

# WHEN TROUBLE COMES

## LESSON 1: JESUS UNDERSTANDS OUR TROUBLES

Lessons in this series: 1

*Through this lesson, children will find that Jesus understands the troubles that we go through and that He will compassionately help us through difficult times.*

### TOPICS

Difficulties, Encouragement, Guidance, Trials

### OPENING PRAYER AND PRAISE (5 minutes)

Praise and worship are an important part of a believer's life and children often learn best by watching and repeating what they see. So please, praise and worship together.

### SCRIPTURE READING AND DISCUSSION (15 minutes)

#### Introduction:

Explain to your child that before Jesus came to earth, priests would make sacrifices for the people's sin. Even though these men were called to be priest by God, they were also subject to weaknesses. Satan would use these weaknesses to tempt believers into disobeying God. Jesus, however, never gave in to his fleshly weakness or desires. Instead, he remained true to God's commands.

#### Read Hebrews 4:14-16 (Jesus, our compassionate High Priest)

Read the passage to your kids as they follow along with you or in their own Bibles.

#### Discussion Questions:

1. In our scripture reading today, who is our great High Priest who has passed through the heavens? (*Jesus the Son of God.*)
2. How is it that Jesus can sympathize with our weaknesses? (*He was tempted in all areas just as we are.*)
3. Did Jesus ever give in to temptation and sin? (*No, the scripture tells us that although He was tempted in all areas, He never sinned.*)
4. Jesus understands the temptations and trials that we go through. Which verse tells us how we are to approach the throne of grace? (*Hebrews 4:16 Let us therefore come boldly to the throne of grace.*)
5. How can we boldly approach the throne of grace? (*Through prayer we can call out to God and ask Him to help us.*)
6. What may we obtain when we come to the throne of grace? (*We may obtain mercy and find grace in time of need.*)
7. Isn't it wonderful to know that Jesus can sympathize with us and help us overcome our problems? (*Yes, it reassuring to know that the Creator of Heaven and Earth is there to help us.*)

### CLASS EXERCISE (10 minutes)

What's In Your Backpack? (See Separate video)

### SUGGESTED PARENT/CHILD ACTIVITY

Take a sheet of paper and on one side, list all the bad attitudes or weaknesses you or someone you know may have and on the other side, write what good attitude or strength it should be replaced with. Use this to talk to your child about good and bad attitudes. Let them tell you what they think and help them understand why or why not an attitude is bad or good.

### APPLICATION (4 minutes)

Isn't it comforting to know that Jesus understands us, our trials and our temptations? It is never easy to go through hard times or face pain, but Jesus loves us and will help us get through the tough times. No matter the problem Jesus is there for us. Jesus said that He would never leave or forsake us. When trouble comes prayer and studying of the scriptures will give us insight on how we can overcome our problems and weaknesses. Isn't it reassuring to know that the Creator of Heaven and Earth is there to help us?

### CLOSING PRAYER (2 minutes)