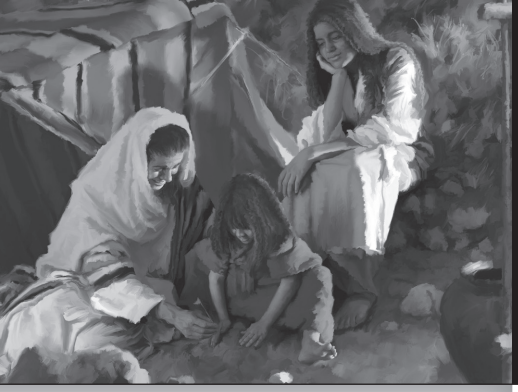


9

Happy or Sad—Praise God!

Grace
We allow God's grace to transform us.

POWER TEXT

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God" (Philippians 4:6, NIV).

KEY REFERENCES

- 1 Samuel 1; 1 2:1-11
- *Patriarchs and Prophets*, chap. 55, pp. 569-574
- *The Bible Story* (1994), vol. 3, pp. 145-148
- Student lesson on page 102 of this guide

OUR BELIEFS

- No. 22, Christian Behavior
- No. 23, Marriage and the Family
- No. 11, Growing in Christ

OBJECTIVES

The students will:

- **Know** that God hears all prayer, whether sad or happy.
- **Feel** that they can bring their problems and their praises to God.
- **Respond** by being willing to pray whether they're sad or happy.

POWERPOINT

We praise God for the gift of His grace whether we are happy or sad.

The Bible Lesson at a Glance

Hannah is sad and feels rejected because she doesn't have a child. She prays and puts her problem in the hands of God. The Lord answers her prayer by giving her a son named Samuel. Hannah dedicates her child to God. When God answers her prayer, Hannah responds to God's grace through a song of praise.

This is a lesson about grace.

God wants us to come to Him in our good times and our bad times. He understands better than anyone else how we are feeling. We accept His grace by turning to Him in all situations, and by learning to praise Him in all circumstances.

Teacher Enrichment

"Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. 'The Lord is very pitiful, and of tender mercy.' James 5:11. His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. . . . Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. . . . The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watchcare, not another soul for whom He gave His beloved Son" (*Steps to Christ*, p. 100).

It is said that a problem shared is a problem halved, and a joy shared is a joy doubled.

How much time do I spend daily sharing my problems and joys with God? How important it is to me to accept God's grace?

Welcome

Welcome students at the door and direct them to their seats. Ask them how their week has been. Encourage learners to study their Sabbath School lesson regularly, and use several minutes to debrief students on the previous week's lesson.

Ask: **What was the most interesting part of the Bible story? What activity did you find the most helpful? Which activity was the most fun?** Invite students to share their experiences and/or the handiworks they created for Sabbath School during the week. (The leader should be familiar with the previous lesson to be able to direct the discussion.) This is also a good time to have students recite the power text.

Have students begin the Readiness Activity of your choice. »

Program notes

LESSON SECTION	MINUTES	ACTIVITIES	MATERIALS NEEDED
Welcome	Ongoing	Greet students at the door. Ask about their week.	
1 Readiness	10-15	*A. Pain Experience* *B. Stress Fractures*	copies of p. 149, pencils
* Prayer & Praise	15-20	See page 97. Prayer & Praise may be used at any time during the program.	songbooks, world map, pushpins, "treasure chest," slips of paper, pencils, container
2 Bible Lesson	15-20	Introducing the Bible Story Experiencing the Story Exploring the Bible	 Bibles, adult guest, Bible costume Bibles, rebus, paper, pens/pencils
3 Applying the Lesson	10-15	*Puppet Play*	Bibles, scenarios, finger puppet patterns (p. 149), paper, markers, tape
4 Sharing the Lesson	*10-15*	*Praise Power*	paper, pencils, heavy paper/cardstock, markers
* Closing		A. Prayer and Closing Comments B. Reminder to Parents C. Coming Up Next Week	

1

READINESS ACTIVITIES

Select the activity or activities that are most appropriate for your situation.

A

Pain Experience

Ask students if they have heard the rhyme "Sticks and stones will break my bones, but words will never hurt me." Ask: **What types of pain is this talking about?** (emotional and physical) **Imagine you have some pain in your life right now—either physical or emotional. Which would you prefer? Those who would choose physical pain—go to the left. Those who would choose emotional pain—go to the right. No one is to remain in the middle.**

Debriefing

When all the students have moved to either the left or the right, count which side is weighted more heavily.

Ask: **Why did you choose the side you did?** Involve the students in a discussion on both types of pain.

Say: **Whatever kind of pain or problem we have, we can take them to God in prayer because He is able to turn our sadness into gladness. We are praising Him when we turn to Him, even in our pain. Let's say together our power text, Philippians 4:6:**

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God" (Philippians 4:6, NIV).

As our power point reminds us:

We praise God for the gift of His grace whether we are happy or sad.

B

YOU NEED:

- ☐ copies of p. 149
- ☐ pencils

Stress Fractures

Distribute the "Stress Fractures" sheets (p. 149) and pencils.

Say: **There are times in all our lives that things happen that worry us. Put a check mark in the column that indicates how you think you might feel if these events happened in your life. It may be difficult to know how you would feel if you have never faced this situation, but try to imagine how you might feel.**

Debriefing

After most of the students have finished marking the sheets, ask: **How many did you mark "not bothered"? What situations would make you feel "really stressed"? What situations would deeply affect you? Are there some that would be more stressful to you than to others? Why?**

Say: **On your paper, put a mark beside the three situations you feel are the most stressful for people your age.** When they have all marked their responses, count how many voted for each one and select the top two or three. Then discuss the responses.

Say: **Sometimes in our lives when we face stressful situations we can become depressed and are tempted to choose unwise ways to cope. Whatever kind of pain or problem we have, we can take it to God in prayer because He is able to turn our sadness into gladness. We are praising Him when we turn to Him, even in our pain. Let's say together our power text, Philippians 4:6:**

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God" (Philippians 4:6, NIV).

The message of our power point is that

We praise God for the gift of His grace whether we are happy or sad.

Prayer & Praise

Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). If they have given you permission, share one or two special items from students' Bible study during the week. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.

Suggested Songs

"It's About Grace" (see page 147)
"Behold What Manner of Love" (*He Is Our Song*, no. 42)
"Wonderful Lord" (*He Is Our Song*, no. 47)
"You Are My Wholeness" (*He Is Our Song*, no. 90)
"Lean on Him" (*Praise Time*, no. 58)

Mission

YOU NEED:
- ☐ world map
- ☐ pushpins

Use Adventist *Mission* for youth and adults (go to www.juniorpowerpoints.org and click on MISSION) or another mission report available to you. Using a world map, have the students identify and mark with pushpins the location where the mission story is taking place.

Offering

YOU NEED:
- ☐ "treasure chest"

At times we may feel as if we have all the worries in the world. But then we watch the news and see images of places far worse off than we are. Giving our offerings is one small act of sharing what we have with those who are in need.

Prayer

YOU NEED:
- ☐ slips of paper
- ☐ pencils
- ☐ container

Write out all the letters of the alphabet on slips of paper (place X, Y, and Z all on one). Place all the letters in a container. Have each student take a letter. They are to think of something sad or stressful starting with that letter, then a solution with the same letter. Suggest for those struggling that they can be flexible in what they choose. For example: Stressful "Q"—Quick drivers cause tragic accidents; Solution "Q"—Quiet meditation with God when we travel.

When all the students have shared their sad or stressful items and their solutions, repeat the power text (Philippians 4:6) and say: **Let's present these situations to God and leave them with Him.** Pray together. Close with a prayer for the students' joys and sorrows, for the birthday and other special event celebrants, as well as for the visitors.

Notes

2

BIBLE LESSON

Introducing the Bible Story

Remind the students of the "stress fractures" that you discussed in Readiness Activity B. Remind the students of the two or three items they voted to be most stressful. Ask: **What would have been helpful to ease these situations? Whom might a person in these situations be able to go to for help?** (teacher, pastor, parents, friend) **In our story today, a woman named Hannah went to the Lord in her stress and sadness, just as our power text tells us to do. She also went to God in her gladness after He had answered her prayer.**

YOU NEED:

- ☐ Bibles
- ☐ adult guest
- ☐ Bible costume

Experiencing the Story

Ahead of time, ask an adult guest, either male or female, to dress in biblical costume (a simple rectangular cloth over the head, banded) and come tell the story of 1 Samuel 1 in their own words. They will tell the story from the viewpoint of either Hannah or Eli. When they have finished relating the details of 1 Samuel 1, they can ask the students to join them in reading Hannah's prayer of praise from 1 Samuel 2:1-10. They can read the prayer responsively, the students reading every other verse aloud together.

Debriefing

When the guest is finished, ask: **What people or circumstances in your life provoke, irritate, or depress you?** (Allow those who are willing to share.) **How do you feel about prayer when you are around these people? What does our power text have to say about this?**

What in your life causes you joy? How do you rejoice? What phrases in Hannah's song are particularly interesting to you? Which ones describe the way you feel when you are rejoicing?

Say: **No matter how we feel, God likes to hear about it. Just as our power point teaches:**

We praise God for the gift of His grace whether we are happy or sad.

3

APPLYING THE LESSON

Exploring the Bible

YOU NEED:
- ☐ Bibles
- ☐ rebus
- ☐ paper
- ☐ pens/pencils

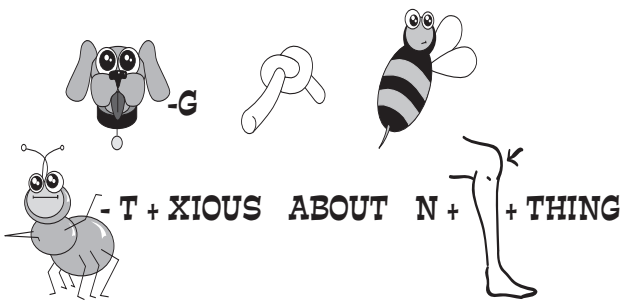
Say: **There were others in the Bible who went through times of sadness like Hannah and were able to turn to God. Let's find and read the following verses:**

1. Job 3:1-11: Job wishes he had never been born (compare Job 42:10).

2. Nehemiah 2:1, 2: Nehemiah wants to see Jerusalem rebuilt (compare Nehemiah 1:4; 2:4).

3. Psalm 6:6, 7: David grieves over the trouble he is facing (compare Psalm 6:9; 126:5, 6).

Say: **Alone, or in pairs, choose a verse from one of the passages above and write it as a "Rough Rebus." A rebus is a riddle or puzzle in which you substitute a picture or a strange spelling for a word.** Show the students the sample rebus.



Let's say together our power text, Philippians 4:6:

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God" (Philippians 4:6, NIV).

Let's repeat our power point as well:

We praise God for the gift of His grace whether we are happy or sad.

YOU NEED:
- ☐ Bibles
- ☐ scenarios
- ☐ finger puppet patterns (p. 149)
- ☐ paper
- ☐ markers
- ☐ tape

Puppet Play

Divide the students into groups of three or four. Give each group one of the following scenarios. Also give them a copy of the patterns on page 149, and paper, markers, and tape to make paper finger puppets for each of them. Have the students make themselves finger puppets and then reenact the scenario using the finger puppets. They are then to read the Bible text listed with their scenario and discuss the pain Jesus and the character in the scenario experienced.

Scenario One: Trent has just moved to a new school. At lunchtime he tries to join a group of his classmates, but they turn their backs on him. (John 1:1, 11)

Scenario Two: Catherine sees her friend Julie with Tom—the guy she thought was her boyfriend. She feels betrayed by Julie, who she thought was her best friend. (Luke 22:54-61)

Scenario Three: Ralph attends a different church as a visitor. He has a speech impediment and speaks very slowly. He notices several of the other students pointing and laughing at him. (John 10:20)

Scenario Four: Karen's parents are poor and her clothes are hand-me-downs from her older sister. She finds a note left on her locker at school saying that she is ugly. (Mark 12:42, 43)

Debriefing

Bring the groups back together. Say: **There will be times in all our lives when we feel sad, lonely, and depressed.** Ask: **What three steps are we given in Philippians 4:6 that can help us deal with these feelings?** Read or repeat the power text together. Say: **Jesus also experienced emotional pain. God knows our hurts and pain, and He will provide comfort and the ability to cope. Let's remember the power point:**

We praise God for the gift of His grace whether we are happy or sad.

4

SHARING THE LESSON

YOU NEED:
- ☐ paper
- ☐ pencils
- ☐ heavy paper/card
- ☐ markers

Praise Power

Have students share if they told someone about God's answers to our prayers. Ask: **What experiences did you share with someone about how God has answered your prayers? How did you explain that God is a constant helper and friend whom you can trust both in good times and in bad times?**

On sheets of paper have each student write the letters P-R-A-I-S-E under each other so they can form an acrostic. They can use individual words to show their PRAISE for God or make an acrostic of sentences—the first word of each sentence beginning with one of the PRAISE letters. Use scrap paper at first. Then distribute heavier paper/card, which they can decorate and take home as a reminder to praise God in the good and bad times.

Examples:
P-ray even in bad times.
R-emember all the glad times.
A-lways give God a chance.
I-n all things, praise and give God glory.
S-ighing will turn to singing.
E-ventually, God will give peace.

P—rayer
R—efreshes
A—ll
I—n
S—ad
E—vents

Debriefing

Ask the students to read aloud the words or sentences they have written, and to share what they mean to them. Say: **Prayers are not always answered in our time or according to our desires. But knowing we can take our troubles to God, and that He cares and listens is a tremendous comfort. Let's repeat once again the power point:**

We praise God for the gift of His grace whether we are happy or sad.

Closing

Prayer and closing comments:

Pray that no matter how we are feeling—happy, sad, joyful, lonely, scared, or depressed—we will know that God loves us, and we can talk to Him. We need to always thank & Praise Him for His care for us.

Reminder to parents:

Say: **Check out the student Bible study guide to find Parents' Pages for your use in family worship, or however you wish to use them to spiritually guide your children. You may listen to the podcast of the lesson online at www.juniorpowerpoints.org/podcast.php?channel=1.**

Coming up next week:

Say: **Eli's sons are rebuked. We worship God when He is at the center of our lives.**

Answer to Rebus (p. 99): *"Do not be anxious about anything" (Philippians 4:6, NIV).*

Notes

Student lesson

Happy or Sad—Praise God!

Have you ever felt so sad you thought your heart would break? Or ever been so upset that you couldn't stop crying?

In this story a woman felt just that way. Thankfully, she was able to find a solution by talking to God about it.

Hannah was a happy mother of several children, but she recalled a time in her life she was overcome with sadness. It was during the time Hannah felt so discouraged that God intervened and answered her prayer in a miraculous way.

Hannah was married to a man named Elkanah. He had two wives—Hannah and Peninnah. Although Peninnah had children, Hannah did not have any. As a result, Hannah was consumed with the longing to have her own children.

Every year Elkanah would go to Shiloh to worship and sacrifice to the Lord. "And whenever the time came for Elkanah to make an offering, he would give portions to Peninnah his wife and to all her sons and daughters. But to Hannah he would give a double portion, for he loved Hannah" (1 Samuel 1:4, 5). To take revenge on Hannah, who enjoyed her husband's favor, Peninnah would taunt her that she did not have children. The constant provocations made Hannah's life miserable.

This happened year after year. Hannah felt so deeply hurt that she would not even want to eat.

Elkanah would say, "Hannah, why do you weep? Why do you not eat? And why is your heart grieved? Am I not better to you than ten sons?" (1 Samuel 1:8).

One day while they were still in Shiloh, Hannah went to the tabernacle. "She was in bitterness of soul, & Prayed to the Lord and wept in anguish" (verse 10). Right then and there, as she poured out her heart to God, Hannah made a promise to the Lord. She asked God for a child and promised that if the Lord would grant her request, she would consecrate the child to the service of God all the days of his life.

Eli the priest was sitting by the doorpost of the tabernacle, watching Hannah. He didn't know she was praying. He saw her lips move, but didn't hear her voice, so he thought she was drunk.

"How long will you be drunk?" asked Eli. "Put your wine away from you!"

Hannah was quick to reply, "No, my lord, I am a woman of sorrowful spirit. I have drunk neither wine nor intoxicating drink, but have poured out my soul before the Lord."

"Do not consider your maidservant a wicked woman," said Hannah, "for out of the abundance of my complaint and grief I have spoken until now."

Eli then answered to her: "Go in peace, and the God of Israel grant your petition which you have asked of Him."

"Let your maidservant find favor in your sight," Hannah said as she left. She was no longer sad, but felt certain that God had heard and answered her prayer (see verses 14-18).

About nine months later Hannah had a baby boy and named him Samuel. The literal meaning of his name is "Heard by God" because Hannah said, "I have asked for him from the Lord" (verse 20).

The next year when it was time to offer the yearly sacrifice and worship, Elkanah went to Shiloh, but Hannah did not go with him. "Not until the child is weaned; then I will take him, that he may appear before the Lord and remain there forever" (verse 22).

Hannah did not forget her commitment to the Lord. When she had weaned Samuel, she took him to the house of the Lord in Shiloh. Samuel was still young. After making a sacrifice, she took young Samuel to Eli, the priest. She said, "I am the woman who stood by you here, praying to the Lord. For this child I prayed, and the Lord has granted me my petition which I asked of Him. Therefore I also have lent him to the Lord; as long as he lives he shall be lent to the Lord" (verses 26-28).

Hannah and Elkanah worshipped God with praise and thanksgiving for all that He had done for them.

KEY REFERENCES

- 1 Samuel 1; 2:1-11
- *Patriarchs and Prophets*, chap. 55, pp. 569-574
- *The Bible Story* (1994), vol. 3, pp. 145-148
- Our Beliefs, nos. 22, 23, 11

POWER TEXT

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God" (Philippians 4:6, NIV).

POWER POINT

We praise God for the gift of His grace whether we are happy or sad.







Sabbath

DO Do the activity on page 74.

Sunday

READ Read 1 Samuel 1:1-8 and this week's story, "Happy or Sad—Praise God!"

MAKE Write your power text on a long narrow strip of paper (like a streamer). Hang it someplace where it will catch the breeze. Each time you see it flutter, repeat the words to yourself.

PRAY Ask God to help you deal with whatever problem you are facing right now at home, at school, or at church.

Monday

READ Read 1 Samuel 1:9-18.

WRITE In your Bible study journal, write the names of family members and friends. Then write something nice you can do for them as well as how you plan to do it.

REVIEW Review the power text.

PRAY Pray that you will never ridicule or tease anyone. Ask God for the courage to always be pleasant to others.

Tuesday

READ Read 1 Samuel 1:19, 20.

SING Sing a joyful song that reminds you of Jesus' love.

REVIEW Review the power text.

PRAY Talk out loud to God. You may want to go for a walk outside and do this. Cry out to Him about what is on your heart. Then stop and be still and whisper, "Thank You, Jesus, for hearing my prayer."

Wednesday

READ Read 1 Samuel 1:21-23.

MAKE Take a box (shoebox). Cover it with white paper. Decorate it by drawing a large red cross on the lid. On small Band-Aid-size strips of paper, write some things you can praise God for. Then next time you feel sad you can take these "first-aid" strips out and read them.

REVIEW Review the power text.

PRAY As you pray, repeat to God in a prayerful way some of the things you have written on the strips.

Thursday

READ Read 1 Samuel 1:24-28.

THINK Hannah made a huge sacrifice in giving Samuel back to the Lord. Sometimes we need to give up some things in order to stay close to God.

LIST List the things you should give up—things that keep you from spending sufficient time with God.

REVIEW Review the power text.

PRAY Ask God to help you recognize what is most important in life and to live according to that truth.

Friday

READ Read 1 Samuel 2:1-10. This beautiful prayer that Hannah prayed is like a psalm.

WRITE Write out a short prayer/psalm thanking God for the way He has led your life. Feel free to use some of the words from Hannah's prayer that are meaningful to you.

SHARE Share your prayer/psalm with your family and with God.

REPEAT Say the power text aloud from memory.

PRAY Give thanks to God for the many ways you have been blessed by the gifts of His grace.