



Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the question 'WHO CAN YOU TALK TO WHEN YOU'RE SAD?'



Day 1

After watching, write one thing that:

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read John 11:17-36

As you read through the passage, underline any parts that talk about people being sad and other people being there to comfort them. Then check the answers to see if you caught them all before continuing to read this devo.

Did you get them all right? It's possible you may have missed some of verse 33, but the truth is, the entire verse should be underlined. Even though Jesus was crying, He knew that He had the power to bring Lazarus back to life. So why would He have been crying? As a human, Jesus experienced emotions such as sadness too. It's possible that Jesus was crying because He didn't want Mary and Martha and the others who loved Lazarus to feel alone. He wanted them to know that He loved Lazarus too, and that even though they were sad, they were not alone because Jesus is with them in their sadness.



Answer: Underline verses 19, 21, 31, 32, 33, 35

Day 3

Think about the last time you were sad about something.

It may have been something big and really hard to go through, or it could have been something that didn't seem like a big deal to everyone else, but it still made YOU sad. When it comes to being sad, sometimes we feel alone—because it's so big that no one else has experienced it and doesn't seem to understand, or it feels like people think you're exaggerating, and it shouldn't make you that sad. There's great news though: You are NOT alone! You can talk to God about anything—including anything big or small that makes you sad.

Is there something making you sad right now? Take a couple of minutes to talk to God about it. Be as open and descriptive as you can be. If you're not feeling sad about anything, then instead pray a prayer of gratitude, thanking God for always being there for you, even when you're sad.

Day 4

Talking to God when you're sad is important.

God is always with you, and since you know you can trust God no matter what, inviting God into your situation can bring you comfort and peace. But sometimes it also feels good to talk to another person about whatever is making you sad. Whether you'd like some advice, a hug, or simply someone to listen, having someone you can trust with your feelings can be just what you need to not feel so alone.

Who can you talk to when you're sad?

Who is that person for you? Find some time today to talk to them—perhaps about something you're dealing with that makes you sad, or simply to thank them for being a safe person with whom you can truly be yourself.

Day 5

Get a sheet of paper and fold it in half.

On the outside, write, "FEELING SAD?" or simply draw a frowny face—maybe even add a tear. On the inside, write:

When you're sad, remember you're not alone.

Below that, write down who you can talk to when you're sad. It might be a parent, a sibling, a friend, a teacher. . . write down as many names as you can think of—people who you trust will listen and care when you are sad. And don't forget to put, "God" too!

Place or tape the card somewhere you will see it so that the next time you're sad, you'll remember you're not alone.