



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)

BRITE  *Idea*

**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

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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

HOW DOES IT CHANGE?

SUPPLIES: Leaf, thermometer, seed, banana, top, balloon

OR

PASS THE EMOTION

SUPPLIES: None

2

BELIEVE (10 MINUTES)

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

SAY IT WITH EMOTION

SUPPLIES: Bibles, teaching slide

OR

GOD NEVER CHANGES

SUPPLIES: Bible, modeling dough (1 handful per kid), small rock (1 per kid)

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

FEELINGS GAME

SUPPLIES: Bible, Take-Home page, coloring supplies, printable pages, scissors, 2 paper bags

OR

EMOTION PRAYERS

SUPPLIES: Bible, Take-Home page, coloring supplies, printable pages, painter's tape, soft worship music, music player

5



SMALL GROUP WRAP-UP (5 MINUTES)

SUPPLIES: Take-Home page, coloring supplies



HOW DOES IT CHANGE?

SUPPLIES:

Leaf, thermometer, seed, banana, top, balloon

PREP:

None

LEADER TIP: Adjust the supplies to include easy items you have on hand that change in some way.

ADAPTATION FOR DIFFERENT LEARNERS: Let kids who need additional movement opportunities take turns showing the group how the object changes.

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!
5. **Say:** I will show you an object, and you will tell me how it changes.
6. *Take out each object and ask: How does _____ change?*
7. *If possible, have the object undergo the change.*
8. **Discuss:** What are some other things that change?
9. **Discuss:** Can you think of anything that doesn't change?

ACTIVITY WRAP-UP:

There are many things in our world that change, including the seasons, the weather and even our bodies as we grow older. But today we are learning that God never changes. He always stays the same!



PASS THE EMOTION

SUPPLIES:

None

PREP:

None

LEADER TIP: Share 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.*
5. *Read one of the situations listed below. Choose one kid to go first and show the emotion they would feel about that situation to the person next to them. That person will make the same face and pass it to the next person. Continue until the emotion has passed around the circle.*
6. **Situations:**
 - Your birthday party is today.
 - Your sibling took something of yours and broke it.
 - You got every answer correct on your test.
 - Your mom said you can't go to your friend's house.
 - You have two more days until vacation.
 - The lights go out in your house, and you are alone in your room.
 - Your parents surprise you with a trip to the beach.
 - It's your first day of school in a new school and you don't know anyone.
7. **Discuss:** When have you felt sad, scared, angry or worried?

**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 in which he expressed some difficult emotions to God.



SAY IT WITH EMOTION

SUPPLIES:

Bibles, teaching slide

PREP:

Print or show the Memory Verse teaching slide.

ADAPTATION FOR DIFFERENT LEARNERS: Some kids may struggle to identify and express various emotions. Show the emotion to the group with your facial expressions before they start.

INSTRUCTIONS:

1. *Lead kids to find Psalm 145:9 in their Bibles. Read it aloud together.*
2. **Discuss:** Who is the Lord good to?
3. **Discuss:** In our psalm today, David was worried, sad and angry. But what did he still remember about God?
4. **Discuss:** Do you think God is good all the time or only sometimes? Why?
5. **Say:** God is good, even when we are hurting and going through hard times. His love for us and His character never change. No matter how we feel at different times in our lives or what we are going through, God is always good.
6. **Say:** Let's play a game to practice our verse!
7. **Say:** I will call out an emotion, and we will recite the verse with that emotion.
8. *Call out different emotions, such as fear, sadness, happiness and anger.*
9. *Have kids recite the verse with each emotion.*
10. **Discuss:** When you feel these different emotions, what can you remember about God?

ACTIVITY WRAP-UP:

God never changes. Even though our circumstances will change and we will face hard times when we are hurting, we can remember that God is good no matter what.



GOD NEVER CHANGES

SUPPLIES:

Bible, modeling dough (1 handful per kid), small rock (1 per kid)

PREP:

None

LEADER TIP: If time allows, read parts of Psalm 22 aloud.

INSTRUCTIONS:

1. **Discuss:** What emotions did David express in Psalm 22?
2. **Say:** We all face hard times and sometimes feel like David did. Let's do an activity to show why we can trust that God is good even in the hard times.
3. *Take out a rock and a handful of modeling dough.*
4. **Say:** Let's imagine this rock represents God and the modeling dough represents the things that happen in our lives, such as the things that happen, the way we feel and even how we get along with people.
5. *Put the modeling dough around the rock in different ways (e.g., cover the whole rock, cover half the rock, make a long tube and wrap it around the rock, etc.).*
6. **Discuss:** What is changing? Does the rock change?
7. **Say:** Our situations and emotions can change. But through it all, God, like the rock, never changes. God is always good! He never changes.
8. *Give each kid a handful of modeling dough and a rock. Give them a few minutes to put their modeling dough around the rock in different ways.*
9. *While they are working, read Psalm 100:5 and James 1:17.*
10. **After you read each verse, discuss:** What does this verse tell us about God?
11. **Discuss:** How does knowing that God never changes help you?

ACTIVITY WRAP-UP:

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



Discipleship DISCUSSION

WHAT DOES THIS MEAN FOR FOLLOWERS OF JESUS?

Discuss: How does this story show us God is a promise keeper?

Say: Psalm 22 reminds us that even in our very worst situations, when we feel really bad, God is still there. His ability to keep His promises isn't limited by our feelings or our circumstances. He is with us even when we don't feel it. He is working out His perfect plan even when we don't know it. He is always good, even when we doubt it.

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.



FEELINGS GAME

SUPPLIES:

Bible, Take-Home page, coloring supplies, printable pages, scissors, 2 paper bags

PREP:

Print the Take-Home page (1 per kid). Print the printable pages and cut them out. Place the Feelings cards in one bag and the Places cards in the other.

ADAPTATION FOR DIFFERENT LEARNERS: Some kids may struggle to think of examples spontaneously. Have some examples ready to help if needed.

INSTRUCTIONS:

1. **Discuss:** How was David feeling in Psalm 22?
2. **Discuss:** Can we be honest with God about our feelings? Why?
3. **Say:** David was feeling scared, angry and worried. He didn't feel like praising God! Let's play a game to talk about situations we may face and the feelings we have in these situations.
4. *Choose one kid to go first and pick one card from each bag. Invite kids to think of a situation where they might feel that emotion in that location (e.g., a situation where you feel sad at school).*
5. *After they think of a situation, discuss the following questions:*
 - If you were facing this situation, how could you pray?
 - What can you remember about God if you were facing this situation and feeling this emotion?
6. *Continue the game until everyone has had a turn.*
7. **Read:** Psalm 62:8 and Psalm 100:5.
8. **Discuss:** What can we do when we are hurting and don't feel like praising God?

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 the "Me Question" box on their Take-Home pages and discuss possible responses. Have kids choose a prompt and write/draw their response.



EMOTION PRAYERS

SUPPLIES:

Bible, Take-Home page, coloring supplies, printable pages, painter's tape, soft worship music, music player

PREP:

Print the Take-Home page (1 per kid). Print the printable pages and tape them at kid's height around your space.

LEADER TIP: If time allows, read parts of Psalm 22 aloud.

INSTRUCTIONS:

1. **Discuss:** How was David feeling in Psalm 22?
2. **Say:** We all can be worried, scared, angry and sad sometimes.
3. **Discuss:** Do you think God is okay if we tell Him how we are feeling? Why?
4. **Say:** We can be honest with God about how we are feeling. We can talk to Him about why we are upset.
5. **Say:** Let's talk to God about how we are feeling.
6. **Say:** There are emotion pictures around our space. You will sit by an emotion that you are feeling or have felt this week. Talk to God about how you are feeling and why you feel that way. If you feel more than one feeling, you can move to another sign and talk to God about that situation, too.
7. *Start the music and give kids time to move around your space and pray.*
8. *Gather kids in a circle.*
9. **Read:** Psalm 62:8 and Psalm 100:5.
10. **Discuss:** How can these verses help you when you are hurting?

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 the "Me Question" box on their Take-Home pages and discuss possible responses. Have kids choose a prompt and write/draw their response.



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, coloring supplies

PREP:

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



PRAYER

God, You are always good. Thank You that we can be honest about our feelings and talk to You. Help us 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.



FEELINGS GAME

YOUNGER ELEMENTARY SMALL GROUP
PSALMS OF LAMENT

PAGE 1 OF 2

PREP: Print the printable pages and cut out.



SAD



ANGRY



CONFUSED



WORRIED



SCARED



YOUR CHOICE



FEELINGS GAME

YOUNGER ELEMENTARY SMALL GROUP
PSALMS OF LAMENT

PAGE 2 OF 2

PREP: Print the printable pages and cut out.



HOME



SCHOOL



PLAYGROUND



FRIEND'S HOUSE



**AFTER SCHOOL
ACTIVITY**



YOUR CHOICE



EMOTION PRAYERS

YOUNGER ELEMENTARY SMALL GROUP
PSALMS OF LAMENT

PAGE 1 OF 5

PREP: Print the printable pages.



SAD



EMOTION PRAYERS

YOUNGER ELEMENTARY SMALL GROUP
PSALMS OF LAMENT

PAGE 2 OF 5

PREP: Print the printable pages.



ANGRY



EMOTION PRAYERS

YOUNGER ELEMENTARY SMALL GROUP
PSALMS OF LAMENT

PAGE 3 OF 5

PREP: Print the printable pages.



CONFUSED



EMOTION PRAYERS

YOUNGER ELEMENTARY SMALL GROUP
PSALMS OF LAMENT

PAGE 4 OF 5

PREP: Print the printable pages.



SCARED

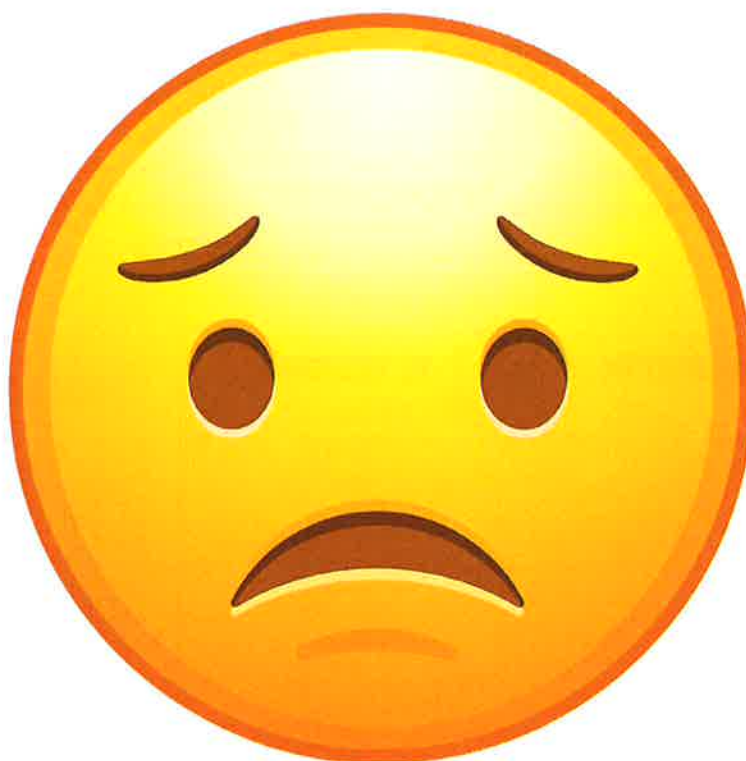


EMOTION PRAYERS

YOUNGER ELEMENTARY SMALL GROUP
PSALMS OF LAMENT

PAGE 5 OF 5

PREP: Print the printable pages.



WORRIED



TAKE-HOME

YOUNGER ELEMENTARY PSALMS OF LAMENT

PSALMS OF LAMENT

Psalm 22

BRITE *Idea*

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

YOUNGER ELEMENTARY
PSALMS OF LAMENT



ILLUSTRATION TO COLOR

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?

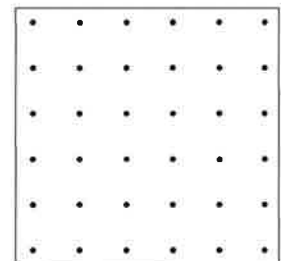
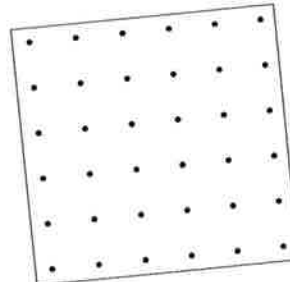
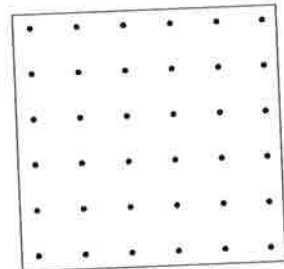
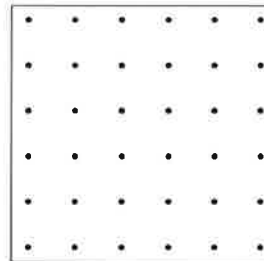


DOTS & BOXES

Find a partner.

Take turns connecting two dots, either side-to-side or up-and-down. When someone makes a box, write their initial.

The player with the most boxes at the end wins!





TAKE-HOME CUSTOMIZABLE

YOUNGER ELEMENTARY
PSALMS OF LAMENT

PSALMS OF LAMENT

Psalms 22

BRITE Idea

God is good even when we
are hurting.



MONTHLY *Memory Verse*

(PSALM 145:9)

HE

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

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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?



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coming up with motions.
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feelings to God.
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about what you are going
through.

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