

Bad Days Jar

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Everyone has bad days. When you do, look to the Bible for hope and comfort.

For
Teen Family

Season
Winter

Needed

Bible, Bible Verses for Bad Days worksheet (see last page), jar with wide mouth, scissors, computer, printer; optional: ribbon, glue, stickers, other art supplies

Prepare in Advance

Call up the Bible Verses for Bad Days worksheet on your computer.

Activity Plan

1. Gather family members near the computer and say this prayer aloud to begin.

God, we need you on the good days. We need you on the bad days. And we need you every day in between! Celebrate with us. Cry with us. Be with us. Help us know we're never alone. Amen.

2. Point out that bad days have been a part of the human experience for ... well ... forever! There are lots of stories in the Bible about bad days. But there are also lots of encouraging, hopeful, helpful, and comforting messages. Explain that you will create a Bible Verses for Bad Days Jar to help you find a word of hope on bad days.
3. Call up the Bible Verses for Bad Days worksheet on your computer and read it together. Delete any verses you don't like. Type in some of your favorite verses. (If you need some suggestions, try an Internet search for "Bible verses for hope and comfort.") Print out your finished worksheet and cut the strips apart.
4. Get a jar with a wide mouth. Optional: Decorate the jar with ribbons, stickers, or other craft materials you have on hand.
5. Fold or roll each verse and place it in the jar.
6. Whenever a family member is having a bad day, encourage him or her to pull a slip from the jar and read its words of comfort and hope. Remind one another you are not alone!



Bible Verses for Bad Days

John 16:33: I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

Philippians 4:6-7: Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Matthew 11:28-30: Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Psalms 34:18: The LORD is near to the brokenhearted and saves the crushed in spirit.

Matthew 5:4: Blessed are those who mourn, for they shall be comforted.

Romans 5:3-5: ... We rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

Psalms 46:1-2a: God is our refuge and strength, a very present help in trouble. Therefore we will not fear ...

Romans 8:38-39: For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, ³⁹ nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

John 14:1: Let not your hearts be troubled. Believe in God; believe also in me.

