

GO!
Join the Story!

GROUP ACTIVITY

This activity can be used in a small group at church or even with your kids at home!

Tissue Issues

Say: Everyone gets sad sometimes! Even Jesus got sad. But we don't have to keep our sadness to ourselves, we can share those things with each other. We're going to do an activity right now that will help us do that.

Directions: Place some markers in the middle of your group and give each kid a facial tissue. Tell the kids to draw a picture of something on the facial tissue that has recently made them sad. When finished, allow the kids to show and explain their drawing to the group.

Say: It's helpful to share our sadness with each other, but in Psalm 42:4, it tells something even better to do. The psalmist says, "When I remember what has happened, I tell God all of my troubles." I have a challenge for you that's going to help you remember to do that.

Directions: Tell the kids to look up at the ceiling and place their facial tissue over their face. Count to 3 and tell them blow their tissue up to God. Watch to see who blew it the highest and announce them as the winner of the challenge. You can repeat this for a number of rounds. When finished, tell the kids to see that as a reminder for them to give their sadness over to God. Close the activity by opening your group in prayer. Encourage the kids to pray about the things that make them sad and to ask God to bring their joy back.