Younger Preschool July 12

Bible Teaching: Psalms of Lament

Bible Passage: Psalm 22; Esther 2–8

Summary:

Psalms of lament express sadness, frustration or even complaints as the writer shares a problem to God. More than one third of the Psalms are classified as psalms of lament. In Psalm 22, David cries out to God because he is threatened by his enemies. He expresses his emotions—fear, worry, anger and sadness—and then declares the truth about God's character and promises.

Today's Brite Idea is: God is good even when we are hurting.

Monthly Memory Verse: (Psalm 145:9)

The LORD is good to all.

Monthly Big Question: How do I know God is good? Through His love for us.

Leader Training

Preschool Perspectives: Separation Anxiety

Separation anxiety is common for preschoolers, especially in a church setting where routines may feel unfamiliar. The key to easing anxiety is creating a calm, reassuring environment. Start by warmly greeting both the kid and their caregiver. A confident, cheerful “I’m so glad you’re here!” can help set the tone. Provide comfort items like a stuffed animal, blanket or special toy to help the kid feel safe. Creating a predictable routine—like starting with a familiar song or story—can also build a sense of security. For anxious kids, offer gentle reassurance: “Your grown-up will be back soon, and you’re safe here with me.” Encourage caregivers to say a quick, confident goodbye rather than sneaking away, which can build trust in a kid over time. Most importantly, remind kids that Jesus is always with them, no matter how they’re feeling. With patience and love, you can help little ones feel safe and cared for.

Navigating a Broken World: Grief

By the time kids turn 18, one out of 12 will experience a parent’s death.* This is just one circumstance that can cause kids to grieve. Grief is deep sorrow due to a loss, and kids may experience many kinds of losses—the death of a pet, a move, a change in a friendship, etc. Every kid will handle grief differently. Some will seem sad or distant, while others may act like nothing happened. Some may regress and act younger than their age. Kids who are grieving may feel confused about who God is. In today’s lesson, kids will learn the Psalms are full of all kinds of emotions—sadness, happiness, worry and fear. Help kids know they can always talk about their feelings with God. Your presence as a loving, caring adult in the kid’s life may be the greatest ministry you can provide.

*For more resources on this topic, check out: britecurriculum.com/resources.

Preschool Glossary:

Holy: set apart; perfect
Lament: a prayer that shares deep sadness
Psalm: a song, prayer or poem used in worshiping God

Younger Preschool

Small Group Roadmap

Belong (10 minutes)

Goal: For kids to experience God's love through a welcoming community

How Are You Feeling?
Supplies: Beanbag

Bible Teaching (15 minutes)

Psalms of Lament *(Psalm 22; Esther 2–8)*
Supplies: Bible, Bible story cards

Believe (10 minutes)

Goal: For kids to discover who God is by engaging with the Bible

Cheer That God Is Good
Supplies: Parachute

Become (10 minutes)

Goal: For kids to learn to follow Jesus by applying faith to their lives

Praise Hands
Supplies: Take-Home page, coloring supplies, printable page, washable ink pads (1 per 4 kids), baby wipes

How Are You Feeling?

Belong Activity

Supplies: Beanbag

Prep: None

Activity Intro: Welcome, everyone! My name is _____. *Greet each kid by name as you welcome them to your group.*

Instructions:

1. *Gather kids to sit down in a circle.*
2. **Say:** God loves you and cares about how you feel. Some days you may feel happy, sad or mad. No matter how you feel, God cares about you.
3. **Say:** Let's pass around this beanbag as we make faces that show different feelings.
4. *Pass the beanbag around the circle as kids copy the facial expressions you make. Once the first round is done, ask the question below and help kids act out how they are feeling.*
5. **Ask:** How do you feel today?
6. **Say:** Smile big if you are happy. Make a sad face if you are sad. Pretend to sleep if you are tired. Cross your arms if you are mad.
7. *Lead kids to act out how they are feeling today.*

Activity Wrap-Up: Each of us has feelings every day. God loves everyone, no matter what! You can talk to God about your feelings any time. He loves to listen. Our Bible story has lots of feelings in it. Let's pay close attention to all the feelings mentioned in today's Bible story.

Bible Teaching

Supplies: Bible, Bible story cards

Prep: Print the Bible story cards double-sided.

Psalms of Lament
(Psalm 22; Esther 2–8)

Say: Today's true Bible story comes from the book of **Psalms**. The **Psalms** don't tell us stories about God. Instead, they give us poems, songs and prayers we can use to praise God. Some **psalms** share really big feelings. They teach us that no matter how we feel, we can always talk to God. **Psalm** 22 talks about being sad, mad, confused and happy! I remember a Bible story we learned earlier this year where the girl in the story felt all those things too! Does anyone remember the story of Esther?

Say: Esther was chosen to be the new queen. But Esther had a secret. Say, "Shhhh!" She was part of God's special family, the Israelites. But she did not tell the king she was a Jew.

Say: A mean man named Haman did not like Esther's cousin Mordecai, who was also a Jew. Haman worked for the king. He wanted to get rid of Mordecai, so he made a bad plan to get rid of every Jewish person! When Esther found out, she was very sad but also very mad.

Say: Mordecai wanted Esther to talk to the king, but she was afraid. Show me your best scared face. *Demonstrate for the kids*. Esther asked the king to save her people. The king said yes! Esther was so happy! All of Esther's people were saved, Haman was taken away and Mordecai was put in charge. There were all kinds of feelings in this story: happiness, sadness, fear, worry and thankfulness!

Say: Psalm 22 tells us that we can talk to God about all our feelings. This **psalm** talks about being confused and sad and happy and mad. It talks about telling God all the feelings!

Say: Psalm 22 also reminds us that, like Esther, we can have hope even when we have big feelings. We can trust that God will help us. God helped us in a great way when He sent Jesus to die on the cross and rise again. One day Jesus will come back and make all things new. There will be no more sadness or pain.

Wrap-Up:

Big Question: How do I know God is good? Through His love for us.

Memory Verse: (Psalm 145:9)

Watch the Memory Verse Video and practice the motions with the kids.

- The LORD *(Place L hand on your shoulder and carry down to hip)*
- is good *(thumbs up)*
- to all. *(point around the room)*
- Psalm 145:9 *(open hands like opening a book)*

He: God is always good.
We: God is good, even when we are sad.
Me: God is good, even when I am sad.

Cheer That God Is Good

Believe Activity

Supplies: Parachute

Prep: Clear a space and spread out the parachute on the ground.

Leader Tip: If you don't have a parachute, use bedsheets instead.

Activity Intro: The Bible teaches us true stories about God. Today we learned God is good even when we are sad.

Instructions:

1. *Lead kids to stand around the parachute and grab onto the edge of it.*
2. **Say:** We will all work together to lift up our parachute up and down as you repeat what I say. Let's cheer and remember how good God is!
3. **Say:** Lift up the parachute as high as you can and then bring it back down. Lift it up and down while we will say, "God is good!"
4. *Repeat with the kids. Then call out additional movements as you say, "God is good!"*
5. *Additional movements:*
    - *Wiggle the parachute fast to create mini waves.*
    - *Move the parachute up and down slowly.*
    - *Increase speed moving the parachute up and down.*
    - *Lift the parachute and have kids run underneath it.*
6. **Ask:** How do you know God is good?

Activity Wrap-Up: I loved hearing you cheer that God is good! Even when we feel sad, mad or hurt you can remember today's Bible story that God is good, no matter how we feel.

Praise Hands

Become Activity

Supplies: Take-Home page, coloring supplies, printable page, washable ink pads (1 per 4 kids), baby wipes

Prep: Print the printable page and Take-Home page (1 per kid).

Leader Tip: Use stickers or provide stamps for a less-messy craft.

Instructions:

1. **Say:** Can you wave your hands? Great job! These are your praise hands. You can use them to clap, wave, pray and praise God!
2. *Pass out a printable page to each kid. Trace kids' hands onto their printable page.*
3. *Then lay out the washable ink pads. Show kids how to press their finger into the ink pad and then onto their paper to decorate it.*
4. **Say:** Your hands are special! You can use them to praise God any time.
5. *Write each kid's name on their paper and set aside for parent pickup.*

Discussion Questions:

- Can we praise God when we're happy?
- Can we praise God when we're sad?
- Who always loves us?
- Is God good?

Pray Together: Dear God, thank You for helping us when we are happy or sad. Thank You for Your love. In Jesus' name, amen.

Activity Wrap-Up: Give each kid a Take-Home page. With remaining time, kids can play in centers or color the Take-Home page.

Centers

Set up 3-4 centers around the room for kids to explore and learn as they play. While kids explore the centers, leaders can work with individuals or small groups to make the craft. Set up each center in a separate part of the room, making sure all kids are visible at all times. Show the whole group what is in each center and give simple instructions on what kids should do in each center.

- **Care and Comfort:** Place dolls and baby blankets in a bin. Invite kids to gently care for the dolls by wrapping them in the blankets and rocking the dolls from side to side.
- **Modeling Dough:** Provide modeling dough for kids to create different faces and expressions with.
- **Creation Station:** Provide paper and coloring supplies. Encourage kids to draw things that remind them of God's goodness. Examples can be God's creation, their family, their church, the Bible, etc.

Bonus Bible Script

Preschoolers learn best through repetition. Use the script below to review the story at any opportunity. You could review the story while kids play in centers, while they work on their craft, during snack time or while waiting for parents.

Say: Psalms of lament share about big feelings and how we can always talk to God, no matter how we may feel. In Psalm 22, David tells God how he is feeling, then remembers that God is good and He keeps His promises. In the Bible story of Esther, she experienced so many feelings: happiness, sadness, worry and thankfulness. Both Psalm 22 and the book of Esther remind us that we can have hope even when we have big feelings. God will help us, and we can praise Him because He is good.

How do I know God is good? Through His love for us.