

☀️ Sunday School Lesson: "When You're Lonely"

Age Group: Preteens (Ages 9-12)

Theme Verse: *"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."* - Deuteronomy 31:6 (NIV)

Big Idea: When you feel lonely, God is always with you and He cares about how you feel.

☀️ Bible Story: Elijah Feels Alone

Based on 1 Kings 19:1-18

Theme: God is with us, even when we feel alone.

☀️ The Story

Elijah was a prophet—a messenger for God. He had just been part of something amazing! God had sent fire from heaven to show that He was the one true God. But even after that miracle, some people still didn't want to follow God—especially Queen Jezebel. When she found out what happened, she became furious. She sent a message to Elijah that said, *"I'm going to kill you!"*

Elijah was scared. Even though he had just seen God's power, he ran for his life into the desert.

He walked all day, feeling tired and afraid. Finally, he sat down under a tree and said,

"I've had enough, Lord. I just want to die."

Elijah felt completely alone. He thought no one else believed in God. He was exhausted, scared, and sad.

Then something amazing happened. Instead of getting mad at Elijah, God sent help. While Elijah was sleeping under the tree, an angel came and

touched him. The angel said, *"Get up and eat."*

Elijah looked around and saw freshly baked bread and water. He ate and went back to sleep.

The angel came back a second time and said, *"Get up and eat some more, or the journey will be too much for you."* So, Elijah ate and drank again.

With God's strength, he traveled for 40 days and nights until he reached a mountain called Horeb. There, he found a cave and spent the night.

God asked Elijah, *"What are you doing here?"* Elijah replied, *"I've tried so hard to follow You, but I'm the only one left. Everyone else has turned away from You."* God told Elijah to stand on the mountain because He was about

to pass by. Then, a powerful wind blew across the mountain—but God was not in the wind. Next came a mighty earthquake—but God wasn't in the earthquake either. After that came a blazing fire—but still, God was not in the fire.

Finally, Elijah heard a gentle whisper. Elijah knew—it was God. God spoke to Elijah in a quiet voice and reminded him: *“You are not alone. There are still 7,000 people who have not turned away from Me. I have a plan, and I want you to keep going.”*

♥ What We Learn

- Even strong believers like Elijah can feel scared and alone.
- God doesn't get mad when we're honest about our feelings.
- God cares for us gently—with rest, food, and quiet reminders.
- We are never truly alone. God is always with us, and He often has people around us we don't even know about.

Key Takeaways:

- Feeling lonely is normal—even prophets felt that way.
- God sees, hears, and responds to us in our loneliness.
- God can speak in quiet ways when we take time to listen.

★ Discussion Questions

Why do you think Elijah felt so alone?

What did God do to comfort Elijah?

Can you think of a time you felt like no one understood you?

What are some ways we can remember that God is with us when we feel lonely?

★ Prayer Time

"Dear God, thank You for being with us even when we feel alone. Help us to remember Your promises and feel Your presence. Give us courage to reach out and comfort others too. Amen."