Happy or Sad - Praise God!

LESSON 9
Your Response to the Lesson

What was most interesting in the Bible story?
What activity was most enjoyable?
What new things did you learn?
Have you heard the rhyme “Stick and stone will break my bones, but words will never hurt me”? What type of pain is this talking about? Would you rather endure physical or emotional pain?
What situations make you feel “Really stressed”? Are there some that would be more stressful to you than to others? Why?

Why is it important that we ask God to handle the situations that cause us to be stressed?
“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God” (Philippians 4:6).
We praise God for the gift of His grace whether we are happy or sad.
How Was Your Week?

Good things?
Challenges?
Special events?
“It’s About Grace” (See page 157)
“Behold What Manner of Love” (*He Is Our Song*, no. 42)
“Wonderful Lord” (*He Is Our Song*, no. 47)
“You Are My Wholeness” (*He Is Our Song*, no. 90)
“Lean on Him” (*Praise Time*, no. 58)
God’s Gushing Well

Sunita

www.adventistmission.org
Praise God for His provisions.
Pray over the prayer requests.
Thank God for answering the prayers according to His will, for He knows what is best for us.
“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God”
(Philippians 4:6).
INTRODUCTION TO THE STORY

Stress Fractures

Where do you usually seek help?
How can you advise people who go through difficult situations to look for help?
INTRODUCTION TO THE STORY

The Story

You may listen to a podcast recording of the story:

www.juniorpowerpoints.org
We praise God for the gift of His grace whether we are happy or sad.
Tell and summarize the story found in 1 Samuel 1.

Read Hannah’s prayer of praise from 1 Samuel 2:1-10.

What circumstances in your life provoke, irritate, or cause you to be angry or sad? What is the solution?
Times of Sadness

Who were some other people who were able to turn to God during their times of sadness?

• Job 3:1-11
  – Job wishes he was never born (Job 42:10)

• Nehemiah 2:1, 2
  – Nehemiah wants to see Jerusalem rebuilt (Nehemiah 1:4; 2:4)

• Psalms 6:6, 7
  – David grieves over his troubles (Psalm 6:9; 126:5, 6)
“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God”
(Philippians 4:6).
Positive Solutions

- There will be times when we feel sad, lonely, and depressed.
- What three steps are given in Philippians 4:6 that can help us deal with these feelings?
We praise God for the gift of His grace whether we are happy or sad.
Praise Power

• How can you explain that God is a constant helper and friend whom you can trust in both good and bad times?
• What does praise mean to you? Write words or sentences about praise to complete an acrostic poem.
Coming Up Next Week

“Problem Priests”

• Worship God and focus on Him
• Study your Sabbath School lesson each day
• Complete the daily activities
• Memorize the Power Text
Dear Jesus,

Thank You for being with us in good times and in bad times. Thank You for Your care for us. Help us to remember Your great love for us.

Amen.