**“Hannah was in deep anguish, crying bitterly as she prayed to the Lord.”** –

 1 Samuel 1:10 1 Samuel 1 & 3

Therapists who work with children often use a feeling chart to help a child name the emotion they are experiencing. Some charts are simple with just a few feelings listed: mad, sad, glad. Others list more that 50 emotions for a child to choose from! That is a whole lot of feelings!

We often fall into the trap of defining some of our feelings as okay or acceptable and others as not. Then we try to hide or stuff the feelings that we think are not okay. We might think, “It’s okay to be sad, but I can’t be angry.” The problem with doing that is that the feelings don’t go away; they fester and can become destructive. Feelings need to be identified and acknowledged before we can deal with them.

Hannah knew this. And she knew what to do with all of her feelings – the good, the bad, and the ugly. She brought them to God and she poured her heart out. She hid nothing from God. She expressed her sorrow and her anguish and cried bitter tears over not being able to have a child. In fact, she was so distraught that the priest thought she was drunk! But from what we can tell in the passage, after she poured her heart out, she felt better. No matter what is happening, we can talk to God about it.

Are you experiencing tough emotions today? Do you have deep desires in your heart that have yet to be met? Are you angry, sad, afraid? When was the last time you poured your heart out to God? He already knows your feelings, but he loves to hear you share them with him. You may have felt judged or shamed by others for having certain feelings, but God will never make you feel that way. The safest place to pour your heart out is at his feet.

Elementary Lesson

Video: <https://www.youtube.com/watch?time_continue=10&v=vRLESdGZZT4&feature=emb_logo>

God’s Good Plan Week 4: Hannah

Hey parents! This week your child learned that they can tell God how they feel no matter what is happening. They heard the Bible story of Hannah, too! Use these questions as a guide to talk over this week’s lesson after they’ve watched the video service!

1.What was your favorite part of the video we just watched?

2.Why was Hannah sad?

Hannah didn’t have a baby and she wanted to be a mom.

3.What did you think about her prayer to God? Is it okay to pray like that?

It’s okay to be sad or upset when things don’t go the way we want or people do bad things. God gets sad and upset, too. And you know what? God is saddened by the things that sadden us. We can always tell God how we feel.

4.How did God answer her prayer?

The priest, Eli, told Hannah that God would answer her prayer, and then God made it so Hannah could have a baby.

5.Will God always give us what we want?

God does not give us everything we want, and things don’t always go the way we want. But God still loves you. Sometimes God will say “no” to the things we ask for, sometimes he says “yes,” and sometimes he says, “not yet; you will have to wait.”

6.Why is it important to still follow God even when things are not going our way or in ways we don’t like?

There are things that will happen that we don’t like, and God doesn’t like everything that happens either. But God will always love you. God will always work things out for good for the people who love him. God is always with you. God’s plan is for everyone to choose to love and follow Him and then go share that love with everyone else.

Pray together as a family and tell God how you feel. Tell God what you like and what you want. Tell God things you don’t like and things you want him to fix. Talk to God about anything and everything! Thank him for always loving you and always wanting what is good for you.

Younger Kids’ Lesson

Video: <https://saddleback.com/visit/locations/onlinecampus/media/sk/earlychildhood>

God’s Good Plan Week 4: Hannah

Hey parents! Use these questions as a guide to talk over this week’s lesson about Hannah with your child after they’ve watched the video service!

1.What was your favorite part of the video we just watched?

2.Why was Hannah sad?

She didn’t have a baby and she wanted to be a mommy.

3.Did Hannah tell anyone that she was sad?

Yes! She prayed and told God.

4.Does God always give us what we want?

Not always. God loves you and he wants what’s best for you. Sometimes God says “yes.” Sometimes God says “no.” And sometimes God says we have to wait. But we can be like Hannah and tell God how we feel and trust that God’s plans are best no matter what.

5. What feelings can you tell God?

All of them! Remember that God loves you no matter what and he cares about how you feel. So if you’re sad, you can tell God. If you’re angry, you can tell God. If you’re happy, you can tell God. You can talk to God about anything!

Pray with your child and thank God for his love and good plans! Thank God that we can always tell him how we feel. Thank him today for one good thing that happened today.