

# I Need Help!

By Jenn Joshua

for use as  
**STEP 1**

**Lesson 1****Focus:**

God hears the prayer of  
a broken heart.

**Lesson 1****Bible Basis:**

1 Samuel 1:1—2:21

**Lesson 1****Memory Verse:**

I call on the LORD in my distress,  
and he answers me.  
—Psalm 120:1

**Students will discuss how they deal with negative emotions and watch a brief news clip of a mother stepping in to help her daughter.**

**Materials:**

- Internet access
- Whiteboard & markers

As your students enter the classroom, ask them to write on the whiteboard a negative emotion they have experienced. Be sure to add your own contribution. Answers may include sadness, fear, anxiety, loneliness, despair, etc. After everyone has contributed, ask the group if they can think of others to add to the list; write them on the whiteboard as your class calls them out.

**Negative emotions come in all shapes and sizes. Some negative emotions can be healthy in a way. For example, fear makes us instinctively jump away if we find ourselves too close to something dangerous. But other negative emotions can be just plain crippling. Despair and doubt can leave us unable to complete basic activities. When that happens, it can seem impossible to escape without some kind of help.**

**Of course, when help arrives, it's a lifesaver. There's a heartwarming example of this that went viral—let's watch.**

Play this video for your preteens [1:55].

Mom leaps into action

<https://www.cbsnews.com/news/mom-helps-daughter-finish-talent-show-song-rise-up-andra-day-viral-video/>

**When nervousness and stage fright overcame Makayla, she completely forgot the words to her song for the talent show. Outside help was the only thing that made a difference.**

➤ **Have you ever been afraid or upset and needed someone's help to overcome a challenge? Tell us about it; what was the outcome?** (Encourage students to share their experiences; be prepared to share your own.)

**Today we're going to talk about someone who was overcome by negative emotions—in fact, she was brokenhearted and full of despair. Let's see what happened.**

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

Lesson 1 / June 3, 2018

# I Need Help!

for use as  
STEP 4 

**Lesson 1  
Focus:**

God hears the prayer of  
a broken heart.

**Lesson 1  
Bible Basis:**

1 Samuel 1:1—2:21

**Lesson 1  
Memory Verse:**

I call on the LORD in my distress,  
and he answers me.  
—Psalm 120:1

**Materials:**

- Internet access
- Index cards
- Pens/pencils
- Whiteboard and markers

As students clean up from Step 3, move back toward the lesson focus. **During the first part of our lesson, we talked about different emotions that can leave us needing help. For Hannah, that emotion was sorrow.**

➤ **Why was Hannah so sorrowful about not having children?** (Answers will vary but should include: Peninnah made fun of her; Hannah felt lonely; in her culture, childlessness indicated that she had lost favor with God; that was the main job of women in their society—to bear and raise children—so she felt she had no purpose.)

**God’s promise to be there for us when we need Him is the one thing we can always depend on.** Ask for two to three volunteers from the audience. Ask your volunteers to copy the references of the verses in the following article onto the whiteboard.

6 Bible Verses for Broken Hearts

<http://blog.bible/bible-blog/entry/6-bible-verses-for-broken-hearts>

After the six verse references have been written on the board, hand out an index card and writing utensils to each of your students. Ask for volunteers to look up and read the verses from their Bibles or Bible apps. Ask your students to copy the verse references on their index cards so that they can look them up again at home. **Let’s use the rest of the class period to make reminder cards to help us remember today’s lesson. I want you each to pick one of the verses on the board that is particularly meaningful to you and write out the entire verse on your index card.** As students work, play the following video for reflection [4:06]:

I Look To You – Selah – (with lyrics)

<https://www.youtube.com/watch?v=MvlgG9Uqa6g>

**This week, keep this reminder card in a place you will see it often. Look up one of the verses each day and ask for God's help in challenging or painful situations. You might be surprised by how God shows up!**

Close in prayer.

(We are not affiliated with and do not endorse any website or any other media listed on these pages. At the time of writing, we carefully review the referenced material and non-referenced web page content. However, due to the nature of the Internet, non-cited content on the website [including pop-ups, links, and ads] changes frequently and is beyond our control. Please review carefully before showing links in the classroom.)