



PSALM 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*

The Lord is good to all.
(PSALM 145:9)



BIG QUESTION

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



LEADER TRAINING: 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.

PRESCHOOL GLOSSARY:

Holy: set apart; perfect

Lament: a prayer that shares deep sadness

Psalm: a song, prayer or poem used in worshiping God

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

1

BELONG

Small Group (15 MINUTES)

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

HOW ARE YOU?

SUPPLIES: Printable page

OR

EMOTION CHARADES

SUPPLIES: None

2

BIBLE TEACHING

Large Group (20 MINUTES)

PSALM OF LAMENT

(PSALM 22; ESTHER 2-8)

SUPPLIES: Bible, teaching slides, teaching pictures (printed/shown from teaching slides), video player, music player

3

BELIEVE

Small Group (10 MINUTES)

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

MEMORY VERSE RELAY

SUPPLIES: Cones (5-8), music player, Memory Verse Song

OR

CHEER THAT GOD IS GOOD

SUPPLIES: Parachute

4

BECOME

Small Group (15 MINUTES)

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

THROUGH IT ALL, GOD IS GOOD

SUPPLIES: Take-Home page, coloring supplies, colored paper (1 per kid), hole punch, yarn, scissors (prep), stickers (4 per kid)

OR

CAN YOU FIND IT?

SUPPLIES: Take-Home page, coloring supplies, sticky notes, marker



HOW ARE YOU?

SUPPLIES:

Printable page

PREP:

Print the printable page.

ADAPTATION FOR DIFFERENT LEARNERS:

Some kids may have difficulty identifying their emotions, even with pictures. Narrow down the options by offering two choices.

ACTIVITY INTRO:

Welcome, everyone! My name is _____. Can you each tell us your name?

Welcome each kid by name and welcome any new kids to the group.

INSTRUCTIONS:

1. *Gather kids to sit down in a circle.*
2. **Say:** God made everyone, and He cares about how you feel.
3. *Hold up the printable page.*
4. **Say:** Do you see all the faces? These faces show different feelings. As I point to each one, can you make the same face?
5. *Point to the different feelings and demonstrate that expression with the kids.*
6. **Say:** Now it's your turn to show the group how you feel. We will all take turns and point to the face that shows how you are feeling today.
7. *Pass the printable page around the circle and have kids point to the face that shows how they are feeling.*
8. *Respond gently to each choice with responses such as, "You're feeling happy! That's so great!" or "You picked a sad face. God loves you when you feel sad."*
9. **Ask:** Does God care about how you feel?



ACTIVITY WRAP-UP:

God cares about you and loves you. Even on days when you might feel sad or worried, God still cares for you and loves you. You can talk to God about your feelings any time. He loves to listen. Today we will learn about a psalm that has lots of feelings in it. We will learn how God is always near, whether we feel sad, happy or mad.



EMOTION CHARADES

SUPPLIES:

None

PREP:

None

ACTIVITY INTRO:

Welcome, everyone! My name is _____. Can you each tell us your name?

Welcome each kid by name and welcome any new kids to the group.

INSTRUCTIONS:

1. **Say:** Today we will learn about a Bible story that talks about lots of feelings.
2. **Say:** Everyone will get a turn to act out a feeling. But you can't say what it is. Just make big expressions like this ... *smile really big*. What feeling is this? Happiness! That's right!
3. *Select a kid to go first and act out a feeling. Help other kids guess what it is. Then pick another kid to go. Repeat until everyone has had a chance to go.*
4. **Ask:** Do you think God cares about how we feel?



ACTIVITY WRAP-UP:

God cares about you and loves you. God cares about how you feel. Whether you are sad, mad or happy, you can always pray and talk to God about how you are feeling.

INTRO:

Play the Countdown Video and guide kids to sit together for large group teaching time.

WELCOME:

Say: Hi, everyone! Are you ready to learn today's Bible story? I know I am! Before we do, let's review what we learned last week.

RECAP FROM *Last Week*

Say: Last week we learned about Psalm 19 and how it teaches us about wisdom. God's Word helps us to be wise. God's Word and His creation show us how good and amazing God is. *Show teaching illustration: God's Word (Image 06).*

Say: Today we will learn a true story from the Bible about a psalm that's filled with lots of emotions. We will learn more about it together.

Say: Let's take a look at this month's Big Question. Can you help me do a drumroll? Ready? One, two, three ... drumroll!

? **BIG QUESTION**

Show the Big Question Teaching Image.

Say: How do I know God is good? We'll learn more about God's goodness in today's Bible story.



PLAY FIND IT IN THE *Bible Song*

Play the "Find It in the Bible" song.

Hold up a Bible.

Say: Who can tell me the name of this book? *Allow kids to respond.*

Say: Yes! This book is called the Bible. The Bible is the most important book of all. The Bible is full of true stories about how God takes care of His people and loves them. Today we will hear a story from the Old Testament in the books of Psalms and Esther. The Old Testament is filled with lots of stories about the very beginning, God's people and God's promises.

SUPPLIES:

Bible, teaching slides, teaching pictures (printed/shown from teaching slides), video player, music player

PREP:

None

LEADER TIP:

Help kids know that God is good and cares about them even when they have big emotions.

PSALM OF LAMENT

(PSALM 22; ESTHER 2-8)

Say: This month we are learning about the book of **Psalms**. The **Psalms** don't tell us stories about God. Instead, they give us poems, songs and prayers to 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! Do you ever feel those feelings? I know I do!

Say: 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. I wonder how she felt about that? *Shrug your shoulders*. 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: Oh no! Mordecai wanted Esther to talk to the king, but she was afraid. Show me your best scared face. *Demonstrate for the kids*. But 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: We often have the same feelings as Esther did. **Psalm** 22 tells us that we can talk to God about all our feelings. The **psalm** talks about being confused and sad and happy and mad. It talks about telling God all the feelings!

Show teaching illustration: David's Feelings (Image 07).

Say: **Psalm** 22 also reminds us that, like Esther, we can have hope even when we are sad or mad or confused. We can trust that God will help us. **Psalm** 22 says we can praise God because He is good and **holy**.

Show teaching illustration: Hope (Image 08).



POINT TO JESUS:

Say: Even when we feel sad, angry or confused, we can have hope because of what Jesus did for us. He died on the cross for our sins and rose again. One day Jesus will come back and make all things new. There will be no more sadness or pain.

Say: Let's close in prayer as we wrap up our Bible story time together. Reach your hands up really high.

Reach hands up high.

Say: Now clap them together like this.

Clap hands together.

Say: Let's pray.

Pray: Dear God, help us to remember that You are always with us. You are always there for us. You are holy and good. Even when we may feel sad or alone, we can always pray to You. Thank You for being near to us. Amen.



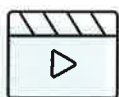
BIG QUESTION

Say: Now it's time to answer our Big Question. Can you all help me do a drumroll?
Ready? One, two, three ... drumroll!

Show the Big Question Teaching Image.

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

Say: That's right! The Bible teaches us that God is good and loves us even when we have big feelings. We can always come to God with those feelings and pray to Him.



VERSE VIDEO

*Play Memory Verse Motion
Video after the verse is read.*

MEMORY VERSE MOTIONS:

Help kids recite and retain the memory verse by teaching it with motions. Before you teach the verse, be sure to explain what it means.

- 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)



MONTHLY

Memory Verse

The Lord is good to all.
(PSALM 145:9)



REVIEW:

Say: It's been so great being with you today, friends! Before we end our teaching time, let's review what we have learned. Let's all point up really high and say, "God is always good."

Have the kids point up and say, "God is always good."

Say: Now let's reach our hands out to the side and say, "God is good, even when we are sad."

Have the kids reach out and say, "God is good, even when we are sad."

Say: Now let's point to ourselves and say, "God is good, even when I am sad."

Have the kids point to themselves and say, "God is good, even when I am sad."



God is always good.



God is good, even when we are sad.



God is good, even when I am sad.



* Consider showing the Bible Review Video as kids eat snack, are waiting for pick-up, or another time that fits your church's schedule.



MEMORY VERSE RELAY

SUPPLIES:

Cones (5-8), music player, Memory Verse Song

PREP:

Set up the cones in a zigzag pattern for kids to walk around.

LEADER TIP:

If you don't have cones, use painter's tape to mark the floor. Use different motions each round to keep the game exciting—walking, hopping, tiptoeing or dancing to the music!

ADAPTATION FOR DIFFERENT LEARNERS:

Pair kids who have physical limitations with a buddy to navigate the cones.

ACTIVITY INTRO:

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

INSTRUCTIONS:

1. **Say:** Let's have some fun with our memory verse! Let's play a relay game to help us remember that God is good to everyone! Our memory verse says, *The Lord is good to all* (Psalm 145:9). Let's say it together.
2. *Say the verse with kids once or twice.*
3. *Gather kids to stand in a single-file line behind the cones.*
4. **Say:** When the music plays, you'll take a turn moving through the cones. At the end, say the memory verse, then come back and get in line to go again.
5. *Play the Memory Verse Song as you lead kids through the cones.*
6. *Repeat for multiple rounds, calling out a different movement for kids to do, such as hopping, walking tiptoe, crab-crawling, etc.*
7. **Ask:** Is God always good?

ACTIVITY WRAP-UP:

You did a great job learning your verse! Let's remember every day that the Lord is good to all. That means God is good to you!



CHEER THAT GOD IS GOOD

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. 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 move our parachute up and down as you repeat what I say. Let's cheer and remember that God is always good!
3. **Say:** Lift the parachute as high as you can, then bring it back down while repeating what I say.
 - God is good when I'm mad.
 - God is good when I'm sad.
 - God is good when I'm afraid.
 - God is good when I'm tired.
 - God is good when I'm happy.
 - God is good when I'm worried.
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 of moving the parachute up and down.*
 - *Lift the parachute and have kids run underneath it.*
6. **Ask:** Is God good to you?



ACTIVITY WRAP-UP:

God is always good. We know God is good through His love for us. Even when you are sad or mad or when you've had a hard day, God is good and wants to draw near to you.



THROUGH IT ALL, GOD IS GOOD

SUPPLIES:

Take-Home page, coloring supplies, colored paper (1 per kid), hole punch, yarn, scissors (prep), stickers (4 per kid)

PREP:

Print the Take-Home page (1 per kid). Cut construction paper into quarters (4 squares per kid). Hole punch one corner of each set. Tie yarn through the hole to make a mini flipbook.

LEADER TIP:

If kids are still building fine motor skills, let them scribble freely while you name the emotion they are drawing.

INSTRUCTIONS:

1. **Say:** Today we learned about how God is good even when we have big feelings. We will make a feelings book to remind us that no matter how we feel, God is with us through it all.
2. *Pass out a prepped mini flipbook to each kid.*
3. **Say:** On the first page, draw a big happy face!
4. **Say:** On the second page, draw a sad face.
5. **Say:** On the third page, draw a mad face.
6. **Say:** On the fourth page, draw a big heart.
7. *If time allows, write the Brite Idea on the last page for the kids: "God is good even when we are hurting."*
8. *Encourage kids to decorate their pages and add stickers.*
9. *Write each kid's name on their craft and set aside for parent pickup.*

DISCUSSION QUESTIONS:

- How is God good?
- What is something good that God has done?
- Does God still love you when you feel big feelings?
- How can you pray when you have big feelings?

PRAY TOGETHER:

Dear God, thank You for loving us no matter how we feel. Help us to always talk to You when we have big feelings. You are so good. 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.



CAN YOU FIND IT?

SUPPLIES:

Take-Home page, coloring supplies, sticky notes, marker

PREP:

Print the Take-Home page (1 per kid). Draw a heart onto several sticky notes and hide them around your space.

ADAPTATION FOR DIFFERENT LEARNERS:

Make sure hearts are placed where each kid can access at least one.

INSTRUCTIONS:

1. **Say:** God cares when we are happy, and He cares when we are hurting too. Today we will go on a hunt to find hearts that can remind us of God's love and help.
2. **Say:** Let's search! Around our space, I've hidden some sticky notes with hearts on them. When you find one, bring it back to me.
3. *Tell kids how many total hidden hearts to find or set a limit of one to two per kid.*
4. *Encourage kids to walk around your space and look for the hidden hearts. As kids bring back the hearts, remind them of God's love and care for them.*
5. *Once all the hearts have been found, review the Brite Idea with the hand motions.*
 - God (point up to the sky)
 - is good (thumbs up)
 - even when (reach arms out)
 - we are hurting. (point to your face and make a sad face)

DISCUSSION QUESTIONS:

- Who loves you all the time?
- What do the hearts remind us of?
- Is God good?

PRAY TOGETHER:

Dear God, thank You for loving us no matter how we feel. Help us to always talk to You when we have big feelings. You are so good. 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 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.



BIG QUESTION

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

PSALMS OF LAMENT

Psalms 22, Esther 2-8



HOW ARE YOU?

OLDER PRESCHOOL
PSALMS OF LAMENT

PAGE 1 OF 1

PREP: Print the printable page and cut out.



HAPPY



SAD



SILLY



MAD



TIRED



SURPRISED

PSALMS OF LAMENT

Psalms 22, 23, Esther 2-8

? BIG QUESTION

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

BRITE Idea

God is good even when we are hurting.

MONTHLY Memory Verse

The LORD is good to all.
(Psalm 145:9)

SCAN ME!
FOR AT-HOME
DISCIPLESHIP DISCUSSION

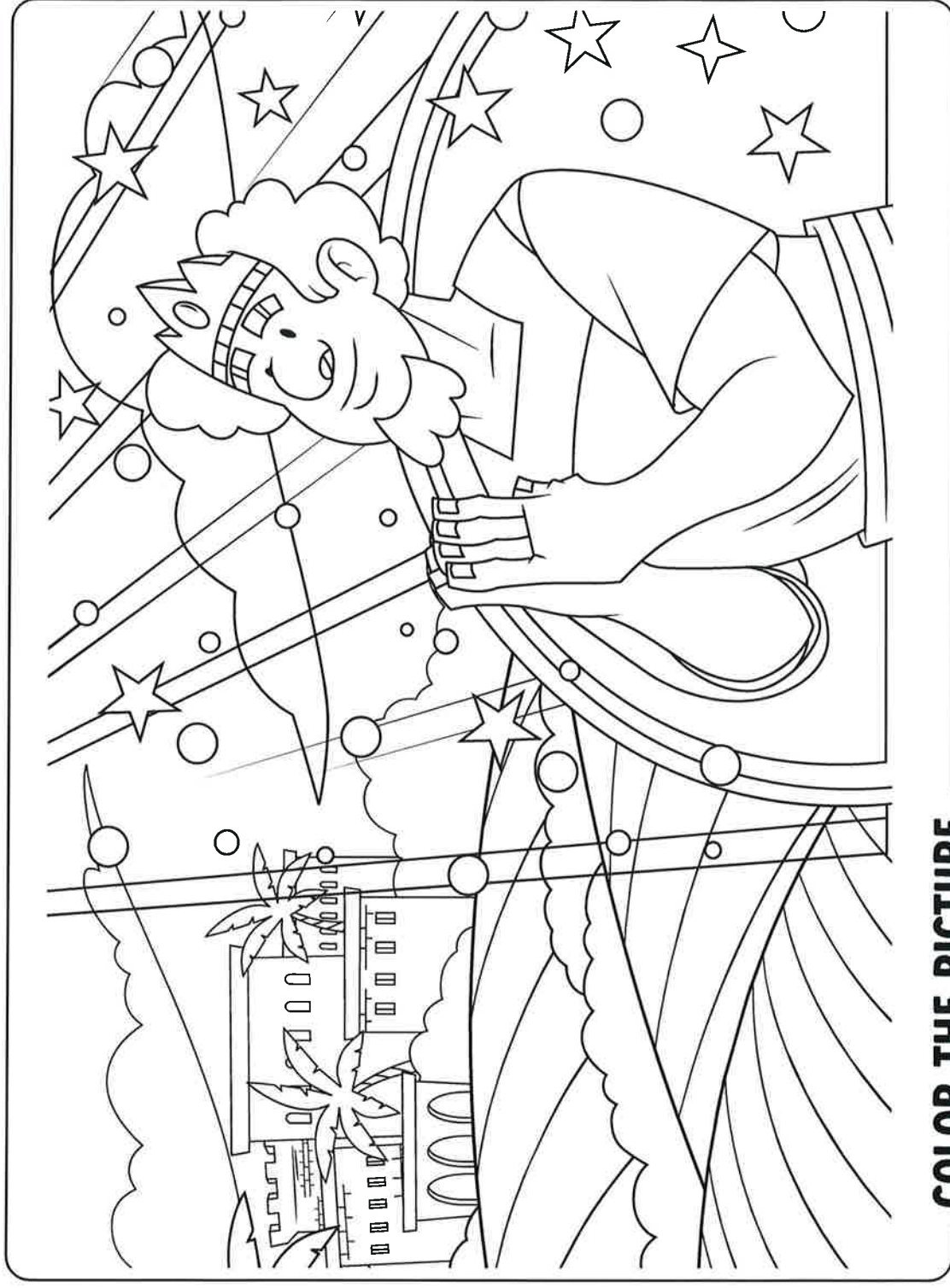


brite*

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OLDER PRESCHOOL

Take-Home Page



COLOR THE PICTURE

PSALMS OF LAMENT

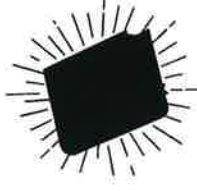
Psalms 22, Esther 2-8

The LORD
is good
to all.
(Psalm 145:9)

SHADOW MATCHING



GOD



GOD