

When I'm Disappointed

By Paige Evers

Here's an activity using Psalms from the Bible to help us learn ways to express our feelings, talk about disappointments with caring family members, and remember that God hears and loves us at all times.

For

Young Family

Season

Spring

Needed

Bible, Psalms Slips worksheet (see last page), scissors, basket or envelope



Prepare in Advance

Make a copy of the Psalms Slips worksheet; cut apart the strips and place them in a basket or envelope.

Activity Plan

1. Gather in a comfortable place and begin by saying this prayer aloud:

Dear God, thank you for loving us when we are happy and when we are sad. Teach us to talk to you in prayer, no matter how we feel. Amen.

2. Invite each person to tell a story about a time he or she felt disappointed. It could be a time when something didn't turn out as planned, or a time of feeling sad or left out. Encourage each person to say if anything helped him or her feel better at that time and, if so, what it was.
3. Turn to the book of Psalms in your Bible. Comment that this is the longest book in the Bible, and that it is filled with prayers for sad times and for happy times. Some psalms help us talk to God when we feel disappointed. The people who wrote the psalms knew that God promises to listen to God's people when we pray and to help us.
4. Take turns pulling a verse strip from the basket or envelope. Read each verse aloud and imagine when a person might say these words as part of a prayer to God. How might it help to say these words to God when you're feeling disappointed?
5. Invite each person to choose a favorite verse and perhaps memorize it. Wonder together how these verses from God's Word may help you when you face disappointments in the future.
6. Put the slips back in the basket or envelope and keep it handy. When situations of sadness or disappointment arise, encourage one another to put your feelings into words. Pick out a verse to read aloud as part of your prayer about the situation. Remind each other that God hears you and loves you, and that the Spirit works through your family members to offer God's love and encouragement.
7. Hold hands and pray:

Gracious God, thank you for being with us when we are happy and when we are sad. Show us the way to move forward from our disappointments. Lead us to share your love each day, especially with those who need a friend. Amen.



Psalm Slips

With my voice I cry out to the Lord; with my voice I plead for mercy to the Lord. (Psalm 142:1)

I wait for the Lord, my soul waits, and in his word I hope. (Psalm 130:5)

Consider and answer me, O Lord my God; light up my eyes, lest I sleep the sleep of death. (Psalm 13:3)

I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds. (Psalm 9:1)

Restore to me the joy of your salvation, and uphold me with a willing spirit. (Psalm 51:12)

O Lord, you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear. (Psalm 10:17)

I call upon you, for you will answer me, O God; incline your ear to me; hear my words. Wondrously show your steadfast love, O Savior. (Psalm 17:6-7)

Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart are enlarged; bring me out of my distresses. (Psalm 25:16-17)

