

Sunday School resources for getting back to church

WITH GOD TOGETHER

Tackling emotions through the Psalms



SERIES INTRODUCTION

faithin**kids**

With God Together

INTRODUCTION



Thank you for using a Faith in Kids resource. We want to hear your feedback so we can keep improving our resources. Please [click the link](#) to fill out a short form or email us at info@faithinkids.org

Life can feel overwhelming.

Our children are handling some big emotions. They may be small but the pressures on them can still be huge. Children are developmentally different to adults and each child is different, but the struggles and temptations of the human heart remain the same, irrespective of age or stage. The critical difference of youth is that they are still developing their coping strategies. Let us teach our children to turn to God with their emotions, so that he can tend to their troubled hearts.

In the Psalms, our children can hear every cry of their hearts echoed, raw and unvarnished. They can hear their own emotions expressed. They can see their feelings of anxiety, loneliness, doubt or despair painted in full colour.

In this series those overwhelming emotions are named, described and acknowledged. These are the monsters that lurk in the darkness for our children, but they do not need to fight them alone and they do not need to be crushed by them. God is for our children.

In his care, they find their shelter, their companion and their reassurance. His love, faithfulness and protection are big enough to enfold whatever they are experiencing. Through the Psalms, we can teach our children to run to God when the monsters loom large in their lives.

The Psalms are corporate. We sing of our God together, reminding one another of truths we are prone to forget. We want our children to know that relying on God is not something they have to do alone. We pray that they will treasure their church family as the place where we come together to point one another back to our loving, rescuing, protecting Heavenly Father. The place where we find help for our struggles and reassurance that we are right to keep trusting God when life is tough. As they grow, our children won't always want to listen to their parents and their parents won't always be in the next room. But our children can always be part of a church family that will speak the truth to them in love.

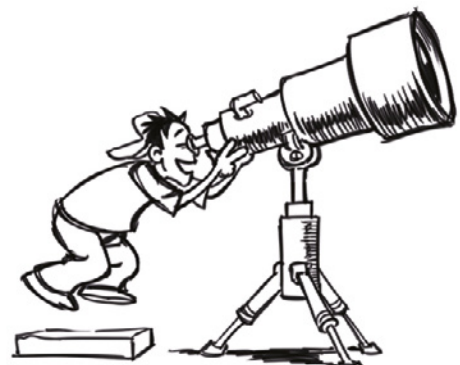
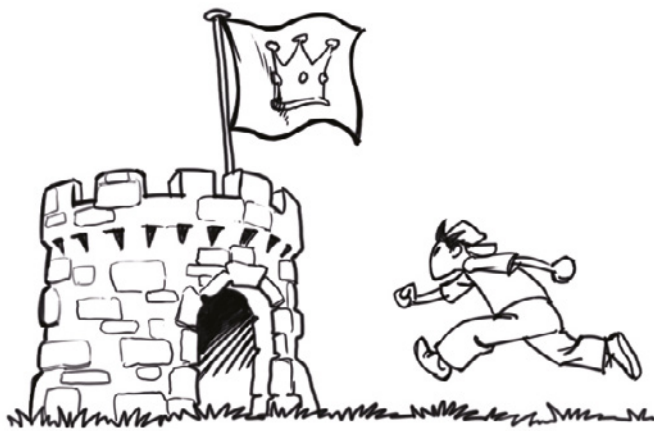
When life overwhelms us, our children can know there is love, safety and victory... **with God - together.**



	Lesson Title	The monster being fought	Passage	Faith in kids looks like...
1	God loves us forever	Apathy 'God can't help when it hurts'	Psalms 136	Children who are overjoyed by God's endless love for them.
2	God is with us	Abandonment 'I am afraid and I have been deserted'	Psalms 23	Children who are comforted by God's presence and confident of God's care.
3	God keeps us safe	Anxiety 'I am worried because everything is out of control'	Psalms 46	Children who turn to God for help when they are afraid.
4	God is faithful	Insecurity 'I can't wait for God's happy ending, I'd better rely on something else'	Psalms 33	Children who continue trusting God, when no one else seems to.

As with all our resources, we hope you will find them flexible enough to suit your unique needs. Consider using them as the foundation for your

sermons and youth ministry. If we can all learn together then we will surely be better at fighting the monsters together.





Faith in Kids exists to support churches and parents in raising children to trust in Jesus Christ eternally.

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