

Junior Soldiers

Unit 15 : Lesson 1

Never Alone



PURPOSE: For the children to explore and understand that God is always with us even when we feel alone.

In times of trouble, God is with us,
and when we are knocked down we get up again.
2 Corinthians 4:9 (CEV)

This is my command - be strong and courageous! Do not be afraid or discouraged.
For the Lord your God is with you wherever you go.
Joshua 1:9 (NLT)

Consider & Prepare

Sometimes we find ourselves surrounded by people but feeling very alone and we wonder if God is even paying attention. We may need God's guidance and help yet struggle to feel his presence.

There are times when friends, family and parents don't really understand what we are going through. But God does and He cares. When Joshua was facing a challenging situation, God instructed him to be strong and to have courage. He went on to tell him this wonderful truth: "The Lord your God will be with you wherever you go". How great it is to know that wherever we go God is with us.

Children can feel alone and isolated for many different reasons - family breakdown, moving house or school, losing friends. The feeling of being alone as a child can be very confronting so during this lesson we will explain and explore the truth (different from feeling) that God is with them always.

Things you'll need

Connecting in

- For Option 2 - Large box or tent/ room divider
- For Option 3 - Music for the connections game and a device to play it

Main Thing

- Clues printed out and numbered in order from 1 to 10
- Blu tac or sticky tape to make the time line
- Bibles

Tying in

- Water in a glass
- A spoon
- Food colouring or cordial
- Play dough in two different colours

Prayer Time

- Music CD

Connecting In

I wonder if you have ever felt alone. Today we are going to think about what it is like to feel alone and discover one of God's promises that can help at these times.

Choose one or more of the following options according to the dynamics of your group and the time you have available.

Option 1 - I Spy Game

Ask one child to pick an object that they can see in the room and give a clue about the item. It could be the colour, shape, size, or beginning letter. They will give the clue by saying – "I spy something blue/small/used for playing an instrument". Each child will look around the space and search for the item. The child that guesses the correct item has the next turn.

- Was it hard to find some of the items?
- Did the clues make it easier to find them?

We are not always aware of everything that is around us. There are times when we may feel alone and think that no one is there for us. If we look closer we will find that God is always with us.



Option 2 - What's in the Box?

Set up a large box or pop up tent in the room. As you talk to the group ask if they can see you. Ask them to describe your appearance. When they have given a number of answers hop into the box/ tent. Ask the same questions.

- Can you see me? (No)
- How do you know that I am still here? (We can hear you)
- Can you describe what I look like? (Yes – you haven't changed just because we can't see you).
- Can you see God?

Just because we can't see God doesn't mean that he isn't with us. God promises that he will be with us all of the time. When we are feeling alone we can talk to God and know that he is with us.

Option 3 - Connections game

Ask the children to move around the room while music plays. When the music stops ask the children to find someone else in the room that ...

Has a birthday in the same month
Likes the same animal
Goes to the same school

Is the same age
Has the same favourite food
Doesn't like pickles

Loves God
Has the same shoe size
Is the same gender

When you find a connection give the person a high five and stand together.

Not everyone will find a match each time. Keep this game moving – nobody goes 'out', they just keep playing. You may choose your own questions that suit your group.

- Was it always easy to find a person to connect with?
- How did you feel when you couldn't make a connection?
- Did you make a new connection with someone in this game? What do you have in common?

There are times when we may feel alone and think that there is no one who understands us. Sometimes we have to search for friends to connect with but God is always there for us. Everywhere! All of the time!



The Main Thing

Ask the group some questions to start this part of the lesson.

- When do you like to be alone?
- When you are alone do you always feel lonely?
- What's the difference between being alone and being lonely? (Being alone means no-one else is around. Sometimes being alone is fun or relaxing. We feel lonely when it seems like nobody wants to be around us, cares about us or understands us.)
- The Bible tells us that God is always with us. He cares about and understands us. So, why do we sometimes think that we are on our own?

It can be difficult to remember that God is with us because we cannot see him. We might get distracted or forget about him. We are going to look at some verse now that will remind us of what God has promised us.

God is always with us clue hunt

Make sure that you have printed off the 10 clues and hidden them around your space before this part of the lesson. Split the children into pairs. Ask the first pair to go and find the card marked '1'. Ask them to read the verse aloud to the group then stick it to the whiteboard, wall, or the floor to start a timeline. Keep going with this process until all the clues have been read and added to the timeline.

God has promised us that he will never leave us. As we have found today there are lots of verses in the Bible that teach us that God will be with us always. Right from the start of the world God has been making promises to his people that he will never leave them. These promises are the same today. Although at times we may feel that we are all alone – God is with us.

Ask the children to look up Romans 8:37-38 in their Bibles and read the verses together.

- How can we encourage others who feel alone? (Tell them that you love Jesus and that when you feel alone you remember that he is always with you. Share a verse from the Bible that shows this.)
- What or who has been helpful to you when you have felt alone? (For example, parent, Big Bud, cat, dog, reading the Bible, talking to God, listening to music)
- As a group brainstorm some more ideas of what can we do when we feel alone?



Tying In

God is always with us, so we are never really alone – nothing we do can separate us from the love of God. There are times when we may **feel** like God has deserted us, but he is always present.

Take a glass of water, add food colouring and stir it.

I wonder if we could take the colour back out of this water. Would anyone like to try? Once the colouring goes into the water we can't separate it back out.

When God comes into our life it's a bit like when we add the colour into the water. We will never truly be alone again, he is always with us.

Just like we are unable to separate the colour from the water we are not able to be separated from the love of God.

OR

Give each child two small pieces of different coloured play dough.

Ask the children to

- *Form a 'snake' with each colour*
- *Twist the snakes tightly together*
- *Mould and squish the twist into a ball so that both colours mix together*

Now ask the children to try and completely separate the colours.

When God comes into our life it's a bit like when we combine the colours of the play dough. We will never truly be alone again, he is always with us.

Just like we are unable to separate the play dough colours, we are not able to be separated from the love of God.

Memory Verse

This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go. Joshua 1:9 (NLT)

Ask the children to make up an action for each part of this verse to help them remember the words. For example: 'Be strong' – hold arms in muscle pose etc....

Repeat the verse several times using the actions.



Prayer Time

Ask the children to sit or lie down in their own space.

Play a song that helps the children to reflect on the presence of God.

(For example, 'Be Strong and Courageous' – Colin Buchanan.)

Close your eyes and listen to the music.

Imagine God with you as you move throughout your day.

- Picture him there when you open your eyes in the morning
- Picture him as you (read these one at a time, pausing between each one)
 - » get ready for the day
 - » travel to school
 - » work in class
 - » play in the playground
 - » travel home again
 - » do your afternoon activities
 - » eat dinner
 - » settle down in bed again

Allow time for the children to be still and quiet.

Close with a group prayer asking God to make his presence felt this week.

Home & Beyond

Print off the 'Home & Beyond' cards attached. The children might like to keep these in their journals or notebook where they could write or stick the challenges, reflect, answer questions or complete activities each week.

- Talk to an adult or your Big Bud and ask them about a time they have felt alone.
- Spend 5 minutes this week alone with God. You could listen to some music or enjoy being outside in his creation. Finish this time by thanking God for always being with you.



<p style="text-align: center;">1. God promised Jacob</p> <p style="text-align: center;">Wherever you go, I will watch over you, then later I will bring you back to this land. I won't leave you—I will do all I have promised. Genesis 28:15</p>	<p style="text-align: center;">2. The promise given to Joshua</p> <p style="text-align: center;">The LORD will lead you into the land. He will always be with you and help you, so don't ever be afraid of your enemies. Deuteronomy 31:8</p>
<p style="text-align: center;">3.</p> <p style="text-align: center;">God is our mighty fortress, always ready to help in times of trouble. Psalm 46:1</p>	<p style="text-align: center;">4.</p> <p style="text-align: center;">I have rescued you. I have called you by name; now you belong to me. When you cross deep rivers, I will be with you, and you won't drown. When you walk through fire, you won't be burned or scorched by the flames. Isaiah 43:1-2</p>
<p style="text-align: center;">5.</p> <p style="text-align: center;">Haggai then told them that the Lord had promised to be with them. Haggai 1:13</p>	<p style="text-align: center;">6.</p> <p style="text-align: center;">I will be with you always, even until the end of the world. Matthew 28:20</p>
<p style="text-align: center;">7.</p> <p style="text-align: center;">Jesus said to his disciples: If you love me, you will do as I command. Then I will ask the Father to send you the Holy Spirit who will help you and always be with you. John 14:15-16</p>	<p style="text-align: center;">8.</p> <p style="text-align: center;">God cares for you, so turn all your worries over to him. 1 Peter 5:7</p>
<p style="text-align: center;">9.</p> <p style="text-align: center;">In everything we have won more than a victory because of Christ who loves us. I am sure that nothing can separate us from God's love— not life or death, not angels or spirits, not the present or the future. Romans 8:37-38</p>	<p style="text-align: center;">10.</p> <p style="text-align: center;">God's home is now with his people. He will live with them, and they will be his own. Yes, God will make his home among his people. Revelation 21:3</p>

Home & Beyond

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