

Twinkles Doing Church Differently

Week 12 - God knows when I am sad

This week we will learn that God knows when we are sad and he can comfort us.

Message/Story time:

Read the story of Nehemiah together on the next page.

God knows when we are sad. God wants to help and comfort us. He is always there for us and will listen if we talk to Him.

Try learning this **memory verse** together:

Psalm 55:22 “Tell God your troubles and he will help you.”

Prayer time: Prayer box.

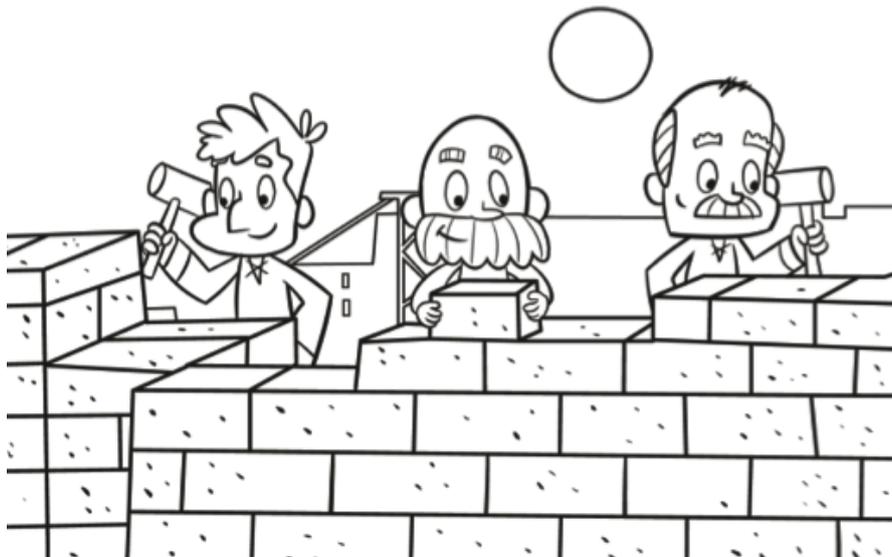
Make a family prayer box and decorate it together. Explain that whenever you are feeling sad you can write or draw a picture about it for God and put it in the box. You can do it when you are happy too and have something you want to say thank you for! You could have a regular time each week when you look in the box together and say a short prayer.

Worship time: My lighthouse. <https://www.youtube.com/watch?v=JeJvKkBV6rY>

Craft time: Umbrella pictures.

Colour in the umbrella picture below in bright happy colours and fill the rest of the page in with raindrops and grey skies. Use the picture to remind you that even when things are grey and sad we can ask God to help us see the good things.

Nehemiah is Sad



A long, long time ago there lived a man called Nehemiah.

Nehemiah's friends came to see him and he was happy to see his friends. But his friends had some sad news. "The walls of our city, Jerusalem, are all broken down."

Nehemiah was very sad and cried. So he prayed and asked God to help him.

Now, Nehemiah worked for the king. His job was to take the king his special cup. The king saw that Nehemiah was sad and he asked why.

Nehemiah said, "The walls of my city are broken and there is no-one to fix them. Please could I go to fix them?"

The king said yes and gave Nehemiah a letter asking other people to help him.

Nehemiah went to his city and saw the broken walls. But even though he was sad he knew God would help him.

Nehemiah talked to his friends and said, "We will fix the walls and God will help us do it." Nehemiah had a big job to do.

Some people laughed at Nehemiah and his friends as they worked and thought they were silly to try. But Nehemiah said again, "We will fix the walls and God will help us do it."

They worked and worked and eventually with God's help the walls were fixed. And Nehemiah was no longer sad.

