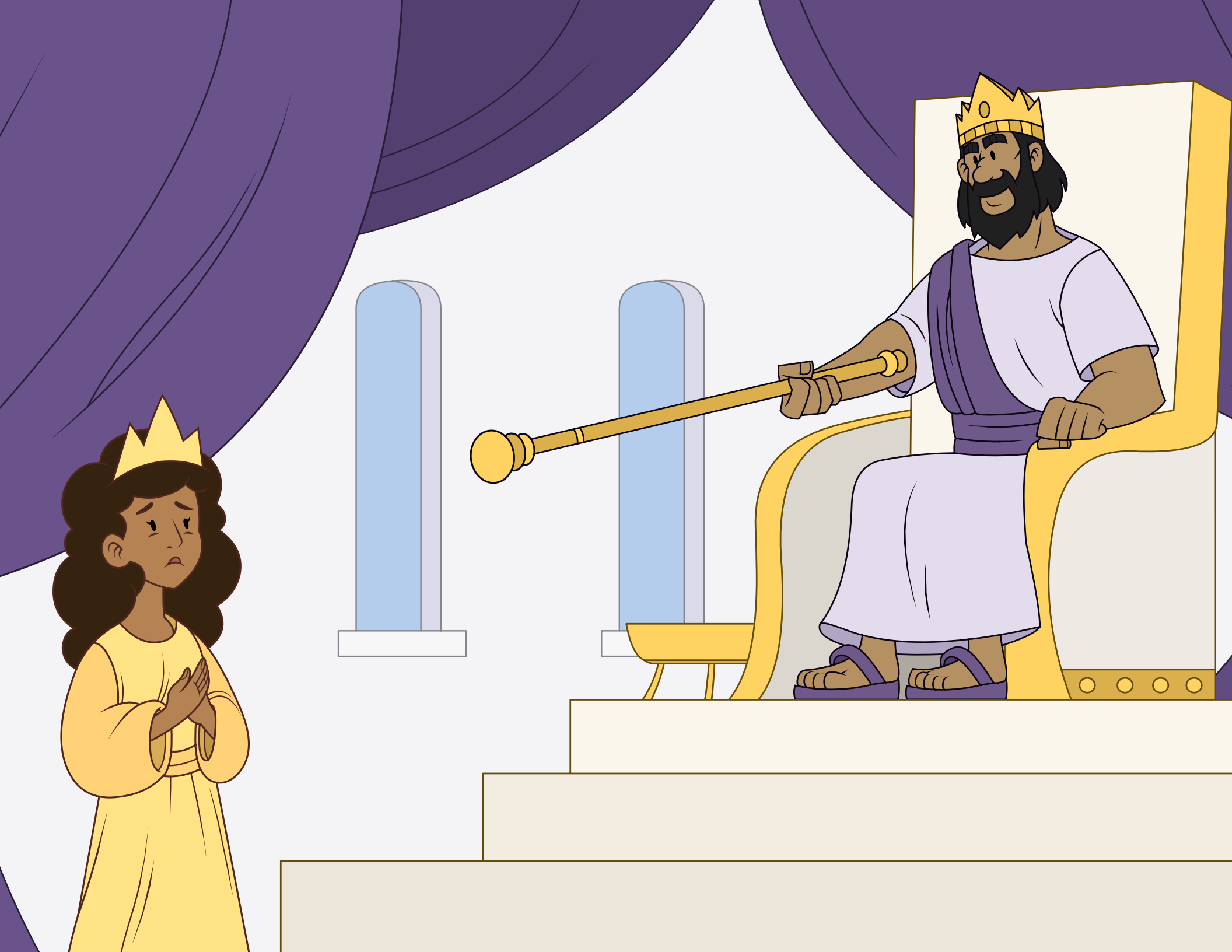




Today's true Bible story comes from the book of Psalms. The Psalms don't tell us stories about God. Instead, they give us poems, songs and prayers we can use to praise God. Some psalms share really big feelings. They teach us that no matter how we feel, we can always talk to God. Psalm 22 talks about being sad, mad, confused and happy! 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?



Esther was chosen to be the new queen. But Esther had a secret. Say, “Shhhhh!” She was part of God’s special family, the Israelites. But she did not tell the king she was a Jew. 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.



Mordecai wanted Esther to talk to the king, but she was afraid. Show me your best scared face. *Demonstrate for the kids.* 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!



Psalm 22 tells us that we can talk to God about all our feelings. This psalm talks about being confused and sad and happy and mad. It talks about telling God all the feelings!



Psalm 22 also reminds us that, like Esther, we can have hope even when we have big feelings. We can trust that God will help us. God helped us in a great way when He sent Jesus to die on the cross and rise again. One day Jesus will come back and make all things new. There will be no more sadness or pain.



God is always good.



God is good, even when we are sad.



God is good, even when I am sad.



BIG QUESTION



MONTHLY

Memory Verse

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

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