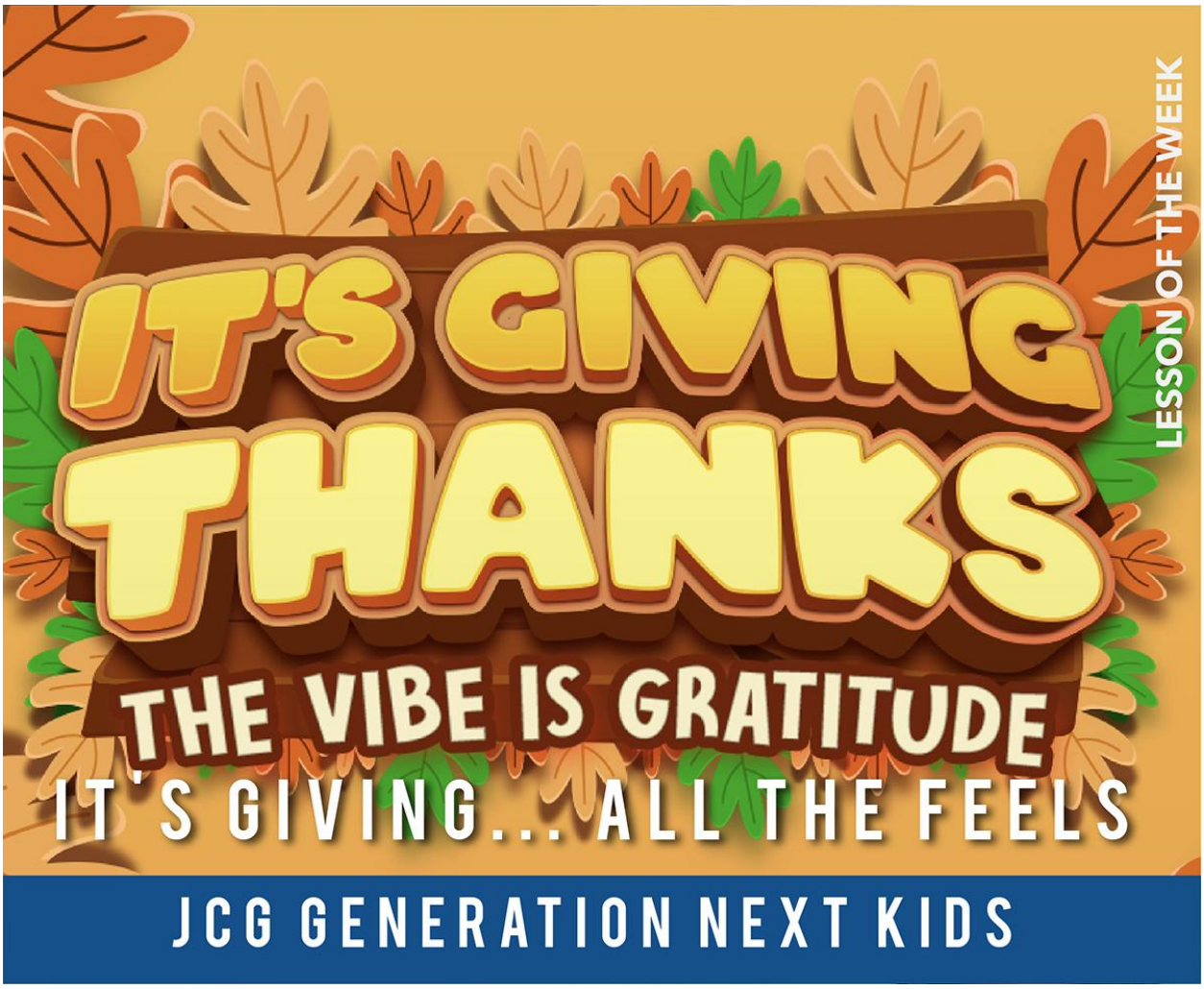
It's Giving…All the Feels



Key Passage: 1 Samuel 1:10-20, 24-28, Hannah

Lesson: Hannah was overcome with sadness because she was unable to have a child. Hannah brought all of her sadness, pain, and fear to God. The Lord heard her prayers and blessed Hannah with a son, whom she dedicated to God.

Objective: Kids will learn "I can choose gratitude, because God loves me and hears my prayers."

Video: Hannah
https://www.youtube.com/watch?v=x2tezW85Z5I

INTRO:
Have you ever been talking to someone and they are clearly not listening? Maybe they have zoned out and aren't even looking at you. Maybe it was an adult or a teenager who started looking at their phone. Maybe you ask them a question, and they have no idea how to answer because they don't know what you said. Whatever the situation, it hurts when it feels like someone isn't listening to you.

On the flip-side, have you ever been the person who didn't listen? Maybe your grown-up asked you to do something, and you forgot or got distracted. Maybe your grandma is telling a really long story, and you don't know what to do because your body just needs to move, but you know you need to be polite and

listen. Or maybe your friend is talking about this new video game that you haven't gotten to play yet, so you don't really want to talk about it with them. Sometimes it's hard to be a good listener.

Thankfully, that's not a problem for God. God is a great listener. He hears every single one of our prayers because He loves us so much that we can't even imagine. And that is a good reason to choose gratitude. So, how do we know God listens to our prayers? Let me tell you a true story from the Bible about a woman named Hannah.

READ: 1 Samuel 1:10-20, 24-28
UNPACK:
Hannah was married to a man named Elkanah, but she was not able to have children and it made her really sad. After many years without a child, Hannah took her sadness to God. She went to the Lord's house, the temple.

She didn't just pray a simple prayer. She prayed with all of her heart. She shared all of her feelings with God. She knew God loved her. She knew God would hear her prayers.

She prayed so passionately and so openly that she probably looked a little strange. She looked so strange that Eli, who was one of the priests of the temple, thought she might be drunk. He had compassion on her, though. He talked to her and heard her story. He sent her on her way with a blessing.

MAIN POINT:
There are so many different ways to pray to God. You can pray with your hands folded and eyes closed. You can pray with your hands held out as if you are receiving a blessing. You can pray for someone else by putting your hand on them while you pray.

You can pray at church. You can pray in your bed when you wake up in the morning. You can pray at the dinner table. You can pray anywhere that you are. You can pray the same prayer, like a grace prayer or the Lord's prayer. You could pray something like the five finger prayer, the A.C.T.S prayer, or the TACOS prayer that helps you remember everything you want to pray for. No matter how or where you pray, God hears it because He loves you.

DRIVE IT HOME:
It can be so easy to just let prayer be a box that you check off for the day. But God wants more than that. He loves you. He wants to hear from you.

Imagine you have a best friend, but you only talk to them once a day about food. That wouldn't be a very good friendship, would it? Friendships are stronger when we spend time together and get to know things about each other.

You know that you can choose gratitude because God loves you and hears your prayers. Show your gratitude this week by being really intentional about your prayer time with God. Pray at more than just meal times. Pray when you know a friend is sad. Pray about the decisions that you make. You can even just pray to thank God when something good happens.

Parent/Child Chat: K - 2nd grade
DISCUSSION QUESTIONS:
Read: 1 Samuel 1:10-20, 24-28
1. If you could name a baby, what would you name it?
2. Why was Hannah sad?3
3. Where did Hannah go to pray?
4. What do you think it means for someone to be dedicated to God?
5. What is your favorite way to pray?

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6. What is something happening this week that you could pray about?

Parent/Child Chat: 3rd - 8th grade
DISCUSSION QUESTIONS:
Read: 1 Samuel 1:10-20, 24-28
1. If you could name a baby, what would you name it?
2. Who saw Hannah praying?
3. Why do you think Hannah promised to give her child back to God?
4. Why do you think Hannah decided to go to the temple?
5. How would you have reacted if you saw Hannah praying in the temple?
6. When do you like to pray best?
7. Have you ever tried the ACTS prayer, the TACOS prayer, or the five-finger prayer?
8. What is something new you can try in your prayer life this week?

PARENT TIME:
What you need to know:
Knowing that God loves us and that He hears our prayers are two of the most basic, yet vitally important parts of our faith. Psychology tells us that love is the foundation of trust. If a child knows they are loved, then they can trust you. One of the ways we feel God's love is through prayer. The creator of the universe wants to hear from us! He wants us to share our hearts with Him, the good and the bad. Invite your kids this week to practice using emotional words while praying.

Download this week's Activity Page:
https://mcusercontent.com/0321051c9415b3f954644feae/files/efcb066c-fb51-59d1-83db-5dcf962170e8/CM_Activity_Sheet_All_the_Feels.pdf