





# God Answers Hannah's Prayer

1 Samuel 1:1-28

Most of the first- and second-graders in your class won't battle with a despairing sense of hopelessness. But they will feel sad or "down" during hard times or when they're exposed to tragedy in the news or in your community. If you notice that a child seems sad, gently say, "I notice you seem kind of sad today. Is there something you'd like to talk about?" Many young children have a hard time labeling their feelings. Your listening ears will give children the opportunity to verbalize and work through their emotions.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<b>1</b> Getting Started	<b>Cheerless Cheerleaders</b> (about 10 min.) Use gloomy "cheers" to tell about things that make them sad.	Bible	
<b>2</b> Bible Exploration	<b>Hannah's Heart</b> (about 10 min.) Tear a paper heart as they hear how sad Hannah was.	Bible, scissors, glue stick, CD player <b>Teacher Pack:</b> CD, "Hannah's Heart" poster 	Cut out the heart shapes on the poster, and glue them back to back.
	<b>A Prayer and a Promise</b> (about 15 min.) Hold their arms up to see how Hannah's heart ached, and then tape the paper heart to discover how God mended Hannah's broken heart.	transparent tape <b>Teacher Pack:</b> "Hannah's Heart" poster 	

**Bold text** within the lesson is spoken text.



## ►Bible Point


Turn to God when you're sad.

## Key Verse

"Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God" (Psalm 42:11).

## Weaving Faith Into Life

Children will turn to God when they're sad.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<b>3</b> Weaving Faith Into Life	<b>Lift Your Heart</b> <i>(about 10 min.)</i> Lift a paper heart as they offer praise phrases to God.	drinking straw, 8-foot piece of yarn, tape <b>Teacher Pack:</b> “Hannah’s Heart” poster 	Make a simple “pulley” by slipping an 8-foot length of yarn through a drinking straw. Tie a large knot or bow in both ends of the yarn so the ends won’t slip into the straw. Tape the straw vertically to a wall, as high up as you can reach, with just a little bit of yarn hanging out of the top.
	<b>A Handful of Joy</b> <i>(about 10 min.)</i> Draw pictures of things that bring sadness; then cover their pictures with happy faces as reminders that God brings us joy.	scissors, markers or crayons, construction paper, My Bible Fun, tape	Tear out the Lesson 5 pages from each My Bible Fun student book.
<b>4</b> Lasting Impressions	<b>Daily Challenges</b> <i>(about 5 min.)</i> Choose a Daily Challenge to apply God’s Word.	My Bible Fun	
	<b>Weaving Faith at Home</b> <i>(about 2 min.)</i> Talk about how to share what they learned with their families.		

**Bold text within the lesson is spoken text.**

BIBLE BACKGROUND  
FOR LEADERS

## Unable to Have Children

## Hannah Bitterly Prays to God for a Child

## Hannah Gives Samuel to God

## The Jesus Connection

Reread 1 Samuel 1:12-20. How does God respond to us when we cry out in anguish and grief? What sadness, pain, or grief do you need to pour out to God? It's great to know we serve a God who cares about our human hurts. Turn to God in prayer, and leave your pain with him today. You can write your prayer here.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## Cheerless Cheerleaders Supplies

Bible

# 1 GETTING STARTED

## Cheerless Cheerleaders

### What You'll Do ■■■■■■

Welcome kids warmly as they arrive, and ask them how their week went.

Gather everyone together.

Say: **In today's Bible story, we're going to learn about a woman named Hannah who was very sad. To better understand what Hannah felt like, let's think about things that make us sad. I'll teach you a cheerless cheer so you can tell us what makes you sad. The cheerless cheer goes like this.** Sigh and act depressed as you slowly and sadly say the following "cheer."

**I feel down, I feel down,** (*slouch shoulders and frown*)

**Waaaay down.** (*Crouch down.*)

**Here's what gave me**

**My frown!** (*Point to your sour expression.*)

Tell something that makes you sad. Then let kids take turns saying the cheer and telling what makes them sad. When everyone has had a turn, form a circle.

Ask:

- **What do you usually do when you're sad?**

Say: **Let's see what the Bible tells us to do when we're sad.** Open your Bible to Psalm 42:11, and show the passage to kids. Read aloud the Key Verse: **"Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God"** (Psalm 42:11).

### Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What does this verse tell us to do when we're sad?**
- **Why will hoping in God make us feel better?**

Say: **Our Bible Point says you can ► TURN TO GOD WHEN YOU'RE SAD. As we listen to our Bible story, listen to see what happened when Hannah put her trust and hope in God.**





## 2 BIBLE EXPLORATION

# Hannah's Heart

### What You'll Do ■■■■■■

Hold up a Bible opened to 1 Samuel 1:1-28, and show kids the passage.

Say: **This story comes from the book of 1 Samuel in the Bible. We're going to hear the story on the CD.** Hold up the paper heart so kids can see the picture of Hannah crying. **As we listen, we'll pass this heart around the circle. If you're touching the heart when you hear a baby cry on the CD, make a small rip in the edge of the heart.**

Play "Hannah's Heart" (track 5 on the CD) as kids pass the heart around the circle. (Encourage children to pass the heart slowly so they can pay attention to the story, too.) When the segment ends, hold up the ragged heart.

### Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- How do sad feelings remind you of this ragged, torn heart?
- What can you do when your heart feels sad, like this paper one?

Say: **The Bible tells us that you can ► TURN TO GOD WHEN YOU'RE SAD. Let's see what Hannah did!**

# A Prayer and a Promise

### What You'll Do ■■■■■■

Say: **Hannah's arms ached for a baby. To see what that's like, let's hold our hands overhead as we hear the rest of the story.**

Hannah was so sad. She went to the temple, where she prayed and cried before God. In the temple, Hannah prayed that God would give her a baby. Hannah promised that if God gave her a son, she would give the baby to God. She promised that as long as her son lived, he would serve God. Point to the tattered paper heart. **Hannah gave her sad, aching heart to God.**

Ask:

- How do your arms feel?
- How is that like the way Hannah felt as she prayed?
- What do you think God did when Hannah turned to him?



### Hannah's Heart Supplies

Bible  
scissors  
glue stick  
CD player

#### Teacher Pack

CD: "Hannah's Heart"  
(track 5)  
"Hannah's Heart" poster

### Hannah's Heart Easy Prep

Cut out the heart  
shapes on the poster,  
and glue them back to  
back.

### A Prayer and a Promise Supplies

transparent tape

#### Teacher Pack

"Hannah's Heart" poster





### Lift Your Heart Supplies

drinking straw  
8-foot piece of yarn  
tape  
**Teacher Pack**  
“Hannah’s Heart” poster

### Lift Your Heart Easy Prep

Make a simple “pulley” by slipping an 8-foot length of yarn through a drinking straw. Tie a large knot or bow in both ends of the yarn so the ends won’t slip into the straw. Tape the straw vertically to a wall, as high up as you can reach, with just a little bit of yarn hanging out of the top.

Say: **You can take your arms down now because when Hannah prayed, God gave her hope. She didn’t feel so sad—she didn’t even look sad! Hannah left the temple and went to eat. God had given her peace.**

Give each child a small piece of transparent tape.

Say: **To show how God healed Hannah’s heart, let’s tape the tears on our paper heart. As we mend the heart, we’ll pray. Each time someone adds a piece of tape, that person will say, “God, thank you for healing our hearts.”** Pass the heart around the circle, and lead children in their sentence prayers. When the paper heart comes back to you, set it aside.

### Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What should we do when we’re sad? Why?**
- **Why does God take away our sadness?**

Turn over the mended heart so children can see the picture of Hannah and baby Samuel. Explain that God didn’t just make Hannah feel better; God answered her prayer and sent a son. Tell children that Hannah named the baby Samuel, and when Samuel was about 3 years old, she took him to the temple where he could serve God.

## 3 WEAVING FAITH INTO LIFE

### Lift Your Heart

#### What You’ll Do ■■■■

Say: **When Hannah prayed and gave her sadness to God, God took away her sad feelings. Remember what our Key Verse says about being sad.** Read aloud the Key Verse: **“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God” (Psalm 42:11).**

Tape “Hannah’s Heart” (happy side showing) to the bottom end of the yarn on the pulley system you created before class. Let kids take turns offering simple praises to God, such as “God, I’m glad you’re powerful,” or “Thank you, God, for loving us so much.” Each time a child says a praise phrase, allow him or her to use the “pulley” to lift the heart a little higher. When the heart is as high as it can go, tape the yarn down to make the heart stay in place.

Say: **When we’re downhearted, praising God can lift our hearts and bring us joy!**



## Talk With Kids

Lead children in this discussion.

Ask:

- What should we do when we're sad?
- Why should we praise God, even when we feel sad?

Say: **Even when we feel sad, God is still the same loving, powerful God who deserves our praise. And when we praise God, he lifts our hearts!**

## A Handful of Joy

### What You'll Do

Have kids turn to the "A Handful of Joy" section of their My Bible Fun pages.

Say: **Hannah's hands were empty and her heart was sad because she didn't have a baby to love. But when Hannah gave her sadness to God, God brought her peace and answered her prayer. On the empty hands on your paper, draw a picture of something that would make you sad.**

Set out markers or crayons, and allow kids a minute or two to draw their pictures.

Say: **Hannah gave her sadness to God through prayer. Let's lift up these sad things to God to show that our hope is in him.** Lead children in a simple prayer, offering their sadness to God. **Praise God that we can find our hope in him.**

Then distribute scissors and sheets of construction paper. Have each child cut out a circle that is large enough to cover the drawing on the paper hands. Let children cover their "sadness" with a circle, draw a happy face on the circle, and tape the happy face in place.

Say: **Just as God replaced Hannah's sadness with joy, God can give us joy, too! When we turn to God, he never lets us down.**

## 4

## LASTING IMPRESSIONS

## Daily Challenges

### What You'll Do

Say: **Let's think about how you can ► TURN TO GOD WHEN YOU'RE SAD.**

Have kids find this week's Daily Challenges on their My Bible Fun pages and choose one to do this week. They can choose one or more of these three options:



### A Handful of Joy Supplies

scissors  
markers or crayons  
construction paper  
My Bible Fun  
tape

### A Handful of Joy Easy Prep

Tear out the Lesson 5  
pages from each My  
Bible Fun student book.

### Daily Challenges Supplies

My Bible Fun



- Each night before you go to bed, ask God to help you turn to him when you're sad.
- Tell a friend about Jesus, explaining that he is our hope and he loves each and every one of us!
- Pray for each of your family members, asking God to help them turn to him when they're sad.

Make sure you choose a Daily Challenge as well, and tell kids what you chose. Kids will be more inclined to follow through on their commitments when they see you doing the same.

### Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- What's a practical way you're going to do your Daily Challenge? Include a time, a place, and other ideas.

Say: **This week, show you can ► TURN TO GOD WHEN YOU'RE SAD by following through on your Daily Challenges.**

## Weaving Faith at Home

Encourage kids to talk with their parents about the Daily Challenges they chose and what they learned about how we turn to God when we're sad. Kids can also do the activities in the "HomeConnect" section of their My Bible Fun pages with their families.

Talk to your Director about emailing the FREE FamilyConnect to all your church's families. Available at [group.com/digital](http://group.com/digital).

Close in prayer, thanking God that we can put our hope in him and that we can turn to him when we're sad.

