum.org/Romans15-13a.)*

PRAYER

- God, thank you for your comfort. Thank you for being there both on the best days and the worst days. In my deepest valleys, I will trust in you. Quiet my heart when it aches so I can hear your comforting voice. Amen.

DISCUSSION

- **Why was Elijah running for his life?**
- **Why was Elijah so sad?**
- **How did God appear to Elijah on the mountain?**
- **Read Jeremiah 8:18-9:1. What made Jeremiah so sad?**
- **What will you do the next time you feel sad?**
- **How does it make you feel to have a God who comforts you?**
- **How can you imitate God when someone you know is sad?**