



Helping Kids Find Joy in Sadness God's Way

When Life Feels Heavy

Lesson Aim

Kids will learn that sadness is not wrong or shameful, and that God meets us with love, care, and hope when life feels too heavy.

Scripture Focus

- “And behold, the word of the Lord came to him, and He said to him, ‘What are you doing here, Elijah?’” (1 Kings 19:9b, *ESV*)
- “The Lord is near to the brokenhearted and saves the crushed in spirit.” (Psalm 34:18, *ESV*)

Connect

- **Connection Point:** Ask: “Have you ever had a day when you just felt really sad, tired, or like you wanted to give up?”

Teach

- **Bible Story:** Read or retell the story of Elijah Under the Broom Tree (1 Kings 19/9-18).

Elijah was a prophet who spoke God’s truth to the people of Israel. But after a big showdown with the false prophets, Elijah was exhausted, afraid, and deeply sad. He felt like everything he had done didn’t matter, and that he was all alone.

Elijah ran away into the wilderness. After walking a full day, he sat down under a broom tree, a small desert bush, and cried out to God. He said, “I’ve had enough, Lord. Take my life.” Elijah was so sad and worn out that he fell asleep under the tree.

But God did not ignore Elijah’s sadness. Instead, He sent an angel to gently care for him. The angel touched Elijah and said, “Get up and eat.” Elijah looked around and saw a



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freshly baked loaf of bread and a jar of water beside him. He ate and drank, then lay down again.

A second time, the angel came and touched him. “Get up and eat,” the angel said, “for the journey is too much for you.” Elijah ate and drank again, and with that strength, he traveled for forty days until he reached Mount Horeb, the mountain of God.

There, Elijah went into a cave to spend the night. And the word of the Lord came to him, asking, “What are you doing here, Elijah?” God then showed Elijah that He was not only in the wind, the earthquake, or the fire—but in a gentle whisper.

In his sadness, Elijah discovered that God cared for him with food, rest, and presence. God didn’t scold him for being sad. Instead, He met Elijah with comfort and gave him strength to keep going.

- **Discussion Questions:**

1. What did Elijah do when he felt sad and wanted to give up?
2. How did God take care of Elijah in his sadness?
3. What can we learn from this story about how God meets us when we feel sad?

- **Explain:**

- God doesn’t push us away when we are sad. He comes close with care.
- Sadness doesn’t mean God is far away; it can be the time we feel His love most.

Model

- **Teacher shares:** a personal example of a time when you felt sad and how you sensed God’s comfort.
- **Student activity:** Invite kids to act out scenes where someone is sad like being left out at recess, losing a pet, or doing poorly on a test. Others act out or draw how God can bring comfort in those situations—through a kind word, a hug, a prayer, or noticing a joy spark.

Pray

- *“God, thank You that You are near when we feel sad. Thank You for caring for Elijah when life felt too heavy and thank You for caring for us. Help us remember that You meet us in our tears and bring joy. In Jesus’ name, Amen.”*

Craft/Activity

- Provide each child with a cutout paper cloud and a sun. On the cloud, invite them to write or draw something that makes them feel sad. On the sun, invite them to write or draw a way God brings them hope or joy. Glue the sun behind the cloud so that the rays shine out, showing that God’s joy breaks through sadness.

Key Takeaway

- God meets us in tears and brings joy.