

When Life Feels Unfair

BIG IDEA

When life feels unfair, we can bring our frustrations to God because He understands us and helps us respond with wisdom.

LEADER GOAL

Help students recognize that feelings of anger, frustration, and disappointment are normal, but they do not have to control our actions. Introduce the Holy Spirit and explain how He helps followers of Jesus grow, pray, and love others.

BEFORE STUDENTS ARRIVE

Prepare the LIVE SPARK gift box and NOT FAIR card. Review Hebrews 4:15-16 (CEV), Luke 24:49, and Galatians 5:22-23. Have The Wizard of Oz scripts ready.

WELCOME + CONNECT

Welcome back, everyone! It is great to see you again. How is everyone doing with reading through The Wizard of Oz script? Is the story starting to come together? Has anyone noticed a scene or character that has become even more interesting since last week?

(Allow students to share.)

As we continue getting familiar with the story, we are also continuing to learn more about God and how His truth connects to our everyday lives.

LIVE SPARK

WHEN LIFE FEELS UNFAIR | 60-90 SECONDS

GRAB A small wrapped gift box with a card inside that reads NOT FAIR!

IDEA When something feels unfair, we can bring our feelings to Jesus instead of letting them control our actions.

SPARK I can bring my frustrations to Jesus because He understands me.

DO / SAY

[Hold up the wrapped gift box.] Okay, I have something for someone today.

[Invite a student to open it, or open it yourself.] Oh... that is probably not what you were hoping for!

Imagine if everyone else got an amazing gift, but you got that. How would you feel? [Take one or two quick responses.]

Disappointed? Frustrated? Maybe even angry? Sometimes life feels like that. Someone blames you for something you did not do. Someone gets picked instead of you. Or something happens that just does not seem fair.

Sometimes our feelings get so big that we want to yell, argue, or get even. But Jesus understands those feelings.

Hebrews 4 tells us Jesus understands our struggles and invites us to come to Him for help. We do not have to pretend we are okay, and we do not have to let our feelings decide what we do next.

[Hold up the NOT FAIR card.] We can pause and tell Jesus exactly how we feel.

That is our Spark: I CAN BRING MY FRUSTRATIONS TO JESUS BECAUSE HE UNDERSTANDS ME.

When something feels unfair, what if your first response was to talk to Jesus instead of reacting in anger? Let us get started.

THEN Move directly into Miss Gulch - When Life Feels Unfair.

STORY CONNECTION

MISS GULCH | WHEN LIFE FEELS UNFAIR

In today's part of the story, Dorothy faces something that feels incredibly unfair. Miss Gulch wants to take Toto away, and Dorothy is devastated. From Dorothy's perspective, someone is trying to take away someone she loves, and there does not seem to be anything she can do to stop it.

It is easy to understand why she feels upset. We have all experienced moments that feel unfair. Maybe you have been blamed for something you did not do. Maybe you got in trouble, but the punishment did not fit what happened. Maybe someone else was treated better than you, got picked instead of you, or received something you were hoping for.

When things feel unfair, it is natural to feel angry, frustrated, disappointed, or hurt. Those emotions are not wrong. They are part of being human. The question is what we choose to do with those feelings.

Sometimes our first reaction is to argue, yell, shut people out, or try to get even. But God invites us to respond differently.

HEBREWS 4:15-16 | CEV

Jesus understands every weakness of ours, because he was tempted in every way that we are. But he did not sin! So whenever we are in need, we should come bravely before the throne of our merciful God. There we will be treated with undeserved grace, and we will find help.

STORY CONNECTION

This passage reminds us that Jesus understands what it is like to live in a broken world. He knows what it is like to be misunderstood, treated unfairly, rejected, hurt, and disappointed.

Because Jesus experienced those things Himself, we can bring our frustrations to Him honestly. God is not surprised by our emotions. He does not tell us to pretend we are fine. Instead, He invites us to come to Him.

When we bring our anger, disappointment, or hurt to God, He gives us grace, wisdom, and strength to respond in a way that honours Him. That does not always mean the situation immediately becomes fair. But it does mean we do not have to carry those feelings alone. God is with us, He understands us, and He is ready to help.

DISCUSSION QUESTIONS

- 1 Why do you think Dorothy was so upset when Miss Gulch wanted to take Toto away?
- 2 What emotions do you usually feel when something seems unfair?
- 3 Why do you think God invites us to come to Him when we are frustrated or hurt?
- 4 How do you think God helps us when we are struggling with difficult emotions?

AUDITION CONNECTION

Auditions are coming up soon, and some of us might already be thinking about what part we would love to get.

It is exciting to dream about different roles, but it is also important to remember something. At K2K, your value is not determined by the role you receive.

Whether you get the part you were hoping for, a different role, or you are part of the ensemble, you are just as important. Every role helps tell the story. Every person matters.

You are valuable because of who you are - not because of the part you play.

SPIRITUAL PRACTICE

INTRODUCTION | WHO IS THE HOLY SPIRIT?

Last week, we learned about Jesus and why He came. We talked about how Jesus died on the cross for our sins and rose from the dead. But that was not the end of the story.

After Jesus came back to life, He appeared to His followers over about forty days. Before Jesus returned to heaven, He made an important promise to His followers.

Luke 24:49 tells us Jesus promised to send the Holy Spirit, as the Father had promised.

So, who is the Holy Spirit? The Holy Spirit is God. He is not just a feeling or a special power. The Holy Spirit is God Himself, working in the lives of those who follow Jesus.

SPIRITUAL PRACTICE

When someone chooses to follow Jesus, the Holy Spirit comes to live with them. That does not mean we become God. It means that God is with us in a personal way through His Spirit.

The Holy Spirit does not leave us when we have a bad day or make a mistake. God remains faithful to His people. The Holy Spirit helps us in many ways.

INWARDLY: The Holy Spirit changes us from the inside out. He helps us grow in love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23).

UPWARDLY: The Holy Spirit helps us connect with God. When we do not know what to pray, the Holy Spirit helps us (Romans 8:26).

OUTWARDLY: The Holy Spirit fills us with God's love so we can share His love through our words and actions (Romans 5:5).

The Holy Spirit helps us become more like Jesus every day. We do not have to grow on our own. God is with us, helping us every step of the way.

STUDENT REFLECTION

What would it look like to listen to the Holy Spirit this week?

THIS WEEK - YOUR CHALLENGE!

This week, continue getting familiar with your Wizard of Oz script.

CLOSING PRAYER

HOW TO INTRODUCE PRAYER: Let us pray together.

Dear God,

Thank You for bringing us together today and for helping us learn more about You.

Sometimes life feels unfair, and we do not always know how to respond. Thank You that Jesus understands what it is like to be hurt, disappointed, and misunderstood.

Please help us bring our frustrations to You instead of letting anger control us. Give us wisdom, patience, and self-control when we are facing difficult situations.

Thank You for the gift of the Holy Spirit. Thank You that You help us grow, guide us when we pray, and fill us with Your love so that we can share it with others.

Please continue to be with us throughout this K2K season as we grow in our friendships, our performances, and our understanding of who You are.

Amen.

Connection Activities



SUPPLIES

Nada



ACTIVITY 1 | 20 QUESTIONS

- Have one student think of a person, place or thing.
- The rest of the group has to work together to figure out what the answer is by asking yes or no questions.
- The group has up to 20 questions to ask in order to figure it out



ACTIVITY 2 | CRAFT: YELLOW BRICK ROAD BOOKMARK

Materials Needed

- Yellow cardstock
- Black marker
- Brown or gold crayon/marker
- Hole punch
- Yellow ribbon or twine
- Stickers (stars, emeralds, poppies, etc.) (optional)

Instructions

1. Cut a long rectangle out of yellow cardstock to create the bookmark.
2. Use a black marker to draw brick lines, creating your own Yellow Brick Road.
3. Decorate the bookmark with Wizard of Oz elements like poppies, an Emerald City silhouette, a rainbow, or ruby slippers.
4. Punch a hole at the top and tie a ribbon through it.
5. On the back, write your favorite Bible verse or an encouraging reminder.