



Helping Kids Overcome Loneliness God's Way

When You Feel Alone

Lesson Aim

Kids will learn that Jesus understands what it feels like to be lonely and that He is always with them, even when they feel alone.

Scripture Focus

- “So, could you not watch with me one hour?” (Matthew 26:40, *ESV*)
- “And behold, I am with you always, to the end of the age.” (Matthew 28:20, *ESV*)

Connect

- **Connection Point:** Ask: “Have you ever felt left out or like no one was there for you? What did it feel like?”

Teach

- **Bible Story:** Read or retell the story of Jesus Praying in Gethsemane (Matthew 26:36–46)

After sharing the Last Supper with His disciples, Jesus took His closest friends—Peter, James, and John—to a quiet garden called Gethsemane. It was nighttime, and Jesus knew what was about to happen. Very soon He would be arrested and taken to the cross. His heart felt heavy, and He told His friends, “My soul is very sorrowful, even to death. Stay here and keep watch with me.”

Jesus went a little farther into the garden and fell to the ground to pray. He poured out His heart to His Father, saying, “My Father, if it is possible, let this cup pass from me; nevertheless, not as I will, but as you will.” Jesus was honest about His pain but trusted His Father’s plan.



Church Lesson | Loneliness

When He returned to His friends, they weren't awake and praying—they were asleep. Three times Jesus went away to pray, and three times He came back to find His friends sleeping. Imagine how lonely that must have felt. In the moment Jesus needed His friends most, they let Him down.

But even though His friends failed Him, Jesus was never truly alone. His Father was with Him. Angels came to strengthen Him. And because He walked through that night of loneliness, He made a way for us to never be alone. When we feel left out, invisible, or forgotten, we can remember that Jesus understands our loneliness—and He promises, "I am with you always."

- **Discussion Questions:**

1. How do you think Jesus felt when His closest friends fell asleep instead of staying with Him?
2. Can you think of a time when you felt alone, even with people around you?
3. What does it mean to you that Jesus understands loneliness and promises to be with you?

- **Explain:**

- Loneliness can feel heavy, but Jesus knows exactly what it feels like.
- We are never truly alone because Jesus is always with us.

Model

- **Teacher shares:** a personal story of a time you felt left out or lonely but were reminded of God's presence.
- **Student activity:** Invite kids to role-play or play Charades of everyday situations where someone feels alone (like sitting by themselves at lunch, not being picked for a game, or moving to a new school). Afterward, kids can act out or draw how Jesus helps them in that moment, reminding them they are never truly alone.

Pray

- *"Jesus, thank You that You know what it feels like to be lonely. Thank You that You are always with us. Help us to remember Your love and reach out to others when we feel alone. Amen."*

Craft/Activity

- Provide kids with paper cutouts of hearts. On one side, have them draw or write about a time they felt lonely. On the other side, write the words: "Jesus is always with me" and decorate with bright colors. This shows that Jesus can fill lonely hearts with hope.

Key Takeaway

- Jesus is always with you.