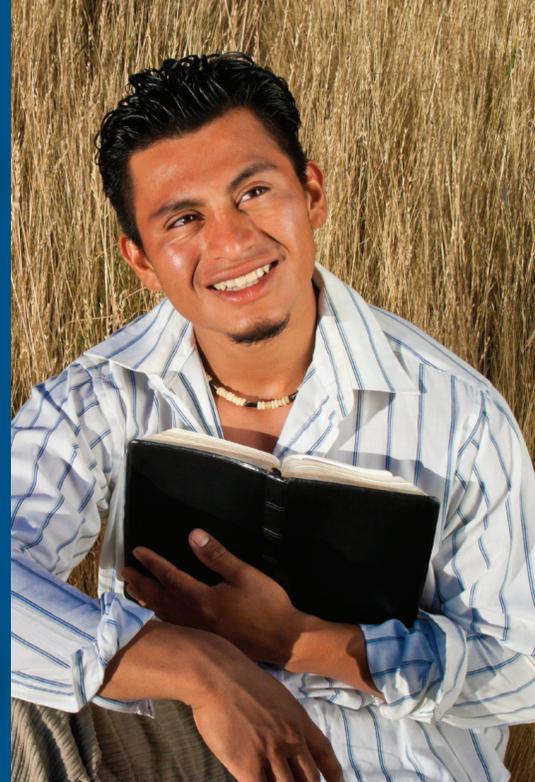




Ouch!

One of the big questions is 'Why does God allow pain and suffering? It's a big question, but maybe it's not the most important question when we think about the suffering in the world..

26



Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see right).
3. Work with another team member and plan who will manage each section of the session.

Leadership Personal Preparation:

- One of the biggest challenges that Christians or non-Christians have to deal with, is the question 'Why do we have to suffer?' This is a huge theological question debated by the greatest minds in the world, and there are no easy answers. An easier question for us to answer might be 'How can suffering bring us closer to God and to each other?'
- Have you ever suffered badly, or seen someone else suffering? How did you make sense of what was happening? What comforts and reassures you when your life is painful? Do you have a story to tell about the positive effects of suffering in your life?
- If the Holy Spirit invites you to do so, be willing to share something of your experiences during today's session. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

You will need:

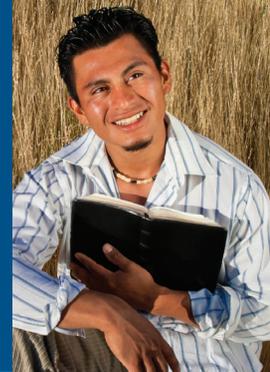
- Biro, pencils, permanent marker pens
- Paper
- Icebreaker - Hurt and Helped:**
- Hurt and help cards - copied and cut apart
- Mission Possible - Nasty News:**
- Newspaper articles about suffering: illness, victims of crime, natural disasters, wars, accidents, injustices & other painful experiences
- Glue stick
- Copies of 'Why does it hurt so much?' copied onto thin card. Use a glue stick to stick one of the newspaper stories onto each card.
- Word Search:**
- Copies of Word Search studies - 1 per person
- Family Focus Time:**
- Cups and drinks
- Family Discussion Cards - 1 card per family
- Family Prayer Time:**
- Strips of torn cotton cloth to mimic bandages - one per person
- Red pens that will write easily on the cloth (biros, fine fabric pens or other permanent pens) - 1 per family
- Jesus and Me (JAM) Session:**
- CD player and CD of soft worship music
- One set of 'JAM' Journal Pages per participant
- Take-away Menu (optional):**
- Large chunky metal nails
- Small pieces of rough wood
- Thin card or craft foam in flesh-coloured tones
- Scissors
- Plenty of hammers - provide ones with 'claws' that can also be used to pull the nails out of the wood

By the end of the session, the group members will:

- Know that it was never God's intention for pain to be a part of our world, but God can use our painful experiences to help us grow closer to him and to those around us.
- Feel that God cares when we hurt, and he suffers and cries with us.
- Respond by choosing to show God's love by relieving some of the suffering in the world.



26 KID for Teens: Leaders Guide: ouch!



Welcome and Prayer – 5 mins

Say:

“ Experiencing pain is not high on most people’s wish lists. No one really wants to feel pain, and yet it is an important part of being human. We discover how to keep ourselves safe by learning that hot or sharp things can hurt us. We avoid dangerous situations because we can imagine the pain we might feel if we had an accident. Responding to other people’s pain is also an important part of being human. Our capacity to love and care for each other grows when we learn to look beyond our own suffering to find ways to relieve the suffering of someone else. The question we’ll explore today is not ‘Why am I suffering?’ but ‘What can I do about someone else’s suffering?’ ”

Icebreaker - Hurt and Helped - 5 mins

You will need:

1. ‘Hurt and Help’ cards - copied and cut apart
- Make sure that you pair up the cards to match the numbers of your group, so that each ‘hurt’ has a matching ‘help’ somewhere in the group.
 - Give each person one of the ‘hurt’ or ‘help’ cards.
 - Ask all those with a ‘hurt’ card to sit on a chair.
 - Ask each person to mime and act their helps and hurts, so that a ‘help’ person can find someone with a ‘hurt’ that needs their help.
 - The challenge is that no one is allowed to talk and no one is allowed to show anyone what’s written on their card!
 - See how quickly everyone with a ‘help’ can meet the needs of a ‘hurting’ person.

Mission Possible - Nasty News - 15 mins

You will need:

1. Copies of ‘Why does it hurt so much?’ copied onto thin card with pictures prepared as instructed on page 1.
 2. Pens and paper
- Give 2 cards to each group of 3-4 people. Make sure there is at least one adult in each group.
 - Let the groups have 10 minutes to answer the questions on the cards, and to bring their ideas back to the group.

Ask: ‘What would you say to the people in these news stories if they asked you why they were suffering so much?’

Word Search - 25 mins

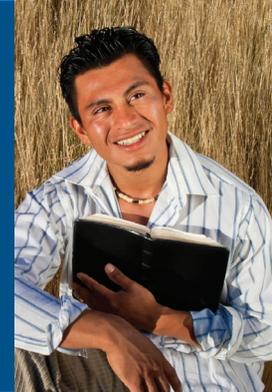
You will need:

1. Paper and pens
 2. Copies of Word Search studies - 1 set per person
- Discuss and fill out the Word Search sheet in small groups of 2-3 people.
 - Allow 20 minutes for this study.
 - Call the groups back together and invite them to share any fresh insights and ideas they have about suffering.





26 KID for Teens: Leaders Guide: Touch!



Family Focus – 15 mins

You will need:

1. Drinks and cups
2. Family Discussion Cards

- Serve drinks.
- Let the everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a Discussion Card.

Family Prayer Time - 10 mins

You will need:

1. Strips of torn cotton cloth to mimic bandages – one per person
2. Red pens that will write easily on the cloth (biros or fine fabric pens or other permanent pens) 1 per family

- Give each person a strip of cloth.
- Ask them to think of one thing in their life that is hurting them at the moment and which they are happy to talk about with the rest of their family.
- Ask each person to write their 'hurt' on a strip of bandage cloth and to place their bandages in the middle of their family group, where they can be seen by the rest of the family members.
- Then let each person, from the youngest to the oldest, choose one of the bandage strips.
- Encourage everyone to pray for the person whose bandage strip they have chosen. They can pray aloud or silently, but it may be helpful if they can place their hand on the hurting person's shoulder while they pray.
- Each person can keep the bandage strip they chose to remind them to pray for the other person's hurt.



Jam Session (Jesus and Me) - 5 mins

You will need:

1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the 'Jesus and Me' journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

Take-Away Menu (optional)

You will need:

1. The resources listed on page 1 under 'Take-Away Menu'
- Give each person a piece of card or craft foam in the flesh colour of their choice.
 - Ask them to use a pencil to draw an outline of their hand on the foam and to cut out their hand-shape using the scissors.
 - Give each person a piece of rough wood and a large nail.
 - Ask them to place their foam cut-out hand on the rough wood and to hammer the nail through the palm of their foam hand, and into the wood.
 - As they do so invite them to think about how Jesus suffered so that he could share in our suffering, and also how he rose again, so that our suffering could be ended forever.
 - Then ask them to pull the nail out again, using the hammer claw, as they prayerfully think about one way in which they could reduce the suffering in the world.
 - Ask them to use the permanent pens to write on their 'hand' one thing they would like to do to relieve at least one person's suffering.
 - Let them take the wood, nail and 'hand' away as a reminder of today's session.

Closing Prayer

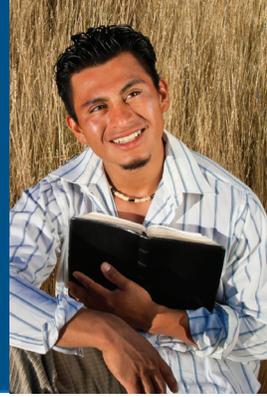


I <i>am</i> HUNGRY	I <i>have</i> FOOD
I <i>am</i> THIRSTY	I <i>have</i> WATER
I <i>am</i> COLD	I <i>have</i> WARM CLOTHES
I <i>am</i> LONELY	I <i>want to be your</i> FRIEND
I <i>am</i> <i>ill</i>	I <i>have</i> MEDICINE
I <i>am</i> HOMELESS	I <i>have</i> ROOM FOR YOU
I <i>am</i> POOR	I <i>can give you</i> SKILLS SO YOU CAN WORK



26

KID for Teens: Handout: Ouch! Why does it hurt so much?



(stick a newspaper story on this card that describes
an event in which someone is suffering in some way)

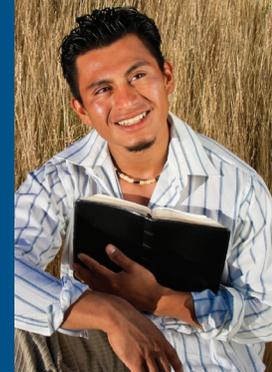
Discuss these questions and write some answers on a different sheet of paper:

- What are the biggest hurts in this story?
- Why do you think these hurts happened?
- Who is responsible for this hurt?
- What would you say to someone who asked you why God allowed this to happen?
- Can we live on earth without being hurt and feeling pain?
- What might happen if we lived in a world with sin but we felt no hurt or pain?





26 KID for Teens: Handout: Ouch! Word Search I



What does Peter say about suffering in 1 Peter 4:12,13?

What are the four main causes for suffering that we will experience during our lives?

- a) Revelation 12:12
- b) Romans 6:23
- c) Jeremiah 9:7
- d) John 15:2

When you think about these four texts how do they change your view of suffering?

Read Matthew 5:10-11. What do you think about what Jesus says about suffering?

Talk with a partner about a time when you suffered, but something good came out of your suffering. What did you learn from this discussion?

Can you think of some examples of suffering in the Bible that resulted in positive things happening, such as incidents in the lives of Moses and Joseph?

What can we learn from these examples?

Read 1 Peter 1:7

What does this verse tell us about the meaning of suffering?

Discuss the following statement:

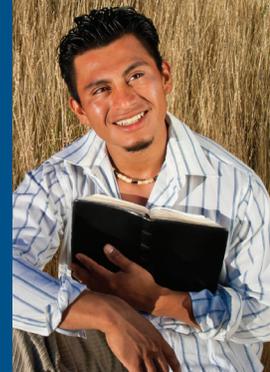
“ The biggest question for *us*, when it comes to suffering, is not
‘Where is God when people hurt?’;
it is ‘Where are we when people hurt?’ ”

How does this statement change your perspective of God, suffering and you?





26 KID for Teens: Handout: Ouch! Word Search II



How did Jesus suffer for us? Read Isaiah 53:1-12

Make a list of other ways that Jesus suffered when he was on earth.

How did he respond to his own suffering? Matthew 26:36-46.

Find verses and stories that illustrate Jesus' response to the suffering of others.

Hunger

Fear

Thirst

Blindness

Sadness

Disability

Guilt

Loneliness

Illness

Read Matthew 25:31-46. What's the most important message in this story?

Discuss the following statement:

“ Suffering is not in this world to make us hurt.
Suffering is in this world to make us compassionate. ”

How does this statement change your perspective of God, suffering and you?

LESSON 26 -

FAMILY DISCUSSION CARD

A time when someone really helped me when I was hurt was...

An idea, thought or Bible verse that helps me to make some sense of suffering is...

The biggest hurt or suffering in my life at the moment is...

A specific hurt I would like to eradicate from the world forever would be...

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LESSON 26 -

FAMILY DISCUSSION CARD

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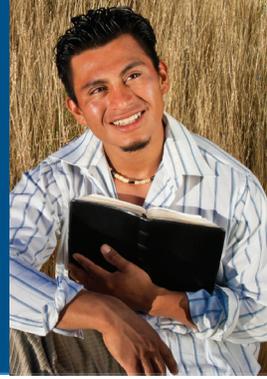
An idea, thought or Bible verse that helps me to make some sense of suffering is...

The biggest hurt or suffering in my life at the moment is...

A specific hurt I would like to eradicate from the world forever would be...



26 Jesus and Me: Journal Lesson 26: Ouch! Growing Pains...



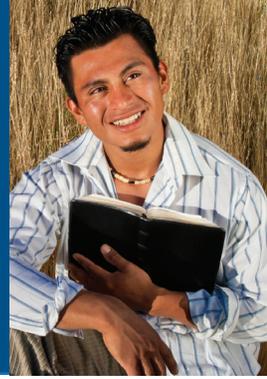
<i>An 'ouch!' I have experienced in my life</i>	<i>Ways in which the 'ouch!' helped me to grow as a Christian</i>





26 Jesus and Me: Journal Lesson 26

Ouch! Letter from God



Think about someone you know who is suffering in some way. Spend a few moments looking at them through God's eyes. How does God see your hurting friend? What might he want to say to encourage them and reassure them?

Write a letter that God might write to encourage your suffering friend.



When you have finished the letter, think about how this process may have changed the way you think about:

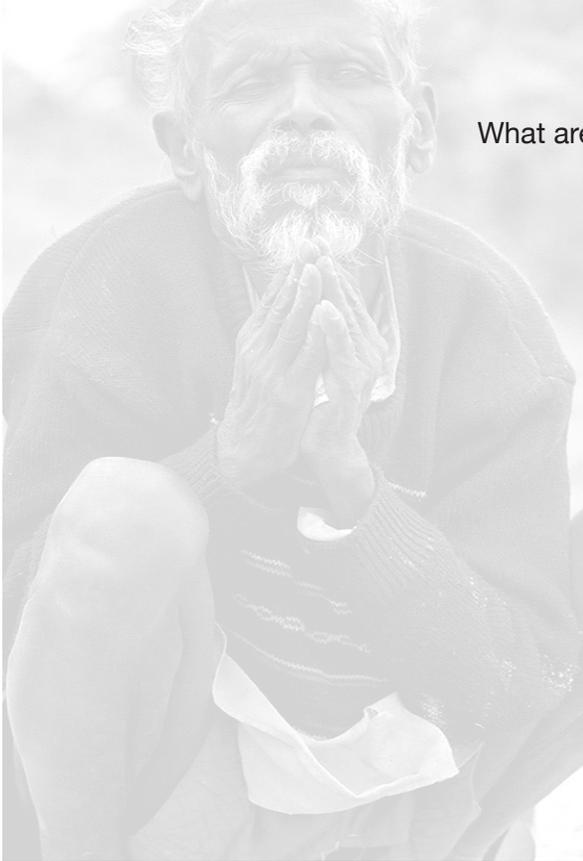
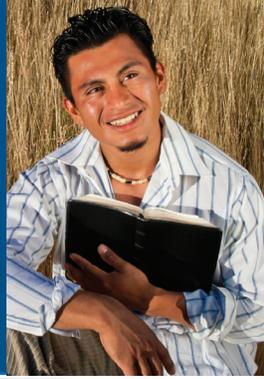
- Your friend
- His or her suffering
- Yourself
- Your responsibility as a loving Christian
- God



26

Jesus and Me: Journal Lesson 26

Ouch! The most important thing...



Read Matthew 25:35-36

What are the six human sufferings that Jesus lists in these verses, and how could you respond to these needs today?

1.

2.

3.

4.

5.

6.



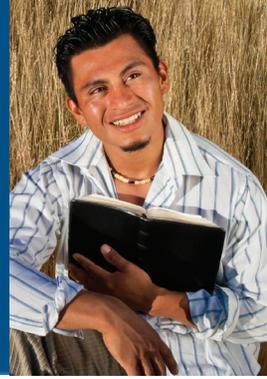
Prayerfully find a way to help relieve the suffering of someone in your community this week. Write down what happened to you.





26 Jesus and Me: Journal Lesson 26

Ouch! The Big Question...

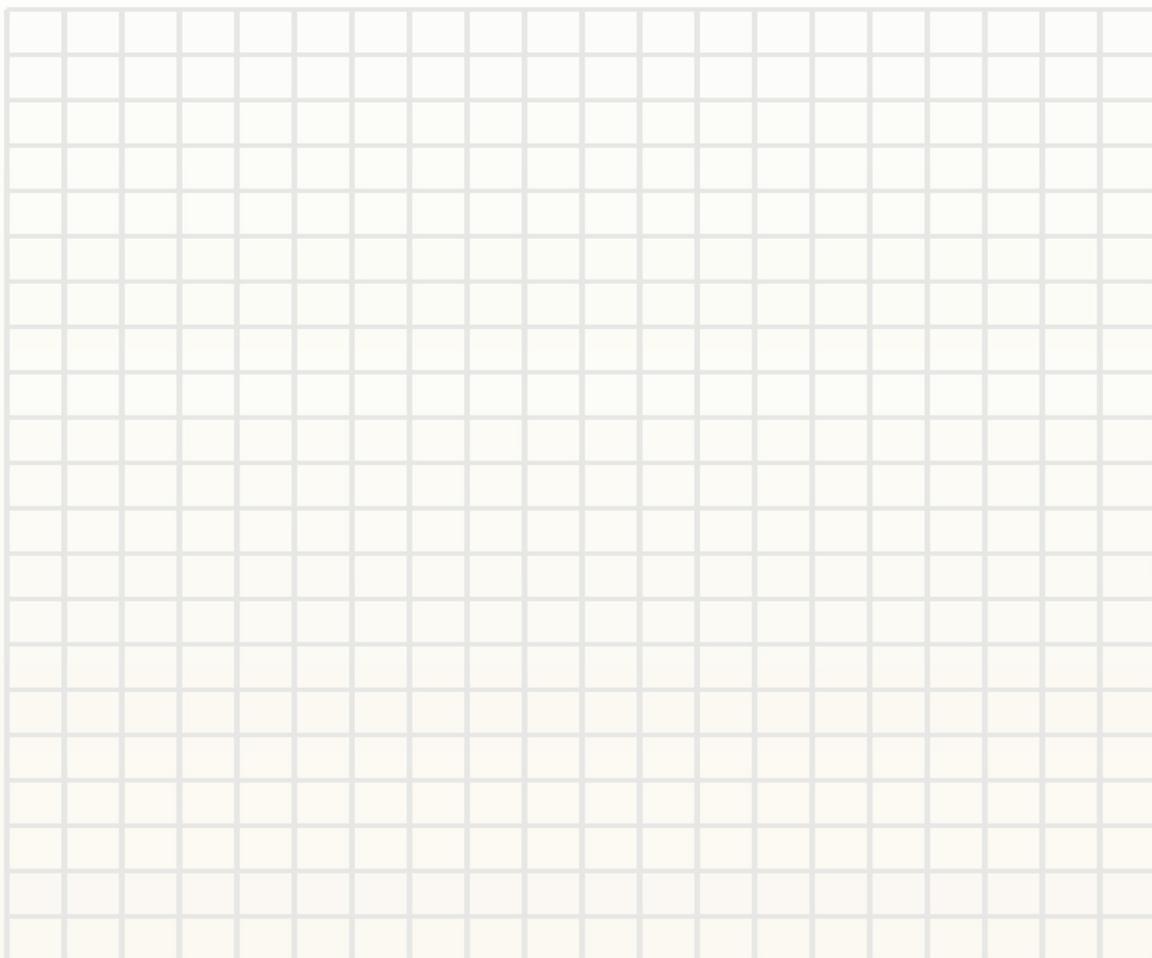
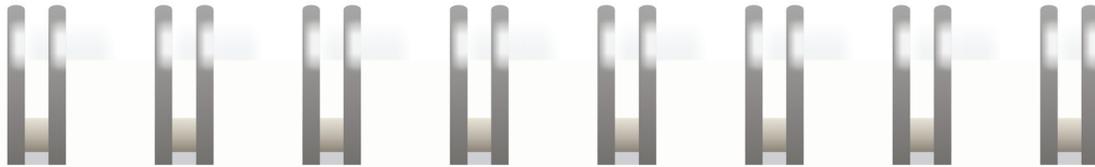


The biggest question for us, when it comes to suffering, is not 'Where is God when people hurt?'; it is 'Where are we when people hurt?'

or

Suffering is not in this world to make us hurt. Suffering is in this world to make us compassionate.

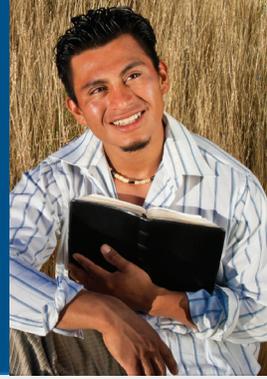
Choose one of the above statements (or write your own). Make a poster, bookmark, badge, t-shirt design etc that would encourage people to think about their response to the question of suffering. Sketch out your ideas on the notepad below.





26 Jesus and Me: Journal Lesson 26

Ouch! Psalm 23



Psalm 23 has comforted suffering people for thousands of years. Explore it for yourself and discover the different kinds of comfort and support that God offers us throughout our lives, and throughout our suffering.

Verse	Rewrite the verse in your own words	What does this verse tell you about God's relationship with you?
1		
2		
3		
4		
5		
6		

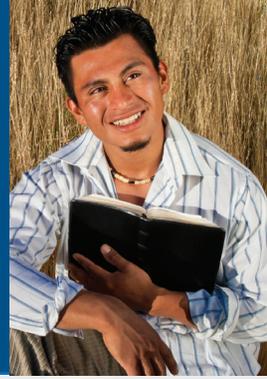
How could you use this psalm to help someone else who is suffering or to comfort yourself during a difficult time?





26 Jesus and Me: Journal Lesson 26

Ouch! What shape is Psalm 23?



Draw a simple diagram to illustrate Psalm 23.

You could think of Psalm 23 as a circle or spiral because at the beginning we see that God gives us everything we need (food, water, rest and guidance) and at the end he gives us more than we need (a feast, an overflowing cup, and a place in his house)...

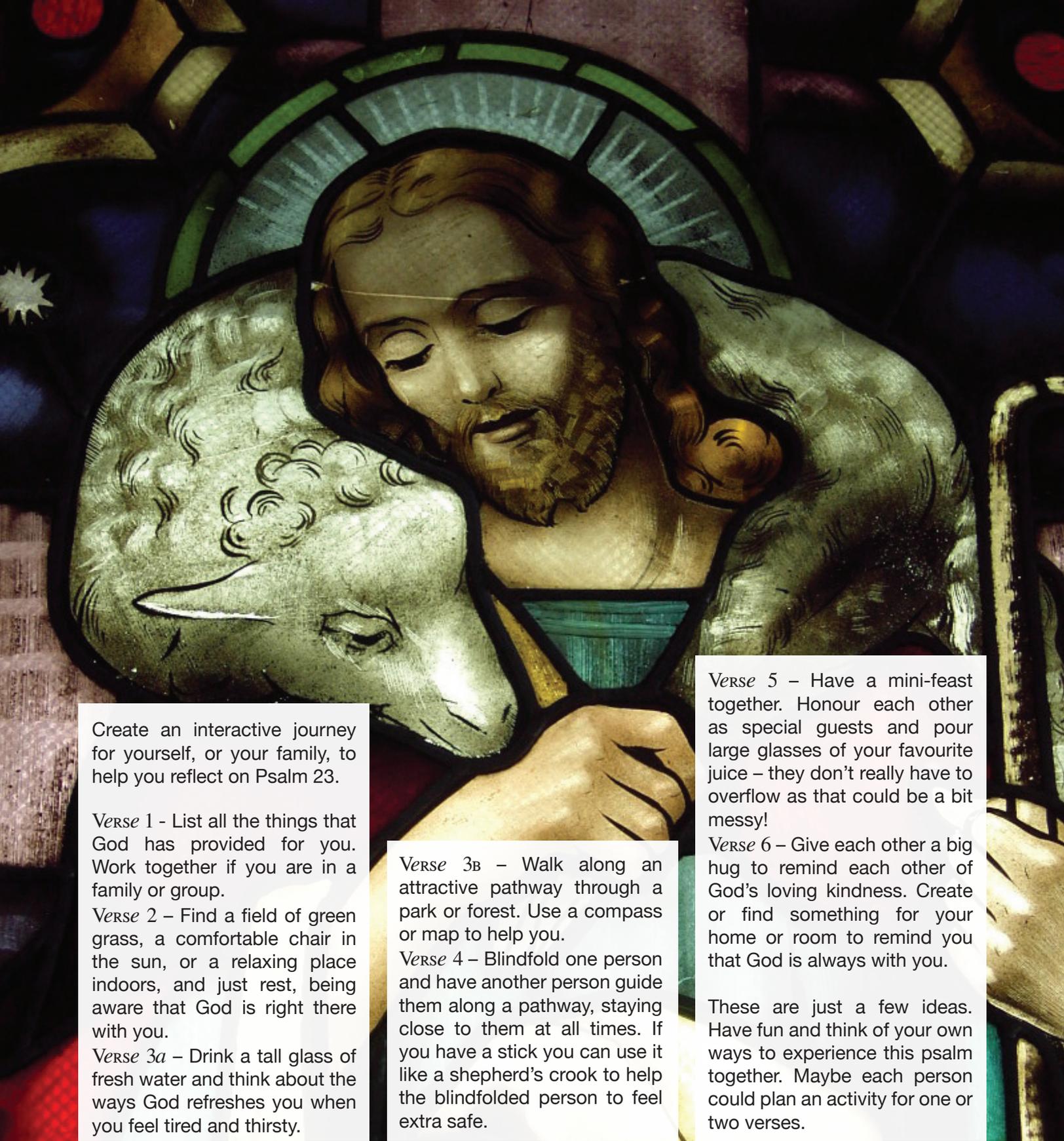
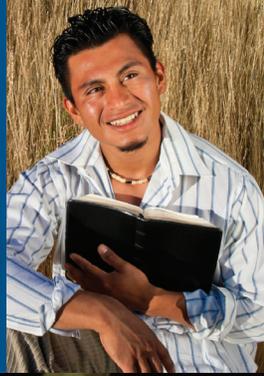
How does this perspective shape our understanding of verse 4?

Or are there other shapes and patterns you can discover in this Psalm?



26 Jesus and Me: Journal Lesson 26

Ouch! Psalm 23 Interactive Journey



Create an interactive journey for yourself, or your family, to help you reflect on Psalm 23.

Verse 1 - List all the things that God has provided for you. Work together if you are in a family or group.

Verse 2 - Find a field of green grass, a comfortable chair in the sun, or a relaxing place indoors, and just rest, being aware that God is right there with you.

Verse 3a - Drink a tall glass of fresh water and think about the ways God refreshes you when you feel tired and thirsty.

Verse 3b - Walk along an attractive pathway through a park or forest. Use a compass or map to help you.

Verse 4 - Blindfold one person and have another person guide them along a pathway, staying close to them at all times. If you have a stick you can use it like a shepherd's crook to help the blindfolded person to feel extra safe.

Verse 5 - Have a mini-feast together. Honour each other as special guests and pour large glasses of your favourite juice - they don't really have to overflow as that could be a bit messy!

Verse 6 - Give each other a big hug to remind each other of God's loving kindness. Create or find something for your home or room to remind you that God is always with you.

These are just a few ideas. Have fun and think of your own ways to experience this psalm together. Maybe each person could plan an activity for one or two verses.

