



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.

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

— (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.

Small Group ROADMAP

1

BELONG (10 MINUTES)

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

EMOJI GAME

SUPPLIES: Printable pages, scissors, beanbag

OR

GOODNESS GAME

SUPPLIES: None

2

BELIEVE (10 MINUTES)

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

WACKY ACTIONS

SUPPLIES: Bibles, teaching slide, printable pages, scissors, paper bag

OR

WORD ART

SUPPLIES: Bibles, paper (1 per kid), coloring supplies

3



DISCIPLESHIP DISCUSSION (10 MINUTES)

Goal: To engage kids in faith conversations that help them navigate a broken world with biblical wisdom

4

BECOME (10 MINUTES)

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

DIY PSALM

SUPPLIES: Bibles, Take-Home page, writing supplies, paper (1 per kid)

OR

ACTIVE PRAYERS

SUPPLIES: Bibles, Take-Home page, writing supplies, printable pages, painter's tape, soft worship music, music player, 2 ropes, bubble wrap, sandpaper, cardstock, blue marker, black paper, chalk (1 of each per kid)

5



SMALL GROUP WRAP-UP (5 MINUTES)

SUPPLIES: Take-Home page, writing supplies



EMOJI GAME

SUPPLIES:

Printable pages, scissors, beanbag

PREP:

Print the printable pages and cut out.

LEADER TIP: Have examples of how God has been good in your life!



INSTRUCTIONS:

1. *Welcome each kid by name and welcome any new kids to the group.*
2. **Discuss:** What were the best and worst parts of your week?
3. **Discuss:** This month we are learning that God is good. How have you seen this week that God is good?
4. *Gather kids in a circle and place the emoji cards face down in the middle.*
5. **Say:** Let's use these emoji cards to describe different times when we feel these emotions. To play, each person will choose a card by throwing a beanbag. Then you will complete the following sentence: "I feel (hold up emoji card) when _____."
6. *Choose someone to go first and toss the beanbag onto a card.*
7. *Prompt them to complete the sentence: "I feel (emoji card) when _____."*
8. *Emoji cards include: happy, hopeful, thankful, excited, silly, surprised, embarrassed, desperate (pleading), love, joyful (laughing), brokenhearted and angry.*
9. *Continue until everyone has had a turn. If you have more than 10 kids in your group, place the card back in the middle and mix up the cards after each turn.*
10. **Say:** There are so many different emotions that we feel—happiness, sadness, anger, confusion, etc. Some feel good and some feel difficult.
11. **Discuss:** What do you do when you feel difficult emotions?



ACTIVITY WRAP-UP:

The book of Psalms records songs and poems written to express emotions to God. Sometimes the writers were happy and praised God. Other times they were sad and cried out to God. Sometimes they were even mad and got angry at God. Today we are hearing a psalm by David where he expressed some difficult emotions to God.



GOODNESS GAME

SUPPLIES:

None

PREP:

None

ADAPTATION FOR DIFFERENT LEARNERS: Kids with limited mobility can use a soft ball to “tag” the other students as they move around the room.

INSTRUCTIONS:

1. *Welcome each kid by name and welcome any new kids to the group.*
2. **Discuss:** What were the best and worst parts of your week?
3. **Discuss:** This month we are learning that God is good. How have you seen this week that God is good?
4. **Say:** Let’s play a game to help us think of the good things God has done for us.
5. **Say:** To play, one person will be the “tagger.” The tagger will try to tag everyone while moving at normal speed. The rest of you will move in slow motion. If you can quickly call out something that is good in your life before the tagger tags you, you are still in the game. If not, then you have to freeze.
6. *Invite kids to stand. Choose a kid to be the tagger.*
7. *Start the game and cheer kids on.*
8. *After a few minutes, have another kid be the tagger and begin the game again.*
9. **Discuss:** Was it hard to think of good things that no one else had mentioned?



ACTIVITY WRAP-UP:

Today we are learning that God is always good, even when we face hard times and feel hurt. God is always good!



WACKY ACTIONS

SUPPLIES:

Bibles, teaching slide, printable pages, scissors, paper bag

PREP:

Print or show the Memory Verse teaching slide.
Print the printable pages and cut them out.
Place the cards in the paper bag.

LEADER TIP: Read the action cards ahead of time and remove any that do not work for your space.

ADAPTATION FOR DIFFERENT LEARNERS: Consider the physical limitations of kids when choosing wacky movements. Modify as needed for individuals or the group.

INSTRUCTIONS:

1. *Lead kids to find Psalm 145:9 in their Bibles. Read it aloud together.*
2. **Discuss:** According to this verse, who will God be good to?
3. **Discuss:** David was worried, angry, scared and sad. What did he say about God during this difficult time?
4. **Discuss:** Do you think there is ever a time when God is not good? Why?
5. **Say:** God never changes. He is always good, even in the hard times when things feel wacky and out of control. We can know and trust that God never changes.
6. **Say:** Let's play a game to practice our verse.
7. **Say:** We will choose a card and then say our verse while doing the action listed on the card. Be aware! These actions are wacky.
8. *Choose one kid to pick a card from the bag.*
9. *Say the verse while doing the wacky actions.*
10. *Continue until all the cards have been drawn.*

ACTIVITY WRAP-UP:

God never changes! This means that we can trust He is always good, even when we go through hard times that feel wacky and out of control.



WORD ART

SUPPLIES:

Bibles, paper (1 per kid), coloring supplies

PREP:

None

LEADER TIP: If time allows, read parts of Psalm 22 together first, letting kids take turns reading one line each aloud.

ADAPTATION FOR DIFFERENT LEARNERS: Write the synonyms on a whiteboard for kids to copy to their posters.

INSTRUCTIONS:

1. **Discuss:** What feelings did David express in Psalm 22?
2. **Say:** David felt abandoned by God, surrounded by enemies and in physical pain. He was going through some very hard times. We all go through hard times, and we can wonder where God is when we are hurting.
3. **Discuss:** What did David believe about God?
4. **Say:** Let's look at some verses to help us understand something very important about God that can help us no matter what we are facing.
5. *Lead kids to find Malachi 3:6 and James 1:17 in their Bibles. Read them aloud together.*
6. **Discuss:** What do these verses tell us about God?
7. **Discuss:** How does knowing that God never changes help us when we are facing hard times and hurting?
8. **Say:** Let's make word art pictures to remember that God never changes and that He is always good. I will give you a piece of paper. In the middle, you will write "God never changes" however you'd like. Then you will write words that mean the same as unchanging.
9. *Discuss some synonyms of unchanging: constant, steady, continuing, permanent, enduring, immutable, established, fixed, lasting, permanent, unalterable, everlasting, perpetual, unwavering, consistent.*
10. *Pass out supplies and give the kids time to create their word art.*
11. **Discuss:** How has God been faithful and unchanging to you?

ACTIVITY WRAP-UP:

God never changes! He is always good. Even when bad things happen, we can trust that He is still good. Put this artwork up at home to remind you of this truth.



Discipleship DISCUSSION

HOW CAN I KNOW THIS IS TRUE?

Discuss: How can someone write about something hundreds of years before it happens?

Say: Psalm 22 was written by King David about 1,000 years before Jesus was born, yet it describes details that match Jesus' crucifixion. Archaeologists have found first-century crucifixion evidence, including a heel bone pierced with an iron nail, showing the exact method used in Jesus' time. In Psalm 22:18a, David writes: *They divide My garments among them* and ancient Roman records confirm soldiers really did cast lots for a prisoner's clothes. Copies of the book of Psalms in the Dead Sea Scrolls, dated before Jesus, contain this same chapter, proving Christians didn't make it up later. These discoveries show David's words were real prophecies fulfilled in Jesus.

Read Psalm 22:16 directly from the Bible: *They have pierced My hands and feet.*

BUT WHAT ABOUT ... GRIEF?

Discuss: What does the word grief mean?

Discuss: What are some situations that might cause someone to feel grief.

Discuss: What do you think God has to say about that?

Say: Grief is a deep sadness that is caused by a loss. Many things can cause us to feel grief. It could be the loss of someone we love, the death of a pet, a change in a friendship, a move or some other big change in our lives. When we are feeling sadness for any reason, we can talk to God about it. Psalm 147:3 says: *He heals the brokenhearted and binds up their wounds.* The Bible tells us that God knows our hearts. He knows your heart and what you're feeling today. No matter what you're experiencing, He is there with you.



DIY PSALM

SUPPLIES:

Bibles, Take-Home page, writing supplies, paper (1 per kid)

PREP:

Print the Take-Home page (1 per kid).

ADAPTATION FOR DIFFERENT LEARNERS: Write a psalm together as a group first, so kids have an example when they are brainstorming independently.

INSTRUCTIONS:

1. **Discuss:** What can we do when we have difficult feelings?
2. **Say:** David wrote songs and poems to God. He expressed his emotions and remembered what God had done for him. Let's write our own psalms to God.
3. *Pass out paper and writing supplies to everyone.*
4. **Discuss:** What feelings was David expressing in Psalm 22?
5. **Say:** David wasn't afraid to tell God what he was feeling. In the first part of your psalm, write to God about a situation you are facing and how you are feeling. Whatever feeling you have, you can express it to God.
6. *Invite kids to write the first part of their psalm.*
7. **Read:** Psalm 22:19–21.
8. **Say:** David asks for help with the situation he was facing. Write and ask God for help with your situation.
9. *Invite kids to write the second part of their psalm.*
10. **Read:** Psalm 22:23–24
11. **Discuss:** What does David say about God in these verses?
12. **Say:** In the last part of the psalm, David remembers who God is. Write down the qualities of God and what He has done for you.
13. *Invite kids to write the last part of their psalm, then reread it silently.*
14. **Discuss:** Can we be honest with God about our feelings? Why?
15. **Say:** God loves when we are honest about our lives and our feelings.

ACTIVITY WRAP-UP:

Today we learned God is good even when we are hurting. As we learn truths about God, we can respond to Him. We can tell Him our feelings, we can pray or we can decide to do something or change something.

Lead kids to use the "Me Question" box on their Take-Home pages to choose a prompt and draw/write their response. Allow kids to volunteer to share their responses.



ACTIVE PRAYERS

SUPPLIES:

Bibles, Take-Home page, writing supplies, printable pages, painter's tape, soft worship music, music player, 2 ropes, bubble wrap, sandpaper, cardstock, blue marker, black paper, chalk (1 of each per kid)

PREP:

Print the Take-Home page (1 per kid). Print the printable pages and tape them around your space. Use the Station Key to place the corresponding materials under each sign.

LEADER TIP: If time allows, read parts of Psalm 22 together first, letting kids take turns reading one line aloud each.

INSTRUCTIONS:

1. **Discuss:** What emotions did David express in Psalm 22?
2. **Discuss:** How is God impacted when we express our emotions to Him?
3. *Lead kids to find Psalm 62:8 and Psalm 100:5 in their Bibles. Read these verses aloud together.*
4. **Discuss:** What can we do when we have difficult feelings?
5. **Say:** Let's do a prayer activity to talk to God about our difficult situations and ask for His help.
6. **Say:** I have prayer stations set up around our space. Each station represents a difficult emotion you might be feeling because of a situation in your life. You can visit any of the stations. Use the materials there and talk to God about the situation, express your feelings and ask Him for help.
7. *Review each of the stations with the kids.*
8. *Play soft worship music and invite kids to visit the stations. They can visit one or all of them.*
9. *Close your time together, praying aloud for kids to know that they can talk to God honestly about their feelings and situations in their lives.*



ACTIVITY WRAP-UP:

Today we learned God is good even when we are hurting. As we learn truths about God, we can respond to Him. We can tell Him our feelings, we can pray or we can decide to do something or change something.

Lead kids to use the "Me Question" box on their Take-Home pages to choose a prompt and draw/write their response. Allow kids to volunteer to share their responses.



Wrap-Up

CHOOSE YOUR Challenge

Say: We want to respond to God and remember what He has taught us today. We also want to use what He's taught us during the coming week. As we become more like Jesus, our lives change!

Read the challenges from the Take-Home page aloud. Ask kids to mark which one they want to choose for this week.

SUPPLIES:

Take-Home page, writing supplies

PREP:

Print the Take-Home page (1 per kid).



PRAYER

God, thank You for always being good. Thank You that we can be honest about our feelings and talk to You about what is upsetting us. Help us to trust You, even when we are hurting. Amen.



SAY GOODBYE!

Tell kids goodbye and thank them for being a part of your group.

As kids wait to be picked up, encourage them to complete the activities on the back of the Take-Home page. As kids work, ask relationship-building questions, such as, "What are you looking forward to this week?" or "What do you do for fun?"

As parents arrive at pickup, look for opportunities to connect with them, pointing out the Take-Home page their kid is bringing home.



EMOJI GAME

OLDER ELEMENTARY SMALL GROUP
PSALMS OF LAMENT

PAGE 1 OF 6

PREP: Print the printable pages and cut out.



HOPEFUL



HAPPY



EMOJI GAME

OLDER ELEMENTARY SMALL GROUP
PSALMS OF LAMENT

PAGE 2 OF 6

PREP: Print the printable pages and cut out.



EXCITED



THANKFUL



EMOJI GAME

OLDER ELEMENTARY SMALL GROUP
PSALMS OF LAMENT

PAGE 3 OF 6

PREP: Print the printable pages and cut out.



SUPRISED



SILLY



EMOJI GAME

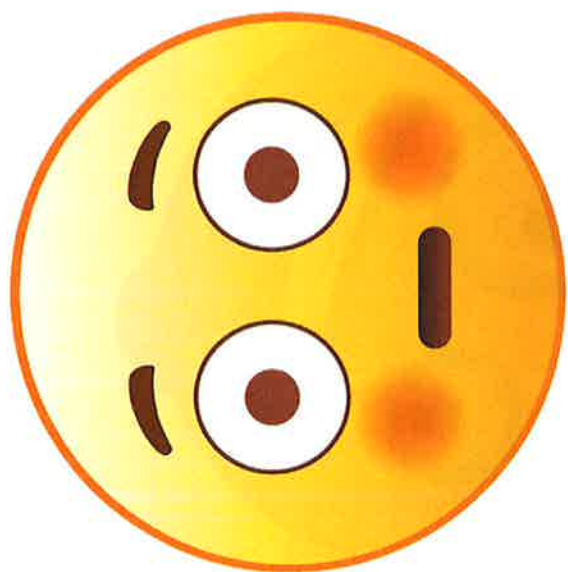
OLDER ELEMENTARY SMALL GROUP
PSALMS OF LAMENT

PAGE 4 OF 6

PREP: Print the printable pages and cut out.



PLEADING



EMBARRASSED



EMOJI GAME

OLDER ELEMENTARY SMALL GROUP
PSALMS OF LAMENT

PAGE 5 OF 6

PREP: Print the printable pages and cut out.



LAUGHING



LOVE



EMOJI GAME

OLDER ELEMENTARY SMALL GROUP
PSALMS OF LAMENT

PAGE 6 OF 6

PREP: Print the printable pages and cut out.



ANGRY



BROKENHEARTED



WACKY ACTIONS

OLDER ELEMENTARY SMALL GROUP
PSALMS OF LAMENT

PAGE 1 OF 2

PREP: Print the printable pages and cut out.

**SAY THE VERSE
WHILE DOING
SIT UPS.**

**SAY THE VERSE
WHILE CRYING
LOUDLY.**

**SAY THE VERSE
WHILE SPINNING IN
A CIRCLE AS FAST AS
YOU CAN.**

**SAY THE VERSE
SLOWLY WHILE
MOVING IN
SLOW MOTION.**

**SAY THE VERSE
WHILE TAPPING YOUR
HEAD AND RUBBING
YOUR STOMACH.**

**SAY THE VERSE
WHILE DOING
JUMPING JACKS.**



WACKY ACTIONS

OLDER ELEMENTARY SMALL GROUP
PSALMS OF LAMENT

PAGE 2 OF 2

PREP: Print the printable pages and cut out.

**SAY THE VERSE WHILE
LEAP FROGGING
EVERY PERSON IN
YOUR GROUP.**

**SAY THE VERSE
WHILE DOING A
PLANK.**

**SAY THE VERSE WHILE
CLOSING YOUR EYES
AND STANDING ON
ONE FOOT.**

**SAY THE VERSE
WHILE CLAPPING
BEHIND YOUR BACK.**

**SAY THE VERSE
WHILE TRYING TO
STAND ON
YOUR HEAD.**

**SAY THE VERSE
WHILE DOING
CARTWHEELS.**



WORRY

**Pop the bubble wrap
and talk to God about
your worries.**



ANGER

Hold the sandpaper and
talk to God about what
makes you angry.



SAD

Color with a blue marker
on the paper and talk to
God about what makes
you sad.



FEAR

Draw with chalk on the black
paper and talk to God about
your fear.



CONFUSION

Walk along the rope and
talk to God about your
confusion.



STATION KEY:

WORRY

Supplies: Bubble wrap (1 per kid)

ANGER

Supplies: Sandpaper (1 per kid)

SAD

Supplies: Cardstock (1 per kid), blue marker (1 per kid)

FEAR

Supplies: Black paper (1 per kid), chalk (1 per kid)

CONFUSION

Supplies: 2 ropes laid in a twisty path.



TAKE-HOME

OLDER ELEMENTARY
PSALMS OF LAMENT

PSALMS OF LAMENT

Psalm 22



God is good even when we are hurting.



MONTHLY Memory Verse

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

(PSALM 145:9)

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.

HOW IS GOD INVITING **ME** TO RESPOND?



DRAW OR WRITE YOUR RESPONSE

CHOOSE YOUR Challenge

- ☐ Memorize Psalm 145:9 by coming up with motions.
- ☐ Draw a picture expressing your feelings to God.
- ☐ Spend time talking to God about what you are going through.

SCAN ME!

FOR AT-HOME DISCIPLESHIP
DISCUSSION



NAVIGATING A BROKEN WORLD

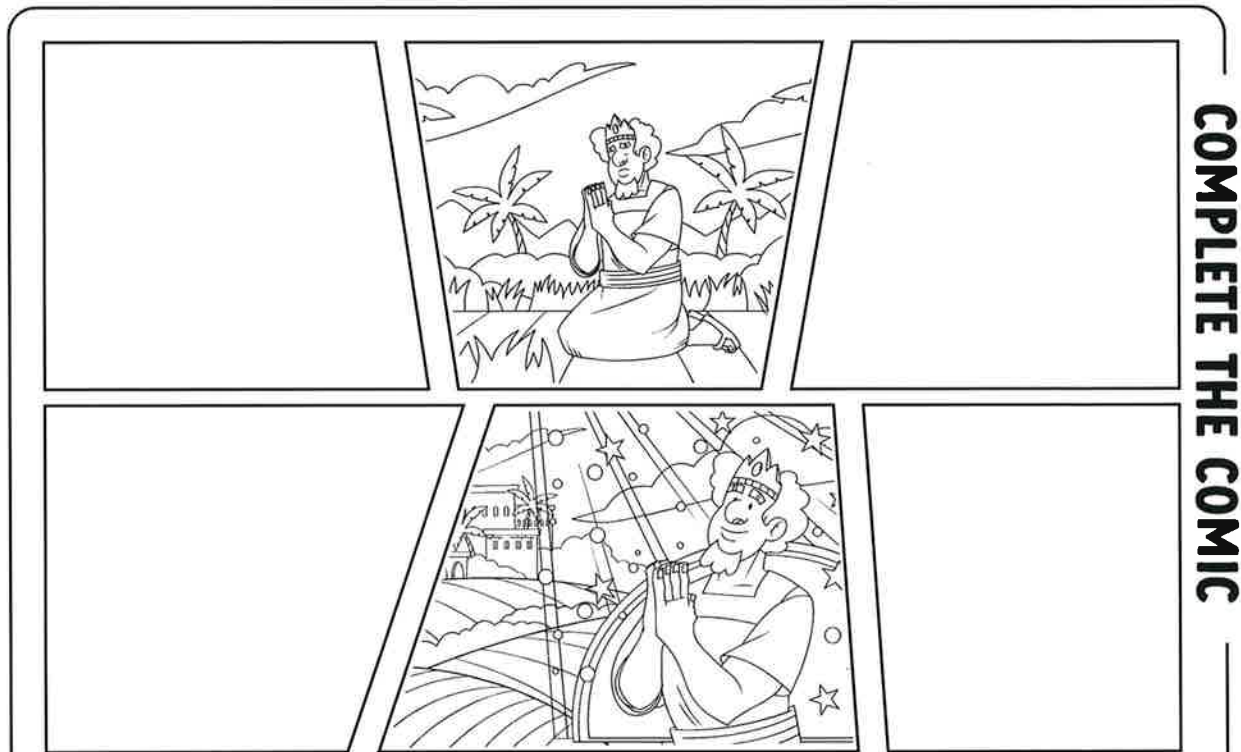
Grief can be a tough topic for kids. We can help kids view this topic through the lens of Scripture. Learn more about this and how to have a conversation at home here:

Britecurriculum.com/tough-topics



TAKE-HOME

OLDER ELEMENTARY
PSALMS OF LAMENT



COMPLETE THE COMIC

MAKE NEW WORDS

How many words can you make out of this phrase?

**GOD IS GOOD EVEN
WHEN WE ARE HURTING**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

STICK MAN

1. Think of a word from today's story. Draw a blank for each letter.
2. Find a partner to guess letters.
3. If they guess a letter from your word, write it in the blank.
4. If they guess a wrong letter, draw a piece of the stick man.
5. Can they guess your word before the stick man is complete?





TAKE-HOME CUSTOMIZABLE

OLDER ELEMENTARY
PSALMS OF LAMENT

PSALMS OF LAMENT

Psalm 22

BRITE Idea

God is good even when we are hurting.



MONTHLY Memory Verse

(PSALM 145:9)

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HOW IS GOD INVITING

ME

TO RESPOND?



DRAW OR WRITE YOUR RESPONSE

CHOOSE YOUR Challenge

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SCAN ME!

FOR AT-HOME DISCIPLESHIP
DISCUSSION



NAVIGATING A BROKEN WORLD

Grief can be a tough topic for kids. We can help kids view this topic through the lens of Scripture. Learn more about this and how to have a conversation at home here:

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