



Helping Kids Understand Pain and Suffering God's Way

When Life Hurts but God Is Still Good

Lesson Aim

To help kids understand that even when life is painful or confusing, God is still good and trustworthy. Kids will learn that God can bring hope, healing, and growth through difficult times when they keep trusting Him.

Scripture Focus

- “The LORD gave, and the LORD has taken away; blessed be the name of the LORD.” (Job 1:21, *ESV*)
- “The LORD is near to the brokenhearted and saves the crushed in spirit.” (Psalm 34:18, *ESV*)

Connect

- **Connection Point:** Ask: “Can you think of a time when something sad or hard happened to you or someone you love? What did you do to feel better?”

Teach

- **Bible Story:** Read or retell the story of Job (Job 1-2; 38-42).

Job was a man who loved and trusted God. He was kind, honest, and faithful. God had blessed Job with a big family, many animals, and a good life. But one day, everything changed. In a short time, Job lost almost everything—his animals, his home, his servants, and even his children. Soon after, he became very sick. Painful sores covered his body, and he sat in ashes, feeling broken and alone.

Job's friends came to visit, but instead of helping, they told him he must have done something wrong to deserve his suffering. Job knew he hadn't, and their words hurt deeply. He cried out to God, asking “Why?” He felt confused, sad, and angry. Still, Job



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didn't turn away from God. He said, "The LORD gave, and the LORD has taken away; blessed be the name of the LORD." Job didn't understand why these things were happening, but he chose to keep trusting God.

Later, God answered Job out of a powerful whirlwind. He reminded Job that He is the Creator of the world and that His wisdom is greater than ours. Job realized that even when he couldn't see the reason for his pain, God could. In the end, God restored Job's health, blessed him again, and gave him twice as much as before. Job's story reminds us that no matter how hard life feels, God is still good and always near.

- **Discussion Questions:**

1. What kinds of hard things did Job go through?
2. How did Job show that he still trusted God even when life was painful?
3. What does Job's story teach us about God's goodness and care?

- **Explain:**

- God didn't cause Job's pain, but He used it to show Job (and us) that His goodness never changes, even in suffering.
- God's plans are always bigger and wiser than what we can see. We can trust Him even when we don't understand.

Model

- **Teacher shares:** a time when you went through something hard but felt God help you through it.
- **Student activity:** Invite kids to act out or draw scenes showing how someone could respond to pain with faith. For example, praying when they're sad, comforting a friend, or thanking God even when something goes wrong. This helps them connect truth to real life through action and imagination.

Pray

- *"Dear God, thank You that You are always good, even when life is hard. Help us trust You when we don't understand what's happening. Comfort our hearts and remind us that You are always near. In Jesus' name, amen."*

Craft/Activity

- Give each child a paper heart and invite them to write or draw something that has been hard for them lately. On the other side, have them write or draw one way they've seen God's goodness, even in that hard time. Help them see that both sides—pain and goodness—can exist together in God's plan. Display the hearts on a "God Is Still Good" wall or board as a reminder that His love never changes.

Key Takeaway

- God makes every hard thing part of His good plan.