

DRAW NEAR

And Be Encouraged!
1 Kings 19

Message: October 25, 2020

Key thought: People can learn to respond in positive ways to what happens to them.

Parent Helps:

- Invite your child to tell about a bad day. (Just for fun, read aloud “Alexander and the Terrible, Horrible, No Good, Very Bad Day” by Judith Viorst.)
- Acknowledge that sometimes life is difficult. Encourage your child to know that all people have bad days sometimes. Help your child understand that even on the bad days, God loves him/her and has a plan.
- Explain that Elijah was a mighty prophet who did many great things for God. Mention that even though Elijah loved God and did good work for Him, sometimes Elijah felt sad and lonely. He felt like he was the only person who tried to obey God and do what was right.
- Read aloud 1 Kings 19:1-18.

Discussion Questions:

Younger Kids Questions:

1. How does it make you feel when nothing seems to go right?
2. What can you do on a bad day to help you keep a good attitude?
3. Who is someone you can talk to when you feel sad or lonely?

Additional Older Kids Questions:

1. What can you do to keep a good attitude even when everything seems to be going wrong?
2. How can God help when you feel sad, angry, or lonely?
3. Have you ever felt like Elijah? Why should you keep doing what's right even it's difficult?

Apply:

- Remember that God loves you even when you're having a bad day. (Lamentations 3:22-23; Jeremiah 31:3; Romans 8:37-39; Philippians 4:6-7; 1 Peter 5:7)
- Ask for God's help when life is difficult. (Psalm 46:1; Psalm 54:4; Isaiah 41:10; 1 Chronicles 16:11; John 16:33)
- Encourage someone you know who is having a bad day. (Proverbs 12:25; Proverbs 25:11; Ecclesiastes 4:9-12; Galatians 6:2; 1 Thessalonians 5:11)

Activity:

Overcoming a bad day often requires actively looking for the good instead of dwelling on the bad. Challenge your family to a “Good News-a-Palooza!” Set aside a time each evening to report at least one good thing about each person's day. (Challenge older kids to look for ways they see God at work each day.) Thank God for the ways you've seen Him at work. Celebrate at the end of the week with a favorite snack, family game time, or other family favorite activity.

Pray Together:

- Thank God for encouraging and comforting you during difficult times.
- Ask God to keep your attitude and attention focused on His love and care for you.
- Pray for others who you know are experiencing a difficult time.

