

Grief

Kids experience grief in many ways. Loss can come from the death of a loved one or pet, a move, or changes in friendships. Every child responds differently - some may feel sad or confused, while others may act as if nothing has changed.

If your child is grieving, remind them that God cares about their emotions and listens when they are hurting.



Read Psalm 22:1-2, 11

Psalm 22 was written by King David and is a psalm of lament. David cried out to God because he was threatened by his enemies. He began by crying out to God and feeling that God didn't answer.



Read Psalm 22:24

Even though David was very honest about what he was feeling, he was not without hope. He remembered God's promises and trusted that God would help him.

REMEMBER THIS

God invites us to talk to Him honestly about how we feel.

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. 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. No matter what you're experiencing, He is there with you. Just like David, we can trust that God hears us and we can honestly tell him about anything we are going through.



PRAY

God, you know me and you know when I am sad, angry, confused, or hurt. Thank you for loving me and caring about my heart. Amen.