



Helping Kids Handle Frustration God's Way

When Everything Feels Stuck

Lesson Aim

Kids will learn that frustration happens when things feel stuck or don't go as planned, but God helps us stay calm, trust Him, and keep going without losing control.

Scripture Focus

- “Then Moses lifted up his hand and struck the rock with his staff twice, and water came out abundantly, and the congregation drank, and their livestock.” (Numbers 20:11, *ESV*)
- “Be still before the Lord and wait patiently for him.” (Psalm 37:7a, *ESV*)

Connect

- **Connection Point:** Ask: “When was the last time you felt really stuck—like no matter what you did, it just wasn’t working?”

Teach

- **Bible Story:** Read or retell the story of Moses Striking the Rock (Numbers 20:1-13)

The Israelites had been traveling in the desert for many years. They often complained when things were hard, and this time, they were upset because there was no water. They argued with Moses and Aaron, saying, “Why did you bring us out here to die?”

Moses and Aaron went to God for help. God told Moses to gather the people, take his staff, and speak to the rock. God promised that if Moses spoke, water would flow out for everyone to drink.



Church Lesson | Frustration

But Moses was tired. He was upset with the people for complaining repeatedly. Instead of speaking to the rock as God commanded, Moses raised his staff and struck the rock twice. Water gushed out, and the people and animals drank. But God was not pleased. Moses had let his frustration take over, and he didn't obey God's instructions.

God told Moses that because he did not trust Him enough to honor Him as holy before the people, he would not lead the Israelites into the Promised Land. Even though water came, Moses' frustration caused him to disobey, and it had big consequences.

This story shows us that frustration is real—but how we handle it matters. God invites us to pause, trust Him, and obey His way instead of letting our upset frustration take control.

- **Discussion Questions:**

1. How did Moses feel with the people complained to him?
2. What did God ask Moses to do, and what did Moses do?
3. What can we learn from this story about handling frustration God's way?

- **Explain:**

- Frustration happens when we feel stuck, but even though we are upset and feel stuck, God still wants us to trust and obey Him.
- When we let frustration control us, it can lead to poor choices, but God helps us stay calm and keep going.

Model

- **Teacher shares:** a personal story of a time you felt frustrated and how you chose to stay calm with God's help.
- **Student activity:** Invite kids to role-play or play Charades of frustrating situations (a sibling knocking down a Lego tower, waiting in a long line, struggling with homework). Kids can act out two versions: one where frustration takes over, and one where they handle it God's way. This helps them picture how to live it out.

Pray

- *"Lord, thank You for being with us when life feels stuck. Help us not to let frustration take over. Give us patience, calm hearts, and strength to keep going Your way. Amen."*

Craft/Activity

- Provide each child with a paper "rock" cutout and crayons. On one side, they can draw a face showing frustration (like Moses felt). On the other side, they can write or draw a prayer asking God for patience and peace when they feel stuck. Kids can take it home as a reminder.

Key Takeaway

- God helps us stay calm and keep going.