

Overcome Disappointment

Quarter 7 • Lesson 12

Focus on Life Skills

- 1. Connecting:** Listen to 3 stories of disappointment.
- 2. Teaching:** Learn 3 ways to handle disappointment (Lamentations 3:22–24).
- 3. Responding:** Talk about disappointments and how to deal with them.

SUPPLIES

- Bible
- Ball or create a ball out of available materials

Optional Supplies:

- Student Pages
- Memory Verse Poster
- *The Action Bible*, image of Jeremiah
- Crayons

Teacher Devotion

*The LORD loves us very much.
So we haven't been completely destroyed.
His loving concern never fails. His great love is new every morning.
LORD, how faithful you are! I say to myself,
"The LORD is everything I will ever need.
So I will put my hope in him."
Lamentations 3:22–24*

Disappointment is a normal but difficult part of life. Disappointment causes us to feel upset, angry, or frustrated. It is healthy for us to recognize and talk about these feelings. When we feel disappointed, we can remember God's love for us and look to His loving concern that never fails.

Think of something you hoped for recently that did not happen. How did you respond? Talk to God about how you feel. Tell Him what happened and whether you think you responded appropriately. Ask Him to help you when you are disappointed. Remember His love and concern for you. Thank Him for His unfailing love and for being everything you need!

Family Connection: Encourage families to talk to their children about a disappointment they have experienced. Ask them to talk about whether anything good came from the situation and how they handled it.

LESSON TIME

1. Connecting: Listen to 3 stories of disappointment.

Greet the children as they come to class. As each child enters, say something about her that focuses on God's truth. For example, you may say, "God made you in wonderful ways" or "You are a special treasure."

Today, we will talk about what happens when things do not go the way we hoped. Listen to these 3 stories.

As you tell the stories, pause after each one to ask the question, allowing 2–3 children to answer.

Teacher Tip: To make this activity more interactive, you could invite 3 students to come forward and pretend to be the characters. Or you could have the children make a face to show how the characters feel in each situation.

Let's begin with Anthony. Anthony was looking forward to celebrating a holiday with his family. On this day, they would dress up and go into town for a special festival. His family would eat good food, dance, and listen to good music. Anthony has been looking forward to the festival all week. But he wakes up with a fever. His mom says he cannot go to the festival because he is sick.

- **What emotions do you think Anthony feels? Why?**

Answers may include: He feels sad that he cannot go to the festival. He feels angry that he had to get sick on this special day.

Anthony probably feels sad, angry, or both because he really wanted to go to the festival.

Next let's hear about Mary. She has been working hard at school to receive a special award. Even though Mary works hard on her schoolwork, she does not get the award. Her friend receives it instead.

- **What emotions do you think Mary feels? Why?**

Answers may include: She feels sad that she will not receive the award. She feels jealous of her friend for getting the award. She feels hopeless because she cannot work any harder.

Finally, listen to Peter's story. Peter's family is planning to move into a better house. The house they live in is very small and needs many repairs. Although they have been looking forward to moving, something happens, and they cannot move into the new house. They must stay in their small house for now.

- **What emotions do you think Peter feels? Why?**

Answers may include: He feels sad that he is not able to move. He feels hopeless because he thinks that he will never move to a better house.

In each story, the children are disappointed. Disappointment is when something that you want to happen does not happen. Disappointment can make you feel sad, angry, or hopeless. Everyone experiences disappointment at one time or another. How you handle disappointment is your choice.

2. Teaching: Learn 3 ways to handle disappointment (Lamentations 3:22–24).

Sometimes big disappointments come into our lives. We expect good things to happen and bad things happen instead. Disappointment is a part of life, but the Bible tells us it is not a reason to lose hope.

Optional: If possible, share the image from *The Action Bible*.

Read these verses directly from your Bible.

*The LORD loves us very much.
So we haven't been completely destroyed.
His loving concern never fails. His great love is new every morning.
LORD, how faithful you are! I say to myself,
"The LORD is everything I will ever need.
So I will put my hope in him."
Lamentations 3:22–24*

Allow 2–3 students to respond to the following questions. If the children do not raise their hands to answer, you may read the verses again.

- **Why do these verses say we can have hope when disappointing things happen?**

The Lord, God, loves us very much. God cares about us. He is faithful. He is everything we need.

- **According to this verse, who can we put our hope in?**

We can put our hope in the Lord—God.

These verses come from a true story in the Bible about God's people, the Israelites. In this story, the Israelites had a lot to be disappointed about. God had led them to the land He had promised them, a city that was called both Jerusalem and Zion. The Israelites had been living in this city happily when it was invaded and destroyed!

The people thought they would live long lives in this city, but they were very disappointed to find out they were wrong! Many of the people were taken to a city called Babylon.

The prophet Jeremiah talks about what happened in our true Bible story. He walked through the streets and saw crumbled ruins where a beautiful city had once been. The Bible tells us that Jeremiah cried about this sad situation. It is normal to feel sad when we are disappointed. The people of Israel were in danger of losing hope when their city was destroyed. Listen to what Jeremiah says about this situation:

*City of Jerusalem, what can I say about you? What can I compare you to?
People of Zion, what are you like? I want to comfort you.
Your wound is as deep as the ocean. Who can heal you?
Lamentations 2:13*

- Has something bad ever happened to you instead of the good things you were expecting? How did this make you feel?

Allow 2–3 children to respond.

Even though Jeremiah was sad, angry, and disappointed, he found hope in the Lord. Listen again to what he said:

*The LORD loves us very much.
So we haven't been completely destroyed.
His loving concern never fails. His great love is new every morning.
LORD, how faithful you are! I say to myself,
"The LORD is everything I will ever need.
So I will put my hope in him."
Lamentations 3:22–24*

Teacher Tip: Everyone will experience disappointment in life. Teaching children how to deal with disappointment in healthy ways teaches them resilience—the ability to bounce back from difficulties. Having good resilience is a key building block for success in life.

There are 3 things we learn about how to handle disappointment from this story. Follow me as we do a motion to help us remember each thing.

1. Remember that God's love never fails.

Look up to the sky as you place a fist on your chest near your heart.

God loves you and has good plans for you. He cares about you! Remember ways He has cared for you in the past. When you feel disappointed, you can remember God loves you and will not fail you.

2. Focus on the positive.

Scratch your head. Then stop and smile.

When you are disappointed, try to think about good things. Maybe you did not move into a new house, but you are thankful you have a house. You might be able to learn something new or do something different than what you had planned.

3. Talk to someone about how you feel.

Turn to someone near you and pretend to talk.

Disappointment can make us feel many different emotions. Sometimes it helps to talk about what is going on and how we feel about it. Talk to a person you trust or talk to God about what disappointed you and how it makes you feel.

4. Draw a picture about what happened.

Stand up and pretend to draw in the air. Then sit down.

Like talking to someone, drawing a picture can help you to think through what has happened to disappoint you. You can draw on a paper or in the dirt. In your picture, you can include details such as where you were, who you were with, and how you feel.

Let's review what we can do to help us when we are disappointed. When I say one of these, do the motion that goes with it.

Remember that God's love never fails—Look up to the sky as you place a fist on your chest near your heart.

Focus on the positive—Scratch your head. Then stop and smile.

Talk to someone about how you feel—Turn to someone near you and pretend to talk.

Draw a picture about what happened—Stand up and pretend to draw in the air. Then sit down.

Think about what you will do the next time you are disappointed.

Teacher Tip: If you feel comfortable doing so, share a few of your own disappointments with the children. By talking about your own disappointments, you show the children that your classroom is a safe place to talk about difficult things.

- **Raise your hand if you would like to share something you were disappointed about.**

Allow 2–3 children to share.

Not everything will go the way we want it to all the time. Sometimes situations disappoint us. It is okay to feel sad or angry when this happens. To help us to live lives that are full of hope, we need to deal with our disappointment. Let's talk about what we can do when we are disappointed.

3. Responding: Talk about disappointments and how to deal with them.

Have the children sit in a circle. Pick up a ball and join the circle.

Let's talk about some of the things that disappoint us. In a moment, we will gently throw this ball across the circle for someone to catch. When you catch the ball, you will name something that has disappointed or could disappoint you. After you speak, gently throw the ball to someone else in the circle. We will continue doing this activity for 3 minutes.

If a child is unable to think of something disappointing, allow the child to pass the ball to a friend who is willing to help him. Have the child repeat what the friend says before continuing with the game. Pause the game after 3 minutes.

Teacher Tip: Some children may become very nervous when asked to speak. Other children may have been through something very difficult recently and do not wish to cry in front of their classmates. This gives the children a way to participate without making them feel embarrassed or upset.

Let's stop for a moment while the person with the ball holds on to it for us. We will continue passing the ball around the circle, but now, we will talk about the things that can help us when we feel disappointed. You can give a specific example, or you can say one of the things you learned in our lesson.

Give the children 3 minutes to continue passing the ball. If a child does not know what to say, you may repeat the ways of dealing with disappointment outlined in the lesson. They are: Remember that God's love never fails. Focus on the positive. Talk to someone about how you feel. Draw a picture about what happened.

Dealing with disappointment so that we can feel good and be hopeful is not easy. Some disappointments are big and make us feel like giving up. And even small disappointments can discourage us. Our memory verse reminds us to focus on the good things in our lives.

If you are using the Memory Verse Poster, show it to the students.

Finally, my brothers and sisters, always think about what is true.

Think about what is noble, right and pure.

Think about what is lovely and worthy of respect.

*If anything is excellent or worthy of praise,
think about those kinds of things.*

Philippians 4:8

Sing or chant this verse using the following motions. If you changed any of the motions in previous lessons, use the motions you created.

Finally, my brothers—Hold your arms out at your hips with your palms facing down. Turn the palm of 1 hand up.

And sisters—Turn the palm of your other hand up.

Always think about what is true—Point to 1 side of your head and smile.

Think about—Point to 1 side of your head.

What is noble, right and pure—Clap to the rhythm of these words as you say them.

Think about—Point to 1 side of your head.

What is lovely and worthy of respect—Clap to the rhythm of these words as you say them.

If anything is excellent—Give a high-5 to the air.

Or worthy of praise—Lift your hands up to God.

Think about those kinds of things—Point to 1 side of your head.

Have the children sing or chant with you as you repeat the words to the memory verse 3 times. End class by saying this blessing, based on Lamentations 3:22–24, over the children.

Blessing: God loves you very much. When you are disappointed and need help, may you talk to God and remember His love and care for you.

Lead the children in singing this quarter's song, if possible.

Raise a Hallelujah" by Bethel Music https://youtu.be/JvXBf_dEiHU