

Purpose Through Pain

BIG IDEA

**Our purpose is found in God,
even when life is painful.**

LEADER GOAL

Help students understand that difficult experiences do not take away the purpose God has given them. Encourage them to trust God through life's challenges and introduce the idea of praying brave, honest prayers that invite God to shape their hearts and lead their lives.

● WELCOME + CONNECT

LEADER SAYS

"Welcome back, everyone!"

Over the past few weeks we've been learning about prayer. Did anyone try one of the different ways of praying that we talked about last week? What was that experience like?"

(Allow students to share.)

"Today we're going to talk about purpose—why God created us—and how we can trust Him even when life doesn't go the way we expected."

LIVE SPARK

PURPOSE THROUGH PAIN

GRAB

A book with one photocopied/printed page torn in half.
(Don't damage an actual book.)

IDEA

Something painful can change part of our story without meaning our whole story—or our purpose—is over.

SPARK

Pain can change my story, but it cannot erase my God-given purpose.

DO/SAY

[Hold up the torn page.]

"Uh-oh. Look what happened to this page. It's torn. Some of the words are even missing. So let me ask you something: Is the whole story ruined?"

[Take a couple of responses.]

"Well... this page definitely is damaged. And we don't need to pretend it isn't. But look."

[Put the torn page beside/open inside the book.]

"Is this page the whole book? No. There's more to the story.

Sometimes life can feel a little like that. Something happens that hurts. Something changes. We lose something. Something doesn't turn out the way we hoped. And when we're hurting, it can be hard to see anything except that torn page.

But here's something we're going to discover today: Pain can change part of our story without ending our purpose. God's love for us hasn't disappeared. And He isn't finished with our story.

That's our Spark: **Pain can change my story, but it cannot erase my God-given purpose.**

So here's something to wonder about: Can I still have purpose when life hurts?

Let's get started."

THEN

Move directly into **The Grotto Destruction — Pain Doesn't Erase Your Purpose.**



STORY CONNECTION

THE GROTTO DESTRUCTION — PAIN DOESN'T ERASE YOUR PURPOSE

LEADER SAYS

"One of the saddest moments in *The Little Mermaid* happens when King Triton discovers Ariel's secret grotto. In his anger, he destroys everything Ariel has collected. It's a heartbreaking scene.

We know that King Triton isn't just angry. He's also carrying deep pain from losing Ariel's mother, and he's afraid of losing Ariel too.

Sometimes when people are hurting, they don't always respond in the best ways. Pain can make us afraid. It can make us angry. It can even make us lose sight of what really matters."

Many of us have experienced disappointment or loss too. Maybe you've lost a friendship. Maybe someone you love has moved away. Maybe you've experienced something that made life feel different than before.

Those moments can make us wonder who we are or what comes next.

The good news is that our purpose isn't based on our circumstances. It's found in God.

PSALM 138:8

"The Lord will fulfill His purpose for me. Lord, Your faithful love endures forever; do not abandon the work of Your hands."

God created every one of us on purpose. His love for us doesn't disappear when life becomes difficult.

And because God loves us so deeply, He also invites us to share that love with others.

1 JOHN 4:11

"Dear friends, since God loved us that much, we surely ought to love each other."

One of the greatest purposes God gives us is to love Him and to love others. No matter what happens in life, that purpose remains.

Pain may change parts of our story. But it never changes God's love for us or the purpose He has given us.

DISCUSSION QUESTIONS

“Let’s talk together.”

1

Do you think King Triton was trying to protect Ariel, control her, or maybe a bit of both? Why?

2

Why is it easy to base our identity on things like achievements, hobbies, friendships, or possessions?

3

Why do you think God made love such an important part of our purpose?

4

If someone asked you, “What is your purpose?” what would you say after today’s lesson?

SPIRITUAL PRACTICE

PRAYER — BRAVE PRAYERS

LEADER SAYS

“For the last few weeks we’ve been exploring prayer. Hopefully you’ve discovered that prayer isn’t just something we do before meals or bedtime. Prayer is an ongoing conversation with God. Sometimes our prayers are simple. Sometimes they’re joyful. Sometimes they’re filled with questions. And sometimes they’re incredibly honest.

Today we’re going to learn about two brave prayers we can pray. They’re brave because they invite God to shape our hearts and guide our lives.”

SPIRITUAL PRACTICE

PRAYER — BRAVE PRAYERS (CONT.)

1. “SEARCH ME”

One of the bravest prayers we can pray is, “**God, search me.**”

This means asking God to help us honestly see what's happening inside our hearts. Maybe we've been holding onto anger. Maybe we're afraid. Maybe we've been making choices that aren't loving or kind.

God already knows everything about us. When we ask Him to search our hearts, we're inviting Him to help us grow and become more like Jesus. It isn't about making us feel guilty. It's about letting God lovingly help us become the people He created us to be.

2. “SEND ME”

Another brave prayer is, “**God, send me.**”

This prayer means saying, “God, I'm willing to follow where You lead.” Sometimes God leads us to encourage someone. Sometimes He asks us to forgive someone. Sometimes He opens doors we never expected.

Praying “Send me” doesn't mean we know exactly what will happen. It means we're choosing to trust the God who does.

These prayers can feel a little scary because they ask us to let God lead instead of trying to control everything ourselves. But we can trust Him because He loves us and always wants what is good for us.

STUDENT REFLECTION

Why do you think asking God to show us what's really going on in our hearts can sometimes feel difficult?

THIS WEEK - YOUR CHALLENGE!

"This week, choose one (or both!) of these brave prayers to pray this week.

Either:

'God, search my heart.'

or

'God, send me.'

If you feel comfortable, share with a trusted family member or friend what you've been learning about prayer over the past few weeks."

CLOSING PRAYER

"Let's pray together.

Dear God,

Thank You for loving us no matter what we face in life.

When we experience hurt, disappointment, or change, help us remember that our purpose is always found in You.

Thank You for creating us to love You and to love others.

Give us courage to pray honest prayers, trusting that You know our hearts and that You always lead us with wisdom and love.

Help us become more like Jesus each day.

Thank You for K2K and for the opportunity to grow together.

Amen."

Connection Activities



SUPPLIES

Cones; Chairs; Random obstacles



ACTIVITY 1 | MINEFIELD

- One student is blindfolded.
- Their partner must guide them verbally through the obstacle course.

Debrief

- Was it hard to trust?
- Did you want to take control?
- How is following directions like following God?



ACTIVITY 2 | DESERT ISLAND TEAM

Ask:

“You can only bring three people to survive on a deserted island. You can choose: 1 celebrity, 1 teacher from your school, and 1 character from The Little Mermaid. Who are you bringing and why?”

The rule:

You must explain what strengths they bring.