

# Hope in Lament

## Prompts for Kids

February 17, 2021

We want to use this time to help you talk with God about the hard and yucky things you might be experiencing. During each step, use which ever ideas help you talk with God in a way that works for you. You can write, draw, build, talk, sing, move... Each step goes along with a section of the Hope in Lament service so that you can join in.

### Step 1 - Focus on God

Start by thinking about God - who He is, and what we know about Him. Tell God what you know about Him. Help your heart focus on the truth about God.

#### Words you can start with:

- Thank you, God, that/for...
- I know God is...
- The Bible tells me God is...
- When I think about God, I think about...

I know God  
is good

Copy, draw, or colour in these words ^

### Step 2 - Bring God your feelings

Now, share with God how you are feeling - especially your yucky feelings. We know that we can tell God whatever is happening inside us. Sometimes things are hard. We lose things we love. Things change. We get disappointed. Tell God about all those feelings - no matter how big or small. The big deal feelings and the little ones too. Let your heart share what's inside - it's okay if it's hard to talk about or you don't know what to say - God understands!

#### Words you can start with:

- I feel .... when...
- I feel .... that...
- Things have changed. I used to ... now I ....
- Things feel hard because...
- It's hard to think about..
- Words about emotions on the next page

I can tell God  
whatever I  
am feeling

Copy, draw, or colour in these words^

**You might be feeling...** ▪ sad ▪ worried ▪ disappointed ▪ angry ▪ confused ▪ frustrated ▪ mixed-up ▪ gloomy ▪ annoyed ▪ jumbled ▪ tense ▪ scared ▪ yucky ▪ hurt ▪ upset ▪ anxious ▪ ashamed ▪ left out ▪ disoriented ▪ low energy ▪ perplexed ▪ lost ▪ over looked ▪ irritated ▪ stuck ▪ jealous ▪ cheated ▪ hurt ▪ lonely ▪ unsure ▪ tired ▪ mad ▪ offended ▪ blue ▪ restless ▪ unappreciated ▪ embarrassed ▪ unhappy ▪ doubt ▪ grouchy ▪ down ▪ overlooked ▪ worn out ▪ guilty ▪ dissatisfied ▪ needy ▪ let down ▪

### **Step 3 - Ask God for help**

We know that God wants to help us and that He can do anything! Think about the hard things you have just told God about and ask Him for His help. Trust that He will do good things. Even if there are things you don't know how to ask, spend time sharing what your heart needs with Him.

#### **Words you can start with:**

- God, please help me with...
- God, please change...
- God, I need...

I can ask God  
for help

Copy, draw, or colour in these words^

### **Step 4 - Trust God**

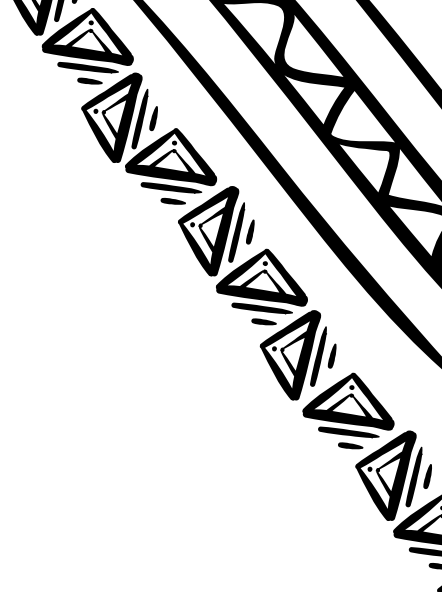
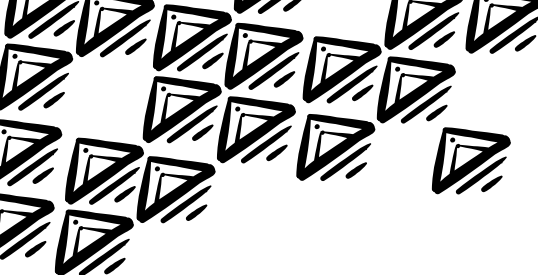
Whatever happens, we know that God still loves us and we can still trust Him - even when we're feeling yucky! It might be hard to see goodness when we think about hard things, and that's okay. We are allowed to feel hurt and trust God at the same time. He is bigger than our circumstances. He is bigger than our feelings. We can trust Him to take care of us.

#### **Words you can start with:**

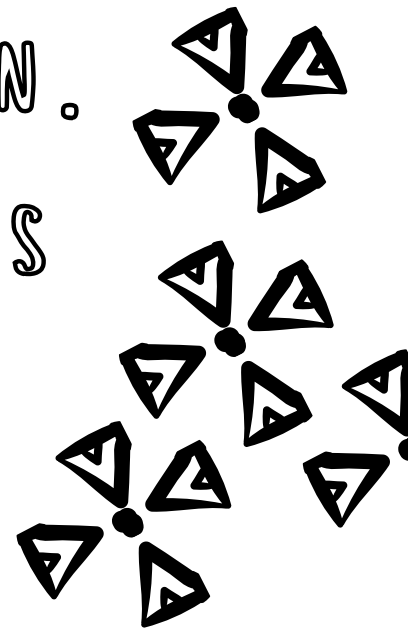

- Even when .... I still trust God.
- Even if ... I still trust God.
- God, please teach my heart to trust you, even when ...

I can trust God  
and keep  
trusting Him!

Copy, draw, or colour in these words^



▶ BUT I TRUST IN YOUR  
UNFAILING LOVE;  
MY HEART WILL REJOICE  
IN YOUR SALVATION.  
I WILL SING THE LORD'S  
PRAISE,  
FOR HE HAS BEEN  
GOOD TO ME.



PSALM 13: 5-6



NIV

