



HOMEGUIDE

THE **FAB 5** FIVE

Lesson 3.4

Name _____
Date _____

DRAW IT!

What do you look like when you're sad? Draw a picture of it. While you're drawing, tell God what makes you sad and ask Him to be close to you.

JOURNAL IT!

When Jeremiah was sad, he wrote a poem about it. Try writing a poem to God about your sadness. It doesn't even have to rhyme!

THIS WEEK WE LEARNED

JEREMIAH AND THE FALL OF JUDAH

BIG IDEA: God is close to people with broken hearts, so we can find comfort in Him when we're sad.

BIBLE BASIS: Jeremiah 27-28, 37-39; 2 Kings 25; Lamentations 1

KEY VERSE: "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
Psalm 34:18 (NIV)

READ IT!

Jeremiah 39:1-14. Draw a picture of the story or write to God about your favorite part of the story. Tell Him why you liked it.

PRAY IT!

Are you sad about anything? Write a prayer to God and tell Him about it. Ask Him to be close to you.

NEXT WEEK'S LESSON

DANIEL AND THE DEADLY DREAM

BIG IDEA: God is the giver of all good things, so we can give Him the glory.

BIBLE BASIS: Daniel 1-2

KEY VERSE: "Every good and perfect gift is from God." James 1:17a (NirV)

GROUP ACTIVITY

This activity can be used in a small group at church or even with your kids at home!

The Restoration Race

Set up: Print one copy of the “Broken Heart” worksheet for every kid on 8½ x 11 paper. (There is a separate version of the puzzle for older and younger kids.)

Say: In today’s story, Jeremiah had a lot of things to be sad about, but God was close to him and kept Jeremiah from being crushed by his sadness. It’s the same for us. We all experience things that break our heart and make us sad, but God is right there with us and helps to piece our heart together again. We’re going to do an activity that will help us think about that.

Directions: Give each kid a “Broken Heart” puzzle and a pair of scissors. The worksheet will contain a heart with Psalm 34:18 written on it. Instruct the kids to cut the heart out of the paper and then to cut the heart into pieces along the provided lines. Tell the kids that cutting the paper into pieces reminds us of a broken heart. While the kids are cutting along the lines, ask what kind of things have happened to make them broken hearted or sad. Allow the conversation to continue for as long as it needs to, even if kids are finished cutting.

Say: When those kinds of things happen to us, it’s easy to feel like this paper—broken hearted. But in Psalm 34:18, it says, “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” No matter how sad something is, He doesn’t allow sadness to crush us and He helps us piece our heart back together. We’re going to give that a try right now.

Directions: Tell the kids to mix up their heart pieces on the floor. On “go,” have them race to piece the heart back together. If time permits, have them repeat the race several times. When finished, ask the questions below. At the end, give each kid an envelope to hold their heart pieces.

Question: What do you think God does for you when you’re sad? How do you know He’s close?

Question: In the Bible, it says that even Jesus wept. How can knowing this help you the next time you’re sad?

Question: Sometimes God uses other people to help heal a heart. What can you do to help someone when they’re feeling sad?

DINNERTIME QUESTION

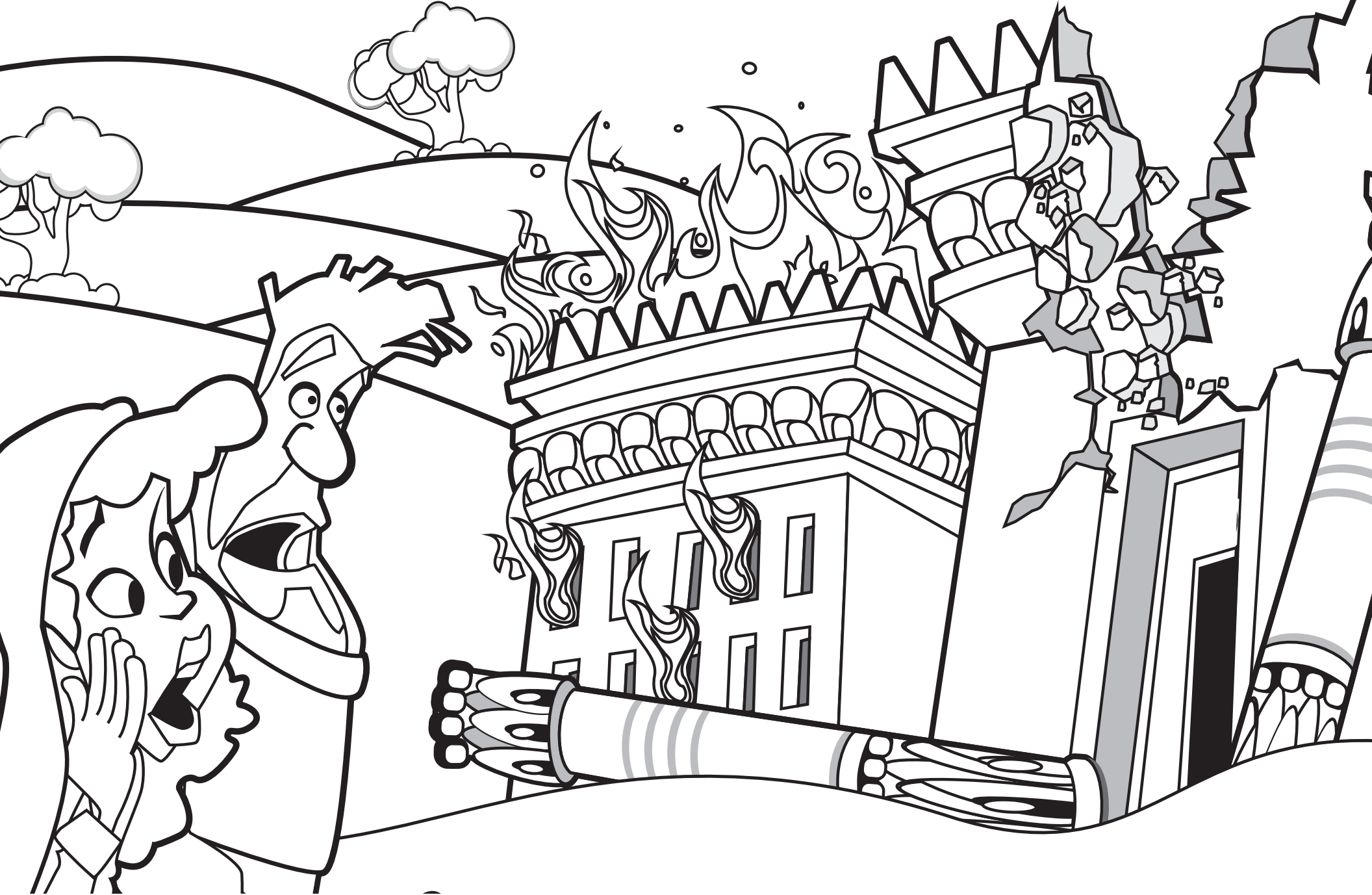
HAS GOD EVER
COMFORTED YOU
WHEN YOU'VE BEEN
SAD? WHEN?





Directions:

1. Cut along the outside of the heart and along the dotted lines to create a heart puzzle.
2. Turn the pieces face down and mix them up.
3. Flip the pieces back over and race to see how fast you can put the heart back together.



“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” Psalm 34:18 (NIV)

**“THE LORD IS CLOSE
TO THE BROKENHEARTED
AND SAVES THOSE WHO
ARE CRUSHED IN
SPIRIT.”**

PSALM 34:18

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