



PSALMS OF LAMENT

BIBLE PASSAGE: Psalm 22

FOCUS VERSES: Malachi 3:6; James 1:17; Psalm 62:8;
Psalm 100:5

Summary: Psalms of lament express sadness, frustration or even complaints as the writer shares a problem with God. Over one-third of the Psalms are classified as psalms of lament. In Psalm 22, David cried out to God because he was threatened by his enemies. He expresses his emotions—fear, worry, anger and sadness—and then declares the truth about God’s character and promises.



MONTHLY *Memory Verse*

*The LORD is good to all, and His mercy is
over all that He has made.*

(PSALM 145:9)



**God is good even
when we are hurting.**

HE

IS THERE EVER A TIME WHEN GOD IS NOT GOOD?

God never changes, and He is always good. Even when bad things happen, we can trust He is still good.

WE

WHAT CAN WE DO WHEN WE DON'T FEEL LIKE PRAISING GOD?

It's okay to be honest with God about how we are feeling. We can talk to Him about why we are upset and ask for His help.

ME

HOW IS GOD INVITING ME TO RESPOND?

Kids will be given the opportunity to reflect on the truth they learned about God and respond accordingly.

Leader TRAINING

LEADER TRAINING TOPIC: PROVIDE PREDICTABILITY

Knowing what is coming next helps neurodivergent kids feel safe which makes them better able to learn and participate.

- **Remind kids what is coming next.** Even if the schedule is the same every week, kids benefit from reminders. Remind them before transitioning to a new activity so they can finish their current activity and prepare for the transition.
- **Communicate clear expectations.** Some kids, especially those with differently wired brains, need reminders of what the expectations are. Describe expectations as concisely as possible. If leaders are on a rotating schedule, work with the team so that expectations are the same each week, regardless of who is leading.
- **Notify parents of changes.** If there will be a bigger change to the routine or leaders, notify parents so you can work together to prepare the kid. If the kid will be moving to a new room, provide opportunities to visit the room outside of the weekend, when the kid can calmly explore the new space.

NAVIGATING A BROKEN WORLD: GRIEF

By the time they turn 18, one out of twelve kids 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—death of a pet, a move, a change in a friendship. Every kid will handle grief differently. Some will seem sad or depressed while others may act like nothing has happened. Some may regress and act younger than their age, while some may try to take on adult characteristics and try to fill the role of the missing parent. 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 emotion—sad and happy and confusion and pain. Help kids know they can talk about their feelings with God honestly and bluntly. As a loving, caring adult in the child's life, being present for the child may be the greatest ministry you can provide.

ELEMENTARY GLOSSARY

Lament: expression of sadness or frustration

Immutability: unchanging

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

Large Group ROADMAP

1**WELCOME**

(8 MINUTES)

SUPPLIES: Video player, Intro Video, teaching slides, 2 plastic cups, water, 2 rolls of toilet paper, table

2**FIND IT IN
THE BIBLE**

(2 MINUTES)

SUPPLIES: Bibles, teaching slides

3**BIBLE
TEACHING**

(10 MINUTES)

PSALMS OF LAMENT**(PSALM 22)**

SUPPLIES: Bible, teaching slides

4**REVIEW**

(8 MINUTES)

SUPPLIES: Video player, Bible Review Video, teaching slides, scissors, red paper, blue paper

5**LARGE GROUP
WRAP-UP**

(5 MINUTES)

SUPPLIES: Video player, Memory Verse Video, teaching slides

Welcome



Say: Welcome, everyone! I need two volunteers who can be very careful.

Choose two volunteers. Each player must carefully roll their toilet paper back onto the roll to pull the cup toward them. If the paper breaks or water spills, the player is out. The first to safely pull their cup across the table wins. Start the game and cheer kids on! Repeat with new volunteers as time allows.

Say: That's not an easy way to bring something close! Sometimes it feels like God is far away, too. King David felt that way in Psalm 22. Let's see how David honestly shared his feelings with God and still found hope in God's goodness.

SUPPLIES:

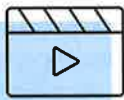
Video player, Intro Video, teaching slides, 2 plastic cups, water, 2 rolls of toilet paper, table

PREP:

Place the table in the front of the space. Fill both cups with water. Unroll each roll of toilet paper the length of the table and place a cup on the far end of each strip on top of the toilet paper.

LEADER TIP:

Try the game yourself ahead of time so you can demonstrate the slow, careful pull needed to succeed. You can see a video demonstration at britecurriculum.com/resources.



INTRO VIDEO

Play Intro Video then transition into discussion.

Say: I'm definitely NOT going to call Wes if I need first-aid help!

Discuss: Who do you call when you're hurt or need help?

Say: Whether our hurt is on the inside or outside, we can always call on God. Today's Brite Idea is: God is good even when we are hurting.

Show teaching slide: Brite Idea

Show teaching slide: He/We/Me Questions

TODAY WE WILL ANSWER THESE TWO QUESTIONS:



Is there ever a time when God is not good?



What can we do when we don't feel like praising God?

AT THE END OF OUR TIME TODAY, THE QUESTION YOU WILL BE ABLE TO ANSWER IS:



How is God inviting me to respond?

FIND IT
IN THE

Bible

WHAT IS THE BIBLE?

Say: The Bible is real and true. God gave us the Bible so we could know Him. The Bible is filled with many books and stories, but they are all a part of one BIG story — God’s story.

WHAT IS GOD’S BIGGER STORY?

Show teaching slide: God’s Big Story

Review each part of God’s Big Story. Consider discussing each description or asking kids to explain them.

Creation: God is the one true God and He has always existed. He is the Creator of all things, including you and me. He is good, He loves us, and we are made in His image.

Fall: Adam and Eve sinned and disobeyed God. Sin broke the world, and people were separated from God. People could not fix their sin problem on their own.

Redemption: God sent His Son, Jesus, to die on the cross, to take the punishment for our sins, and to rise from the dead to conquer death. When we trust in Jesus as our Savior, our relationship with God is made right again through His grace, and He gives us new life.

Restoration: When we walk with Jesus through the power of the Holy Spirit and learn God’s Word, He renews us. One day, Jesus will return to renew all things.

WHERE IS TODAY’S BIBLE STORY?

Show teaching slide: Books of the Bible

Say: This week’s story comes from the book of Psalms. Psalms is the 19th book of the Bible and found in the Old Testament.

Show teaching slide: Find It in the Bible Timeline

Say: This story can be found in the book of Psalms. The book of Psalms is a collection of songs, hymns and prayers that were written during different times within the Old Testament period.

Say: This month we are focusing on the truth that God is good. Last week we learned about psalms of wisdom and how God is good. This week we are learning about psalms of lament and how we can be honest with God about our emotions.

LET’S FIND IT IN OUR BIBLES!

Open your Bible and show the kids the title page for the book of Psalms. Help kids turn in their Bibles to today’s Bible passage (Psalm 22:1–31).

Say: Let’s find the book of Psalms together. Remember, the front of your Bible has a Table of Contents if you need that. Next, we will find the chapter. Find the big number 22. The verses are the little numbers. Find the little number 1.

Bible TEACHING

PSALMS OF LAMENT PSALM 22



PRAY: God, when we are sad, You wipe our tears. When we're confused, You share wisdom. When we're happy, You fill us with joy. Thank You for caring about everything in our hearts. Amen.

SUPPLIES:

Bible, teaching slides

PREP:

None

LEADER TIP:

Pick volunteers who are very expressive.



Select three volunteers to be "emotion models" for the group. Instruct one volunteer to model a confused face, one volunteer to model a sad face and one volunteer to model an angry face.

Say: Psalm 22 was written by King David and is a psalm of lament. Psalms of lament are not happy. They express lots of emotion, such as sadness or confusion or even anger.

Say: Everyone show me what a sad face looks like. Now show me confusion. Now anger.

Congratulate the kids for their abilities to express those feelings.

Say: We don't know what was happening to David when he wrote this psalm, but he was very honest with God about how he was feeling.

Show teaching illustration: David's Feelings

Say: David felt confused. He began the psalm by expressing how he felt God was far away from him.

Call on your first "emotion model" to show everyone what a confused face looks like. Challenge the group to make the same face.

Say: David felt God had forsaken or abandoned him. David said he cried out to God day and night but didn't feel like God was answering him. Yet David recognized that God is holy. David's ancestors trusted in God, and God delivered them. They cried out to God, and God rescued them.

Bible TEACHING CONTINUED

Say: David also felt sad. David told God that people were making fun of him. They even made faces at him.

Call on your second "emotion model" to show everyone what a sad face looks like. Challenge the group to make the same face.

Say: David begged God to be close to him because no one else was there for him. He felt all alone.

Say: David also felt angry.

Call on your third "emotion model" to show everyone what an angry face looks like. Challenge the kids to make the same face. Invite your volunteers to return to their seats and lead the other kids to applaud them.

Say: David was surrounded by his enemies. It felt like they were wild animals—bulls, lions and dogs. David felt hurt and mistreated.

Show teaching illustration: Hope

Say: Even though David was very honest about what he was feeling, he was not without hope. He trusted God would help him. He knew God would come to his rescue. He told all the people listening to praise God and give Him glory. God is the true King of all, and He rules over everything.

Read Psalm 22:27 directly from your Bible: *All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall worship before You.*

Show teaching slide: Point to Jesus

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(CONTINUED)

Bible TEACHING CONTINUED



POINT TO JESUS

Say: Not only does this psalm express David's feelings, but it also contains prophecies of Jesus. Even though it was written hundreds of years before Jesus walked on Earth, it told of things that would happen during His death. Verses 16–18 discuss how His hands and feet would be pierced, but His bones wouldn't be broken. These verses even mention how His clothes would be divided up. All these things came true. As Jesus hung on the cross, He quoted Psalm 22:1. Because He died and rose again, we can be forgiven and live eternally with God. We can have hope even in the darkest and most confusing times because we can trust He will one day make all things new. There will be no more sadness or pain.



BIBLE REVIEW VIDEO

Play Bible Review Video. Play the game below using teaching slides: Review Game

SUPPLIES:

Video player, Bible Review Video, teaching slides, scissors, red paper, blue paper

PREP:

Cut red and blue squares from colored paper (1 per kid).

INSTRUCTIONS: Give each kid a red and blue square of paper. For each question, have them hold up the color card that corresponds with the right answer.

- 1. David knew this truth even when he was feeling sad and confused:**

RED: Our feelings are always true.

BLUE: God is holy.

- 2. David's ancestors trusted God and God ...**

RED: Delivered them.

BLUE: Rejected them.

- 3. What was something that made David sad?**

RED: People made fun of him.

BLUE: He lost his pet goat.

- 4. Because he knew God would come to his rescue, David told the people to ...**

RED: Apologize to David.

BLUE: Praise God and give Him glory.

- 5. Is there ever a time when God is not good?**

RED: God never changes, and He is always good.

BLUE: God used to be good in the Old Testament, but no longer.

- 6. What can we do when we don't feel like praising God?**

RED: Smile and ignore our feelings.

BLUE: We can be honest about how we are feeling.



Wrap – Up

Show teaching slide: Brite Idea



SUPPLIES:

Video player, Memory Verse Video, teaching slides

PREP:

None

Show teaching slide: He Question and Answer



Is there ever a time when God is not good?

God never changes, and He is always good. Even when bad things happen, we can trust He is still good.

Show teaching slide: We Question and Answer



What can we do when we don't feel like praising God?

It's okay to be honest with God about how we are feeling. We can talk to Him about why we are upset and ask for His help.



MONTHLY Memory Verse

Choose an older kid to look up the verse and read it aloud to the group. Have the whole group repeat it together.

Show teaching slide: Memory Verse

The LORD is good to all, and His mercy is over all that He has made.

(PSALM 145:9)



VERSE VIDEO

Play Memory Verse Video after the verse is read.



PRAY: God, You are good when we are sad, angry, confused or hurt. We can praise You because no matter what is going on in our lives, Your love endures forever. Amen.