



# Jesus Knows When We Are Sad



## THE MISSION AIM

Jesus comforts us so we can comfort others



## KEY VERSE

1 Peter 5:7 —“Cast all your anxiety on Him because He cares for you.”



Leaders you may find it helpful to read the [kidshealth.org](http://kidshealth.org) article “Why Am I So Sad?” before you teach this lesson.



## Pre-Mission Activity



## Supplies Needed

- Option 1: Rocks made from paper bags (stuff them with scrap paper and tape them together), markers
- Option 2: Hankie
- Option 3: Magazines, newspapers, glue, one sheet of Bristol board (cut in half)

## Directions

**SAY:** You can choose one or two activities this week. One is a review activity that focuses on our teaching last week...discouragement. The other two will get you started on thinking about this week's focus, sadness.

**DO:** You could also have recruits wrapping tissue boxes in preparation for the week. (See Mission Assignment #1)

### Option 1:

**SAY:** Last week we talked about how Jesus can help us when we are discouraged. We took home rocks to remind us that we can go to Jesus when we are discouraged. You will notice a number of paper rocks on the floor. Using the markers write or draw what you remember from last week about discouragement and how Jesus can be your strength. *(The paralytic was brought to Jesus by his friends though they could have been discouraged. A widow kept going to the judge to have her voice heard. She could have been discouraged but kept asking. Be strong and courageous. Paul could have easily been discouraged but he sang songs and recounted Scripture. We can sing, pray, and memorize Scripture so that we don't get discouraged.)*

### AND/OR

### Option 2:

**SAY:** This week we are going to be talking about sadness. When I'm sad I tend to cry sometimes and nothing comes in handier than a hankie. So...today we're going to use my handy hankie here to play a game. Let's sit in a circle. While we sing one of our favourite songs we

will pass this hankie around our circle. Once the song is over we will all pretend to hide it in our hands behind our backs. In the meantime, one of the recruits will be out of the room and when we call him/her back, he/she will have three chances to guess who has the hankie. We'll choose the next person to leave the room by asking for someone to volunteer to tell us one thing that makes people sad. If you are willing to tell us something that makes people sad then you may be the next person out of the room.

AND/OR

Option 3:

**SAY:** This week we are going to be talking about sadness. Your task is to work as a group to cut pictures or headlines out of the magazines and newspapers that show sadness. Then you will glue them to this piece of paper and make a collage. For example, you might notice someone who has been hurt in some way or someone who has lost something. You could have some people cutting and others gluing. It's up to you.



## Mission Uplink 1



Have ready YouTube playlist: "Season 1 – Jesus On The Inside Episode 4: Jesus Knows When We Are Sad"

Play "Jesus On The Inside (S1) Episode 4 (1/4)". Episode begins with the *Ready to Serve* theme song, followed automatically by the MISSION # 1 VIDEO. Pause the video when the MISSION # 1 CARD appears on screen and remains as you and your recruits complete Mission # 1.

If using PPT for video, have JOI-Episode\_4-Jesus\_Knows\_Sad.pptx ready and play slide one. Pause on the MISSION # 1 CARD so you and your recruits can complete Mission # 1.



## Mission #1



## Supplies Needed

- Large chart done up like the template "Why Do We Feel Sad?" (see attachment page 9)
- Sticky notes
- Pencils
- Tissue box for each recruit, (you could have recruits bring their own box this week and just have a few on hand for those who may have forgotten, this is a good opportunity for you to touch base during the week and remind the recruits to bring their boxes)
- Permanent markers
- Tinfoil or paper to cover the boxes (note if you use paper rather than tinfoil you could use regular markers or crayons, you do not need permanent markers)
- Key verse divided up and written on six separate travel sized tissue packages; enough sets for the number of groups you will need with six recruits in each group; put each set of verses in a small bag to quickly hand out during the session



Example: (1) 1 Peter 5:7      (2) Cast all      (3) your anxiety      (4) on Him  
 (5) because He      (6) cares for you."

- Small business size cards of 1 Peter 5:7 written out for each recruit (1 Peter 5:7 – “Cast all your anxiety on Him because He cares for you.”)
- Glue



## Mission Assignment

**DO:** Have a leader or two in another room or off to the side quietly wrapping the tissue boxes with tinfoil or paper. Be sure to take the cover off the hole so that tissues can be taken out. This process could also begin during the pre-activity and recruits could help out.

**SAY:** It sounds like it could be a challenging assignment. I don't think many of us like to talk too much about being sad but it is so important for us to know that Jesus is with us when we are sad, that He has been sad and that we can be there for others when they are sad. Christie has already given us a hint of our assignment but let's find out what the details are. Drum roll please... (Reading mission card from satellite uplink) "Spend some time looking at what makes people sad. Sadness is a feeling. It is a feeling that we have when we have lost something or someone important, when we have been disappointed about something or when someone else is feeling sad."

**SAY:** It is very difficult to comfort others unless we have a good understanding of what it is to be sad. So for now we are going to focus on what makes us sad. Everyone feels sad sometimes. Even adults do. Up on the wall here we have a huge chart with some categories of why we feel sad. We are going to use these sticky notes to write or draw things that make us sad and then we'll put them up on the chart. When have you felt sad because you have lost something or have been separated from something or someone? (i.e., *Kate is sad because she is so far away from her family, Chloe misses her dad so much, when you have lost a favourite toy, etc.*) Please write down some ideas on your sticky notes and put them in the first column.

**SAY:** Have you ever experienced a change that has made you feel sad? (i.e., *moving to a new school or city, even getting a new teacher...*) Please take a moment to write or draw on your sticky note a time when you were sad because life changed.

**SAY:** The next section suggests that we can be sad when we are disappointed. Can anyone think of a time when you've been disappointed? (i.e., *A field trip was cancelled because of the weather, you thought you were getting a certain gift for your birthday and you didn't get it...*) Write down your ideas on your sticky note.

**SAY:** You are working hard here. There are so many reasons that we can be sad. The fourth section notes that we can be sad because of the relationships that we have. Has a friendship or relationship with a family member ever made you feel sad? (i.e., *a friend chose to play with someone else at recess, your sister told your mom what you were getting her for her birthday...*) Take a moment to write down your ideas.

**SAY:** The last section is for you to put any other things that make you feel sad. Any ideas for that column? (i.e. *Kate is sad for the kids in her parent's orphanage; your friend is sad because her parents just separated or her dad just lost his job. There are people in the world who are hungry...*) Write away and let's post our responses on the chart.



**SAY:** Wow! You have created quite a list here. That's incredible. As I read through your lists, please raise your hand (switch up the actions throughout – i.e. raise your hand, jump up tall, touch your nose, run to the other side of the room, touch your back, give someone a high five, etc.) if you have felt that way before.

**DO:** Use your discretion and spend some time on things that are quite painful and really emphasize how much it must hurt to have had a parent leave, someone die, etc. Have some leaders prepared to take some recruits for one on one time during this session if you sense some of them are really dealing with some painful issues. Also, please be aware of any children who may seem to show signs of depression (see [kidshealth.org/sadness](http://kidshealth.org/sadness) for a list of cues for depression). Please be sure to follow up with these recruits later.

**SAY:** These lists that you have created sure remind me of how painful it is to be sad. It is so good to know that we have Jesus in our lives who has been through sad times Himself. We are going to talk about that later. But for now, I want us to have a reminder of some of these things that make us sad. I know that when I'm sad, I often cry. One of the things that I find so handy at that time is a nice full box of tissues. So, today, you are going to use your own box of tissues to summarize our lesson. We're going to hand out your boxes but whatever you do, DO NOT open them right now. GOT IT?

**DO:** Hand out the tissue boxes and permanent markers.

**SAY:** Listen carefully, I want you to choose one side of your box. How many sides? (*Just ONE.*) On that side of the box, I want you to write your name and draw or write down at least five things from our list that we made of things that make you feel sad.

**DO:** Rotate leaders around to make sure the recruits understand the task and to help with any writing.

**SAY:** Well done. Now if we stopped our lesson here that could be kind of sad itself because we'd be left hanging with all of the sad things in our lives so, let's take a quick look at a Bible verse that is such a great reminder of the fact that we don't need to carry our sadness alone. I'm going to put you into groups of about six people. You will each get a bag filled with small tissue packages. On the tissues there are some words. With your group, see how quickly you can put the words together and see if you can create today's key verse. Wait until I say "go" before you start putting your verse together. When you are finished, have your team pretend to cry together and I will come to check out your verse. Don't stop creating yours though because a crying team may not have the correct verse.

**DO:** Hand out the bags of tissues. Make sure all the teams are ready to go.

**SAY:** Go!

**DO:** Have leaders walk around and connect with the teams to make sure that they are on task and starting to get the verse together. Once there is a team who is finished have them read the verse aloud so that the other teams can put their's together.

**SAY:** What does this verse mean? It means that we can give Jesus our sadness by praying to Him and we can remember that He cares for us. We will find out more about that very soon.





**SAY:** Okay, recruits, let's repeat this fantastic verse together.

**DO:** Repeat the verse a few times.

**SAY:** I have a copy here of this amazing verse. We're going to take a moment to stick the verse to another side of your tissue box.

**DO:** Hand out glue and the cards with the verses and have the recruits glue them to their boxes.

**SAY:** Well team, you have been fantastic so far today. Now it's time to get back to the Recon Team and see how they are doing.



## Mission Uplink 2



**YouTube:** Play "Jesus On The Inside (S1) Episode 4 (2/4)". Pause the video when the MISSION # 2 CARD appears on screen and remains as you and your recruits complete Mission # 2.

**PPT:** Click to advance to next slide. Pause video when MISSION #2 CARD appears on screen and remains as you and your recruits complete Mission # 2.



## Mission #2



## Supplies Needed

- Bible
- Permanent markers and the same tissue boxes used earlier



## Mission Assignment

**SAY:** We sure have seen that we're not the only ones who feel sad. What a list of reasons the Recon Team gave us. I love Christie's idea of finding out about Jesus and how He was sad. That makes me realize that He understands us when we are sad and hurting. Hey...let's give a drum roll for mission # 2 and let's get started. Drum roll please... (Reading mission card from satellite uplink) "Take a few minutes to check out the story of Lazarus in John 11. Whatever you do though don't go past verse 36! You never know what could happen to you." \_\_\_\_\_ is going to read John 11:1-3, 17-36 for us right now. As he/she reads I want you to find another side of your tissue box and draw any pictures that come to mind as he/she reads. This is not going to be judged or evaluated so just be comfortable drawing what comes to mind. As you hear the story, I want you to focus on what Jesus did to comfort Mary and Martha and I want you to listen to how Jesus felt when He was there.

**DO:** Make sure the recruits have their boxes and writing tools. Also ensure that the recruits use just one side of their box. Have John 11 read aloud.



**SAY:** I like how well you were listening and drawing. I'll give you a few minutes to finish up any of your pictures. As you are finishing up I'm going to ask you a couple of questions. First of all, how did Jesus feel when he was with Mary and Martha? (*He was sad, He wept*) The next question might not be as evident but what did Jesus do to comfort Mary and Martha? (*He came to them, He listened to them, He cried with them*). Jesus knows what it is to be sad. He lost a very good friend. He also knows that just coming, listening and crying together can be so helpful when we are sad. I want you to remember that as you go about your days. Jesus knows sadness and He wants to help you.



## Prayer Huddle



YouTube: Play "Jesus On The Inside (S1) Episode 4 (3/4)". Pause the video when the PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.

PPT: Click to advance to next slide. Pause video when PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.



## Supplies Needed

- Tissue Boxes
- Permanent markers

## Directions

**SAY:** Speaking of helping you, one of the ways Jesus can help you is to be available for you to pray to. He lets us come to Him with our prayers. Sometimes we like to pray as a group and sometimes we like to pray alone. For the next few minutes, I would like you to pray alone as you focus on the things that make you feel sad. Using the bottom of your tissue box, where no one else can see, write or draw things that make you feel sad. You can use the list that we created to help you. Once you have written or drawn your list then pray to Jesus who knows what it is to be sad. You might say "Jesus, I'm so sad that \_\_\_\_\_ has happened to me. Please bring me comfort. Thanks so much for being a comforter." Pray over each thing that makes you sad. If you want, find a leader to pray with you as well. When you are done praying, just sit quietly until we talk about what to do next.

**DO:** Walk around and ensure that recruits are feeling okay during this time. If there are any recruits who need extra time with an adult because they are particularly vulnerable be sure to pair them up with someone who can pray with them. As the kids are praying, pray over them.

**SAY:** Now I will pray over all of you.

**DO:** Pray a prayer of comfort and protection over the recruits.

**SAY:** Once again recruits you have worked hard. You have found out how Jesus is a comforter and how He Himself felt sad. You have also had the chance to spend some time praying to Him to be your comforter. Way to go. Well, it's time to get back to the team.





## Mission Uplink 3



YouTube: Play "Jesus On The Inside (S1) Episode 4 (4/4)". Pause the video when the FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.

PPT: Click to advance to next slide. Pause video when FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.



## Field Mission Project



## Supplies Needed

- Tissue boxes
- Markers
- Chart from the first mission

## Mission Project

**SAY:** Well Christie is challenging us tonight. Our last mission of the day...drum roll please... (Reading mission card from satellite uplink) "Recruits discuss some ways that you can comfort each other in your sadness and take some time to pray for each other."

**SAY:** Okay recruits, you're on. We have this huge list of things that make us sad. I want you to take a moment to look it over. As you read through the list, think of some things that would make you feel better if a friend did them for you. For example, if I was homesick, I'd love to have a letter from a friend. It would also be nice to know that I was prayed for. You have 30 seconds to think of ideas yourself.

**DO:** Give the recruits a moment to think.

**SAY:** Now, take a moment and turn to the person next to you and share your ideas.

**DO:** Give the recruits about two minutes to share with a partner.

**SAY:** Okay, let's share our ideas while I write down your ideas on the chart that we started earlier today.

**DO:** Have the recruits share their ideas of comfort (*write letters, pray, visit, talk to them, bake for them, give them a call*).

**SAY:** You have come up with an amazing list. Now, I want you to find a partner who you feel you can trust.

**DO:** Help recruits get into partners. Ensure that no one is left out and that if necessary a leader partners with a recruit.



**SAY:** You are with this partner because this week, you are going to be their encourager and comforter. When we are sad, often the best thing for us to do is to be a comforter. Our job this week may be a bit scary but I know that you can do it. If you feel comfortable, share one of the things that makes you feel sad with your partner. If you're not comfortable, that's okay. Now, I want you to share one thing that you like when you feel sad (*a friend to talk to, a phone call, a note*). As partners this week, I'd like you to try and do that one thing for your friend. As a promise to try and do that there are two jobs for you. First of all, I'd like you to take your tissue box and write the name of your partner on the last empty side of your box. Then I'd like you to write or draw what you are going to do for them this week. Second, give each other one of your tissues as a commitment that you are going to be a comforting friend this week.



Squad Leaders be sure to remind your squad members this week to follow through on their commitment to offer comfort to a friend this week.

**DO:** Help the recruits to do this activity.

**SAY:** Each of you lift up your boxes and take a look at them. You have listed reasons for being sad, a verse to remind you that you can give Jesus all your concerns, a story about how Jesus was sad, a list of your personal prayers and someone for you to comfort. I'd like you to say 1 Peter 5:7 with me.

**DO:** Have the recruits read 1 Peter 5:7.

**SAY:** Let's pray.

**DO:** Pray for the recruits as they head out into their week.

**SAY:** Recruits, you have worked hard this week on a very important and very difficult topic. Way to go. Please remember that if any of you is struggling with being sad, let your friends know and let us as your leaders know because as well as Jesus, we do care for you.

## NOTES





**Why Do We Feel Sad?  
How Can We Help People Who Feel Sad?**

Loss or Separation	Disappointments	Changes	Relationships	Other	How Can We Help?