



Lesson 9

How Can I Handle Life's Problems?

Tips for Family Discipleship

- Adapt this content to meet the needs of your family
- Focus on Jesus
- Be a guide, not a general
- Feed your own growth
- Share personal stories/testimonies
- Pray with your child and for your child

Families of younger children Younger children may not understand much about life's problems, but they do understand that sometimes people get sick. Use illness in your family as a time to encourage prayer time and a renewed focus on God. It's important to teach young children to praise God even when someone they love doesn't feel well.

SUPPLIES NEEDED: items for an obstacle course

ACTIVITY: Create an obstacle course for your child. Change the obstacles by adding some or removing some. Have fun timing your child to see how fast he/she can get through the course.

DISCUSS: Did you finish the course faster or slower with more obstacles? Sometimes, our lives are like an obstacle course. We want to get through it without being slowed down by hard times. But God wants us to lean on Him and trust Him through every part of our lives. Sometimes when we slow down because of an obstacle in life, we think more about God, which is a good thing!



PRAY: God help me learn how to lean on You when I have problems in life.

Introduction It is important that your child understands that life is full of struggles, problems, and trials, otherwise, he or she will only feel disappointed and get frustrated.

Kids need to learn that problems are a part of life. There is no getting around them, but we can learn from them.

Today we will study four actions that can help you handle life's problems.

Point #1 – Don't Be Surprised.

1 Peter is a letter written to members of the early church that were being persecuted because of their faith. We can learn from these words. We shouldn't be surprised when following the Lord involves hardship. We are less likely to get discouraged or frustrated when we realize that hard times are not "unusual," as stated in 1 Peter 4:12.

OPEN YOUR BIBLE

READ 1 Peter 4:12

Have your child find the phrase "don't be surprised."

Parents, spend some time discussing your life story with your child. Have you ever had a surprise event in your life or a time when something unexpected occurred, such as an unexpected job change, or your family moving? Did you know that was going to happen? Were you surprised? Help your child understand that we can't always know what will happen next, but we can have confidence that the Lord will help us through it. God doesn't promise a life without problems, but He promises to be with us, no matter what.

**Stuff to
Talk About**

Point #2 – Be Joyful.

It may seem strange, but the Bible tells us that hard times are an opportunity for us to find joy.

**OPEN YOUR
BIBLE**

READ Matthew 6:9-13

Read the Lord's Prayer
together and discuss
the different parts

When hard times come, God doesn't expect you to pretend they don't exist. He does want you to know, however, that you can still have a degree of happiness. You can be joyful because of who you are in Him. You can be excited because God loves you very much! Life might be hard here on earth, but we can be excited about spending eternity with Jesus in heaven!

Point #3 – Learn What You Need to Learn.

In His divine wisdom, the Lord made trials and hard times an opportunity for His children to grow in their faith. Some lessons can't be learned without a struggle. The Lord knows this, so He uses life's greatest difficulties to teach us life's greatest lessons.

Discuss the life cycle of a butterfly (or moth) with your child, including the chrysalis (cocoon). (Try to find a YouTube video.) Did you know that a butterfly will not be able to fly if it is helped out of its chrysalis? The struggle to get out strengthens the butterfly so that it can fly. The same is true in life. Sometimes we must struggle to grow in our faith.



Point #4 – Endure.

Christians can endure in hardships because of the promises of God. Even though we feel like we want to give up, we can't! God is with us through all hard times, and we must push forward.



Show your child a permanent marker. What if permanent marker gets on your clothing? Permanent markers are hard to remove because the ink can "endure" the difficulties of the washing machine. We need to be like that permanent marker. Life might get hard, and we might want to fade away, but we need to push on and remember that we aren't alone in our struggles.

 This is a hard lesson for kids to understand (and some adults, too!). This lesson will be best learned over time. As your child faces struggles and disappointments in life, use these experiences to point him/her to Christ.

Follow Me Challenges

PERSONAL: Think and act on ways to serve the church, your family, and someone else this week.

PUBLIC: Participate in or invite folks to VBS at Tabernacle (June 7-11). Participate in, donate to, and/or host a Backyard VBS. More information can be found at tabernaclebaptist.org/vbs.

PRAYER: Ask God to open doors for you to serve in a mission opportunity.