

# Sunday School Lesson: When You Feel Angry

## Memory Verse

Deuteronomy 31:6 - '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.'

## Lesson Summary

Everyone feels lonely sometimes. Maybe you feel left out at school or like no one understands you. But God promises that we are never truly alone. He is always with us, and He places people in our lives to help us.

## Think About It

1. When was a time you felt lonely?
2. What helped you feel better in that moment?
3. How can you help someone else who might be feeling lonely?

## Bible Exploration

Read Psalm 139:1-10. What do these verses tell you about how close God is to you?

Read John 14:16-18. What did Jesus promise to His followers?

## Activity: God's Presence Puzzle

Draw or write 5 things that remind you God is with you (examples: Bible, friends, prayer, nature, church). Decorate each piece like a puzzle showing how they fit together to remind you of His presence.

## Prayer Time

Write a prayer asking God to help you remember that you are never truly alone.

Dear God,

## Sunday School Lesson: When You Feel Angry

Sometimes I feel lonely and forgotten. Thank You for never leaving me. Help me to remember that You are always near. Bring good friends into my life and help me be a good friend to others too. In Jesus' name, Amen.

### Memory Verse Copywork

Deuteronomy 31:6

---

---

---