



Helping Kids Handle Disappointment God's Way

When Things Don't Go Your Way

Learning Objectives

By the end of this lesson, students will be able to:

1. Describe what disappointment feels like and identify examples from their own lives.
2. Recall Hannah's story as an example of trusting God through disappointment.
3. Practice ways to respond to disappointment with prayer, gratitude, and trust in God's bigger plan.

Scripture Focus

- "For this child I prayed, and the Lord has granted me my petition that I made to him." (1 Samuel 1:27, *ESV*)
- "The Lord is near to the brokenhearted and saves the crushed in spirit." (Psalm 34:18, *ESV*)

Lesson Flow (25 min)

1. Connect (3 min)

- **Opening Thought:** Ask: "Have you ever wanted something really badly, but it didn't happen? How did you feel?"
- **Assessment:** Teacher observes student attentiveness and willingness to share.

2. Teach (7 min)

- **Bible Story:** Read or retell the story of Hannah Praying for a Child (1 Samuel 1:9–20)

Hannah wanted a child more than anything, but year after year she had none. Her heart was heavy with disappointment, and others even made fun of her. One day



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at the temple, she prayed so intensely that the priest Eli thought she was upset or drunk. But Hannah explained she was pouring out her heart to God.

God heard Hannah's prayer. In time, He gave her a son named Samuel. Hannah kept her promise to dedicate Samuel to the Lord, and he grew up to be one of Israel's greatest prophets. Hannah's story reminds us that God listens when we are disappointed. Sometimes His answer is "yes," sometimes "no," and sometimes "wait"—but His plan is always bigger than ours.

- **Discussion Questions:**

1. What did Hannah do when she was disappointed?
2. How did God show He was listening to her prayer?

- **Explain:**

- Disappointment is a chance to pray and trust God.
- God's plan is always good, even it looks different from ours.

- **Assessment:** Teacher checks understanding through student answers and engagement.

3. Model (7 min)

- **Teacher shares:** a personal example when you felt disappointed and how you saw God's plan at work. Keep it simple and real so kids can connect to your story.
- **Student activity:** Invite kids to role-play or draw short scenes that show disappointment turning into trust. For example: not being picked for a game, not getting a toy they wanted, or plans being canceled. Show how they can pray, talk to God, or choose gratitude instead of staying upset.
- **Assessment:** Teacher notes engagement and ability to apply trust in God's plan to examples.

4. Pray (2-3 min)

- *"Lord, thank You that You are close when we are disappointed. Help us trust that Your plan is bigger than ours and to bring our feelings to You in prayer."*
- **Assessment:** Teacher observes participation and reverence during prayer.

5. Closing/Reflection (5 min)

- **Key Takeaway:** God's plan is bigger than ours.
- **Student Reflection:** Ask students to finish this sentence: "When I feel disappointed, I can..."
- **Teacher closes:** Summarize by reminding them that disappointment is not the end of the story—God is always near and working out His purpose.
- **Assessment:** Teacher evaluates student responses for understanding and application.

Optional Extension: Independent Practice

- Have students write or draw one disappointment they've faced and one way they can trust God with it. Collect these as a "Trust in God" wall or journal page.