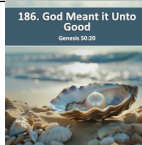


Hurt Feelings

Day 1



🎵 Listen to
Scripture Song:



Today's Promise (#186) — KJV

Genesis 50:20 "But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive."

💖 Apply the Promise!

God promises that even when people are terribly mean to us and deeply hurt our feelings, He can take that painful situation and turn it into something beautifully good!

📖 Bible Story (Genesis 37-50)

Joseph grew up in a family filled with jealousy and hurt feelings. His ten older brothers hated him so much that they threw him into a pit and sold him as a slave to traders going to Egypt.

For many years, Joseph suffered because of what his brothers had done. He worked as a slave, was falsely accused, and was put in prison for a crime he did not commit. He had many reasons to feel angry, bitter, and forgotten.

But God was still with Joseph. In time, God brought him out of prison and made him a ruler in Egypt. When a terrible famine came, Joseph was given the important work of storing and sharing food.

One day, Joseph's brothers came to Egypt to buy grain. They bowed before him, not knowing who he was. Joseph could have used his power to punish them for all the pain they had caused.

Instead, Joseph chose mercy. When he finally told them who he was, his brothers were afraid. But Joseph said, "Ye thought evil against me; but God meant it unto good."

Joseph was not saying their sin was right. What they had done was wrong and painful. But Joseph trusted that God had been working even through the hurt.

Joseph's story reminds us that God can take painful things and bring good from them. When people hurt our feelings, we do not have to hold on to bitterness. We can bring our pain to God, ask Him to help us forgive, and trust Him to use even hard things for good.

☀️ True Story

In the early 2000s, Jaylen Arnold was diagnosed with Tourette Syndrome when he was a child. This condition caused sudden sounds and movements, called tics, that he could not control. Some children at school did not understand. They teased him, copied his movements, and bullied him because he was different.

Their words and actions hurt Jaylen deeply. The bullying became so hard that he had to leave school for a while. He could have held on to anger and bitterness toward the children who had hurt him.

But Jaylen made a brave choice. When he was only eight years old, he went back to speak to some of the same classmates who had bullied him. He wanted to help them understand Tourette Syndrome and learn how much bullying hurts.

Jaylen was scared, but he did not let fear or hurt feelings stop him. He used his painful experience to teach kindness. His message became "Bullying No Way!"

That brave visit grew into Jaylen's Challenge, an anti-bullying program that teaches children to speak up, understand differences, and choose kindness instead of cruelty. Over the years, Jaylen has shared his story with many students.

Jaylen's story reminds us that hurt feelings do not have to turn into bitterness. With God's help, our pain can become a way to understand and help others. When we forgive, choose kindness, and let God use our hard experiences, He can bring good from what once hurt us.

💬 Discussion Questions:

- What terrible things did Joseph's jealous older brothers do to him when he was a boy?
- When Jaylen Arnold was bullied because of his Tourette's Syndrome, what famous charity did he start to help others?
- When someone hurts your feelings or says something mean to you, how can you act like Joseph and Jaylen instead of getting angry?

🎨 Activity:

Give everyone a piece of dark-colored construction paper and ask them to tear it into tiny, messy pieces. Explain that this represents how our feelings look when people say mean things and hurt us. Now, give them a bottle of glue and a white piece of paper. Challenge them to glue the torn pieces together to create a beautiful, brand-new mosaic picture! Explain that God can take our torn, hurt feelings and build something beautiful!

Hurt Feelings

Day 2



🎵 Listen to
Scripture Song:



Today's Promise (#187) — KJV

Psalms 28:7 "The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him."

💖 Apply the Promise!

When people say mean things and hurt our feelings, we don't have to fight back; if we trust God and pray, He will be our strong shield and protect our hearts!

📖 Bible Story (1 Samuel 1)

For many years, a woman named Hannah carried a heavy sadness in her heart. She deeply wanted a child, but she had no children. Another woman, Peninnah, was very unkind to her and often said hurtful things.

Peninnah's words wounded Hannah deeply. She constantly bullied Hannah, teased her, and provoked her on purpose just to make her cry. Year after year, Peninnah said cruel things that hurt Hannah so badly she could not even eat her dinner.

Hannah could have answered with angry words. She could have tried to hurt Peninnah back. But instead of fighting with her mouth, Hannah brought her pain to God. She did not pretend the words did not hurt. She simply chose to take the hurt to the One who could understand her completely. Instead of letting Peninnah's cruelty make her bitter, Hannah let her pain push her closer to God.

At the tabernacle, Hannah prayed with all her heart. She was so deeply troubled that her lips moved, but no sound came out. Eli the priest misunderstood her at first, but Hannah explained that she was pouring out her soul before the Lord.

After Hannah prayed, something changed in her heart. The Bible says she went away and was no longer sad. God had heard her prayer, and in His time He gave her a son named Samuel.

Hannah's story reminds us that when people hurt our feelings, we do not have to answer with anger. We can pour out our hearts to God. He understands every hurt, and He can give us peace instead of bitterness.

☀️ True Story

In the late 2000s, a teenage girl named Lizzie Velásquez discovered something very hurtful online. Someone had made a cruel video about her and called her "the world's ugliest woman." Millions of people had seen it, and many strangers had written painful comments. Some people even told her she shouldn't exist!

Lizzie was born with a rare condition that made her body look different from most people. Because of this, others sometimes stared, mocked, or judged her without knowing her heart.

When Lizzie read the cruel words, she felt deeply hurt. She cried and wondered why people would say such terrible things about someone they did not even know. It would have been easy for her to become angry and spend her life trying to hurt others back.

But Lizzie chose a different path. With help from her family and her faith, she decided that cruel words would not define who she was. She wanted her life to be shaped by kindness, courage, and purpose instead of bitterness.

Later, Lizzie began speaking to others about bullying, beauty, and treating people with respect. She used the pain she had experienced to encourage children and adults to be kinder.

Lizzie's story reminds us that hurtful words do not have to control our hearts. When people are unkind, we can bring our pain to God, choose not to fight back, and ask Him to help us become stronger, kinder, and more forgiving.

💬 Discussion Questions:

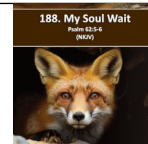
- What cruel thing did Peninnah do to Hannah year after year to hurt her feelings?
- When Lizzie found a terribly mean video about herself, what did she choose to do instead of fighting back?
- If someone says something mean that hurts your feelings, how can you trust God to be your "shield" today?

🎨 Activity:

Give everyone a hard, raw potato and a soft sponge. Drop the potato into a bowl of water and watch it sink straight to the bottom. Explain that when we hold onto offended, hurt feelings, our hearts become hard and heavy! Now, drop the sponge into the water. Watch it cheerfully float and soak up the water. Explain that when we pray and trust God with our hurts, He gives us a soft, forgiving heart that easily floats right above the heavy anger!

Hurt Feelings

Day 3



🎵 Listen to
Scripture Song:



Today's Promise (#188) — NKJV

Psalm 62:5–6 "My soul, wait silently for God alone, For my expectation is from Him. He only is my rock and my salvation; He is my defense; I shall not be moved."

💖 Apply the Promise!

God promises that when people let us down or hurt our feelings, He will be our steady rock and our strong defense, so our hearts don't have to be shaken!

📖 Bible Story (2 Timothy 4)

The apostle Paul had spent his life preaching about Jesus. He had traveled to many places, started churches, and made very close friends. But near the end of his life, Paul was put in prison in Rome and brought before rulers to defend his faith.

Because Paul had spent his entire life helping others and building up the church, he naturally expected his best friends to stand right by his side. He needed his friends to be his witnesses, to support him, and to help defend him in the courtroom.

But when the doors opened and Paul looked around, the room was empty. His closest friends were too scared of the guards to show up. Every single one of them had abandoned him in his very sad hour.

Paul could have complained that his friends had failed him when he needed them most. But Paul chose a different response. He wrote, "No one stood with me, but all forsook me... But the Lord stood with me and strengthened me."

Paul did not pretend their choice was right. Being left alone still hurt. But he gave that hurt to God instead of holding onto resentment.

Then Paul asked that their wrong choice would not be charged against them. People had failed him, but Jesus had not left him. Paul's story reminds us that when others disappoint us, God can be our steady rock and strong defense. We do not have to let hurt feelings shake our hearts. We can bring our pain to Him, forgive those who fail us, and trust that He will stand with us.

☀️ True Story

In 2006, a talented young singer named Mandisa auditioned for a famous television singing competition. She had a beautiful voice and was thrilled to share her gift with the judges. But after her audition, one of the judges made a cruel comment about her weight on national television.

Millions of people watched as the judge openly mocked her. Mandisa was deeply hurt, and she felt humiliated in front of the entire world. She had every right to be offended. She easily could have yelled right back at the judge or demanded a big apology. But Mandisa was a strong Christian. Instead, she prayed and asked God to help her forgive.

A few weeks later, Mandisa had the chance to stand right in front of that very same judge again. Instead of insulting him, she looked him right in the eyes with amazing grace. She calmly told him that his cruel words had deeply hurt her.

But then she said she had decided to forgive him! She said if Jesus could forgive her, she could forgive him. The judge was shocked and immediately apologized to her!

Her response surprised many people. Instead of letting cruel words control her, Mandisa chose to let God guard her heart. She did not fight back with anger. She answered with grace.

Mandisa's story reminds us that hurtful words do not have to make us bitter. When someone wounds our feelings, we can run to God, ask Him to steady our hearts, and let Him help us forgive. God can make us strong enough to answer hurt with grace instead of revenge.

💬 Discussion Questions:

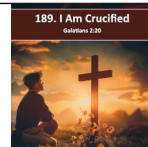
- When the Apostle Paul was put on trial for his life in Rome, what did his closest friends do?
- When Mandisa stood in front of the cruel TV judge a second time, what did she choose to say to him?
- When a friend lets you down or hurts your feelings, how can you make God your "rock" today so you aren't shaken?

🎨 Activity:

Place a large, heavy rock and a small, light paper cup on a table. Give the children a handheld fan or a piece of cardboard and let them take turns fanning both objects as hard as they can! Watch the paper cup easily blow away while the rock stays perfectly still. Explain that when our feelings get hurt, angry words can blow us away like the cup, but God makes us unshakeable rocks!

Hurt Feelings

Day 4



🎵 Listen to
Scripture Song:



Today's Promise (#189) — KJV

Galatians 2:20 "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me."

💖 Apply the Promise!

When people are mean to us, we don't have to fight back or get offended. Because Jesus lives inside us, we can stay peaceful and show grace instead. Our pride is completely dead, and a dead person cannot get their feelings hurt!

📖 Bible Story (Luke 9)

Jesus and His close friends were traveling on a very long journey to the city of Jerusalem. As they walked along the road, it started getting late. Jesus sent a few messengers ahead to a nearby Samaritan village to find a place to sleep.

But the people in the village were not welcoming at all. They saw that Jesus was traveling to Jerusalem, and they rudely rejected Him. They refused to open their doors or let Him stay there for the night. This was a very sad and hurtful offense!

James and John were deeply upset. They loved Jesus and thought the village had treated Him shamefully. But their anger quickly became too harsh. They asked Jesus if they should call down fire from heaven to destroy the people. They wanted to fight back and get revenge for their hurt feelings.

But Jesus turned around and gently corrected His angry friends. Jesus told them that they did not understand what kind of spirit they were supposed to have.

He did not want His disciples to answer rejection with revenge. The people had been rude, but Jesus had not come to destroy them. He had come to save. Instead of arguing, threatening, or proving His power, Jesus simply went with His disciples to another village. He did not let rejection control His spirit.

This story reminds us that when people hurt our feelings, we do not have to fight back. Pride wants to punish, answer sharply, or prove that we are right. But when Jesus lives in us, He can help us stay peaceful, walk away gently, and leave the situation in God's hands.

☀️ True Story

In 2007, a woman named Melina Salazar worked as a waitress at a diner in Texas. She was a very kind and diligent woman. But every single day, she had to serve a regular customer named Walter Swords. Walter was famously grumpy and incredibly unkind to her.

He would always complain loudly about his food and say rude things that deeply hurt her feelings. He was so demanding that the other waitresses completely refused to serve him! Melina could have let her pride take over. She easily could have yelled right back at him.

But Melina was a Christian. Instead of getting offended and fighting back, she chose to let the love of Jesus live through her actions. For seven years, Melina refused to get angry.

No matter how grumpy Walter was to her, she always walked up to his table with a cheerful smile. She made sure his food was cooked perfectly, and she served him with amazing patience and grace. One day, Walter sadly passed away.

A few days later, Melina received a surprising phone call from a lawyer. Even though he had always acted grumpy, Walter had secretly noticed her amazing love. Because she always served him with a humble heart, he had secretly left her a large reward in his will!

Melina's story reminds us that loving others is not only for people who are easy to love. When Jesus lives in us, He can help us answer rudeness with patience and hurtful words with grace. Our kindness may reach someone's heart in ways we never see.

💬 Discussion Questions:

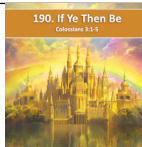
- When Jesus sent messengers to the Samaritan village, how did the people treat Him?
- How did the waitress Melina treat the grumpy, insulting customer every single day instead of fighting back?
- When someone is mean to you, how can you let Jesus "live inside you" to show them love instead of getting angry?

🎬 Activity:

Ask for a brave volunteer to lie flat on the floor, close their eyes, and pretend to be completely, one-hundred-percent dead! Challenge the rest of the children to gently try to "offend" the dead person by calling their shoes ugly or telling them their hair is messy. (No touching allowed!) Observe that the "dead" person does not flinch, argue, or get their feelings hurt at all. Explain that when we are dead to our own pride, cruel insults simply cannot make us mad.

Hurt Feelings

Day 5



🎵 Listen to
Scripture Song:



Today's Promise (#190) — KJV

Colossians 3:1–5 "If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God. When Christ, who is our life, shall appear, then shall ye also appear with him in glory. Mortify therefore your members which are upon the earth..."

💖 Apply the Promise!

If we keep our eyes looking up at heaven and remember how much Jesus loves us, the cruel words of this earth won't bother us!

📖 Bible Story (Acts 7)

Stephen was a faithful man who loved Jesus and preached the truth with courage. But some of the religious leaders became angry with him. They did not want to hear his message, so they brought him before the council and accused him falsely.

Stephen could have become afraid or angry. The men around him were speaking harshly, and their faces were full of hatred. But Stephen did not let their anger control his heart.

Instead, Stephen kept his mind fixed on God. He shifted his focus away from the painful things on this earth. While the leaders were yelling at him, Stephen literally looked straight up into the sky. He saw heaven opened and Jesus standing at the right hand of God. His face even began to shine as brightly as an angel!

When Stephen told them what he saw, the angry men rushed at him and began throwing stones. Their words and actions were cruel, but Stephen still did not answer with bitterness.

As he was dying, Stephen prayed for the very people who were hurting him. He asked God not to hold their sin against them.

Because Stephen was looking toward heaven, the insults and hatred of earth did not have the power to control his spirit.

Stephen's story reminds us that when people hurt us, we do not have to stare at their angry faces or let their words fill our hearts. We can look to Jesus. When our hearts are set on heaven, God can give us strength to forgive instead of fighting back.

☀️ True Story

In the eighteenth century, there was a very famous and bold preacher named George Whitefield. He traveled all over the world sharing the wonderful good news about Jesus. But sadly, not everyone liked his preaching.

Some people often yelled very cruel things at George or even threw mud at him while he was speaking to the crowds. One day, he received a very mean letter in the mail.

The unkind letter was filled with hurtful insults that were carefully designed to deeply hurt his feelings. The rude person who wrote it clearly wanted to start an argument or make him angry.

But George had learned not to let insults rule his heart. Instead of getting his feelings hurt, he remained peaceful and calmly wrote a reply.

He wrote back, "I thank you for your letter. But if you truly knew my heart, you would have said even worse things!" George knew he was a sinner who needed Jesus, and that helped him stay humble.

Because George only cared about what God thought of him, human insults simply could not hurt him at all. Instead of looking down on the person who insulted him, George looked up to Christ. He trusted God to defend him and kept preaching the gospel.

George Whitefield's story reminds us that cruel words do not have to shake us. When we remember how much we need Jesus, pride becomes weaker. We can let God guard our hearts, answer gently, and keep doing what is right.

💬 Discussion Questions:

- What amazing sight did Stephen see when he looked up into the sky instead of focusing on the angry mob?
- When George Whitefield received a letter filled with mean insults, how did he peacefully reply?
- If someone says something mean to you today, how can you "look up" and set your mind on heaven instead of getting upset?

🎬 Activity:

Tape a picture of Jesus to the ceiling. Scatter crumpled newspaper on the floor. Have the children walk around staring straight down at the messy trash. Next, tell them to stop, tilt their heads back, and stare only at the beautiful picture above. Ask them if they can still see the trash! Explain that when we fix our eyes on heavenly things, the hurtful things on earth simply fade away.