

A Bad Day



If you're having one of those days, this activity can help!

For

Just for Kids

Season

Spring

Activity Plan

1. We all have days when everything seems to go wrong. There's a great story called *Alexander's Terrible, Horrible, No Good Very Bad Day* that tells about a boy who's having a very bad day. You can hear the story read aloud at: http://www.youtube.com/watch?v=RnYW6YH_8w4&feature=related
2. God knows that bad things happen to us, and God promises to be with us even on our worst days. Read Lamentations 3:19-24 (see last page), which tells about someone in a very bad situation who looks to God for hope.

Talk about it with a grown-up.

- When have you had a very bad day?
- What made this day so frustrating?
- How might you make tomorrow better?
- How might faith in God give you hope, even on the worst of days?
- What helps you feel better on a bad day? Listening to a favorite song? Going for a walk? Reading a good book? Watching a favorite movie? Being with a good friend? Talking to someone you love?

3. Here's a prayer for a bad day:

Dear God,
I'm feeling _____ today. Thank you for promising that you will never leave me. Please give me your comfort, and help to make tomorrow a better day. Amen.

Lamentations 3:19-24

Remember my affliction and my wanderings, the wormwood and the gall! My soul continually remembers it and is bowed down within me. But this I call to mind, and therefore I have hope:

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. "The Lord is my portion," says my soul, "therefore I will hope in him."

