

Loneliness — Day 1



🎵 Listen to
Scripture Song:



Today's Promise (#136) — KJV

Joshua 1:9 "Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest."

💖 Apply the Promise!

When you feel completely alone, remember that God is standing right beside you! Because He promises to go everywhere you go, you can be strong and brave, knowing you are never truly by yourself.

📖 Bible Story (Joshua 1)

When Moses died, Joshua faced one of the loneliest moments of his life. For many years, Joshua had worked beside Moses. He had watched him lead God's people, pray for them, and listen to God's instructions. Moses had been his teacher, leader, and guide. But now Moses was gone, and Joshua had been chosen to lead the Israelites into the Promised Land.

Joshua's new responsibility was not small. He had to lead a whole nation across the Jordan River and into a land filled with strong cities and powerful enemies. The people would look to him for courage, wisdom, and direction. Without Moses beside him, Joshua may have felt small and alone.

But God did not leave Joshua by himself. The Lord spoke to him and gave him a promise: "As I was with Moses, so I will be with thee: I will not fail thee, nor forsake thee."

God told Joshua to be strong and of good courage. He did not say this because Joshua would never feel lonely or unsure. He said it because Joshua would never truly be alone. The same God who had helped Moses would help Joshua too.

Joshua needed to listen to God's Word, obey His commands, and trust that God would go with him wherever he went. Because Joshua believed God's promise, he stepped forward and led the people across the Jordan River.

Joshua's story reminds us that even when someone we depended on is gone, God has not left us. We can feel lonely, but we are never truly alone when the Lord is with us wherever we go.

☀️ True Story

In 1989, a ten-year-old boy named Joshua Dennis went on a scouting trip with his dad. They went to explore an old mine with their group. The mine was a huge maze of rocky tunnels. While walking, Joshua accidentally took a wrong turn. He became separated from his dad and the other boys. Soon, his flashlight died, trapping him in the dark.

Deep underground, the air was very cold and quiet. But the very first thing Joshua did was bow his head and pray. He asked God to stay with him. Outside, rescue teams searched for five long days and nights. They worried the boy would panic from being all alone. The workers could not find him and were preparing to call off the search.

But then, a rescue worker finally found him! Joshua was perfectly calm. He had no idea he had been lost for five whole days. He thought he had only been sleeping for a little while. They pulled him outside into the bright sunlight, and everyone cheered.

Later, Joshua told his dad what happened inside the mine. He did not feel lonely at all! He felt safe the entire time. He said it felt like someone was wrapping a warm blanket around his shoulders, keeping him company in the dirt. Because God was with him, he refused to be scared. He simply slept on a rock ledge and waited. His survival proved that God is always by our side.

Joshua's story reminds us that even in the loneliest places, God can still be near. When no one else can see us, He sees us. When we feel forgotten, we can pray and trust that we are never truly alone.

💬 Discussion Questions:

- What special promise did God make to Joshua to help him feel brave?
- What was the very first thing 10-year-old Joshua Dennis did when his flashlight died in the mine?
- When Joshua Dennis was finally rescued, did he realize he had been in the dark for five whole days?

🎨 Activity:

Give each child paper and crayons. Ask them to draw a picture of themselves in a place where they might feel lonely, like at school or in their bedroom. Then, have them draw Jesus standing right beside them, smiling! At the top of the page, help them write the words: "God is with me wherever I go." Keep this picture nearby to remember you are never truly alone.

Loneliness — Day 2



 Listen to
Scripture Song:



Today's Promise (#137) — KJV

Psalm 16:8-9 "I have set the LORD always before me: because he is at my right hand, I shall not be moved. Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope."

Apply the Promise!

When you feel invisible or left out, remember that God always sees you! If you set Him in front of you like a best friend, your sad heart can be glad and full of hope.

Bible Story (Genesis 16)

Hagar was a servant girl living far away from her own home. She was in a very painful situation and was not treated kindly. Her boss, Sarah, became angry with her and treated her so harshly that Hagar felt trapped and unwanted. At last, Hagar ran away into the hot, empty wilderness.

She walked a long, tiring way under the hot sun. She did not know where she was going to sleep. Finally, she came to a spring of water in the desert. There, Hagar sat down, alone and afraid. She had no family nearby to protect her, no safe home to rest in, and no friend walking beside her. It may have felt as if no one saw her pain or cared what happened to her.

But Hagar was not forgotten. The Angel of the Lord found her right there by the spring. God knew exactly where she was. The Angel even called Hagar by her very own name! He spoke to her and showed her that He had heard her crying. He gave her a wonderful promise about her family and told her what to do next.

Then Hagar realized something beautiful. Even in the wilderness, even when she was all alone, God had seen her. She called Him by a special name: "The God Who Sees Me." Hagar learned that God was always watching over her. Her situation was still hard, but her heart had hope. She wiped her tears and walked back knowing that the Lord cared about her.

Hagar's story reminds us that even when we feel unseen, lonely, or forgotten, God knows exactly where we are. He sees our tears, hears our cries, and stays near to us even in the wilderness experiences of life.

True Story

In November 2012, a fisherman named José Salvador Alvarenga left the coast of Mexico in a small boat. He planned to fish for only a short time. But a strong storm swept across the ocean, damaged the boat, and pushed it far away from land.

When the storm passed, José was drifting across the open sea. He had no motor, no way to call for help, and no clear way to get home. For months, his small boat floated farther and farther across the Pacific Ocean.

José's loneliness was heavy. After his fishing companion died during the journey, José spent many long months without seeing another human face. Day after day, he looked out over endless water. There were no houses, no roads, no friends, and no family nearby. Floating entirely alone for that long would cause almost anyone to give up.

But José did not stop talking to God. He prayed, remembered Scripture, and sang hymns in the empty boat. When the loneliness felt too heavy, he spoke to God as if the Lord were sitting right next to him in the small boat.

After 438 days at sea, José finally reached a remote island in the Marshall Islands and was rescued. He was weak and worn, but alive.

José's story reminds us that loneliness can feel painful, but we are never outside God's sight. Even when no one else is near, we can pray, sing, and remember that the Lord is with us on the loneliest waters.

Discussion Questions:

- Why did Hagar run away into the hot, empty wilderness?
- How many days did José survive alone in the vast Pacific Ocean?
- Hagar felt totally abandoned in the desert before she saw the well. Have you ever felt entirely alone with a tough problem, only to realize God was actually right there helping you?

Activity:

Set an empty chair in the middle of the room and imagine Jesus sitting right there in it. Talk about how that changes the way you feel when you are scared or lonely! Then, have each child write the words: "The Lord is at my right hand" on a slip of paper and tape it to the chair. It serves as a beautiful reminder that He is always present.



Today's Promise (#138) — KJV

Psalm 18:6 "In my distress I called upon the LORD, and cried unto my God: he heard my voice out of his temple, and my cry came before him, even into his ears." **Psalm 142:4-5** "I looked on my right hand, and beheld, but there was no man that would know me: refuge failed me; no man cared for my soul. I cried unto thee, O LORD: I said, Thou art my refuge and my portion in the land of the living." **Genesis 28:16** "...Surely the LORD is in this place; and I knew it not."

♥ Apply the Promise!

God is right there with you, even when you cannot feel Him. He is your safe hiding place!

Bible Story (Genesis 28)

Jacob was running away from home. He had made wrong choices, and his older brother Esau was very angry with him. As the sun began to set, Jacob found himself far from his family in a lonely wilderness. He had no tent, no warm bed, and no friend beside him.

When night came, Jacob lay down on the ground to sleep. He took stones from that place and used them for a pillow. The dark wilderness may have felt cold and empty. Jacob may have wondered if God would still care about him after the wrong things he had done. There were no familiar voices around him and no one to tell him what would happen next. That quiet, lonely night may have felt like the lowest place Jacob had ever been.

But God had not forgotten Jacob. While Jacob slept, God gave him a wonderful dream. He saw a ladder reaching from the earth all the way up to heaven. Angels were going up and down on it, and the Lord stood above it.

Then God spoke to Jacob. He promised to bless him, guide him, and bring him safely back. God said, "I am with thee, and will keep thee in all places whither thou goest."

When Jacob woke up, the lonely place did not seem empty anymore. He said, "Surely the LORD is in this place; and I knew it not." Jacob learned that God had been near him all along.

Jacob's story reminds us that we may feel alone, but God is never far away. Even when we are afraid, far from home, or sorry for wrong choices, the Lord sees us, stays with us, and watches over our steps.

True Story

Martin Pistorius was twelve years old when he came home from school with a sore throat. Within a few months, a strange illness took away his ability to walk, talk, and even make eye contact. The doctors mistakenly believed his brain had stopped working. For years, Martin sat silently in a wheelchair. His family took care of him, but they thought he was asleep on the inside.

But little by little, Martin's mind began to wake up. He could hear people talking and see the room around him, but he could not tell anyone. His body would not obey him. He was trapped inside his own body and had to sit quietly while people talked right in front of him, unable to ask for help.

Martin felt very lonely. He felt invisible, like no one knew the real Martin was still inside. But in those silent years, Martin realized God was right there with him. He learned to have silent conversations with the Lord. He prayed all the time in his quiet room, telling God exactly how he felt. Even without speaking a single word out loud, Martin built a beautiful, comforting friendship with his Creator.

God heard every one of those silent prayers. At last, a kind caregiver named Virna noticed that Martin was responding with his eyes. She realized he was fully awake! Martin was given a special computer that let him speak, and he wrote a book called "Ghost Boy" to tell everyone his story. Martin even got married and started a happy family of his very own.

Martin's story reminds us that even when we feel completely invisible, God hears the silent prayers of our hearts and knows exactly where we are.

Discussion Questions:

- What did Jacob use for a pillow when he slept on the ground?
- What part of his body did Martin finally move to show the nurse he was awake?
- Jacob felt abandoned in the dark, and Martin felt invisible in his own body. Have you ever felt totally alone, even when other people were in the same house?

Activity:

Have the children try to share a simple message (like "I am hungry" or "I am happy") without making a single sound and without using their hands. They can only use their eyes! Talk about how hard it is to share what we are feeling when we cannot speak. Remind them that even when we cannot talk out loud, we can always easily speak to God, because the Lord hears the silent prayers of our hearts!

Loneliness —Day 4



 Listen to
Scripture Song:



Today's Promise (#139) — KJV

Psalm 34:7-8 "The angel of the LORD encampeth round about them that fear him, and delivereth them. O taste and see that the LORD is good: blessed is the man that trusteth in him."

Apply the Promise!

When you feel completely alone or scared, remember that God has a massive invisible army! He sends His angels to camp all around you. You are safely surrounded, and you are never, ever outnumbered!

Bible Story (Revelation 1)

John was one of Jesus' closest disciples. He had walked with Jesus, heard His voice, and watched Him care for lonely, hurting people. But many years later, John was taken far away from the believers he loved.

Because John faithfully taught about Jesus, he was sent to a lonely island called Patmos. The island was rocky and surrounded by the sea. John was old, separated from his friends, and far from the churches he cared about.

But John was not forgotten or unprotected. One Sabbath day, while he was alone on that island, he heard a powerful voice behind him. When he turned, he saw Jesus standing in glory.

Jesus' face shone like the sun, and His voice sounded like many waters. John fell at His feet, but Jesus gently touched him and said, "Fear not." The same Savior who had loved John on earth was still near him on lonely Patmos.

Then Jesus gave John messages for His people. God even sent angels to show John visions of heaven, the future, and the final victory of Jesus. The lonely island became a place where John saw that heaven was very near.

John may have looked alone to other people, but heaven had not lost sight of him. The waves around Patmos could not separate him from Jesus. John's story shows us that God can surround His children even when they feel completely alone. Friends may be far away, and the place around us may feel empty, but heaven is still near. Jesus knows exactly where we are, sends heavenly help, and stays close to give us courage.

True Story

During World War II, a young missionary named Darlene Deibler Rose was taken prisoner by soldiers. She had traveled far from home to tell people about Jesus, but now she was separated from her husband and her friends. The soldiers locked her alone in a small, dark prison cell.

Darlene was kept in that room for a very long time. She was not allowed to read her Bible or talk to anyone. The cell was cold and quiet. Sitting all alone in the dark, Darlene experienced the deepest loneliness a person could feel. She did not know what would happen next, and it would have been easy to feel completely forgotten.

But Darlene chose to pray. She remembered songs she had learned when she was younger. To comfort her sad heart, she began to sing softly to God. Suddenly, as she whispered her song, the heavy loneliness vanished. Darlene heard an invisible choir of voices join her in the dark room!

The voices filled her tiny cell with music. Darlene looked around, but she could not see anyone with her eyes. Still, the joyful singing echoed clearly off the walls. She realized that God had sent His invisible angels to sing with her in the dark! She listened until her heart felt perfectly peaceful. Darlene later wrote a famous book about her survival, sharing that this heavenly comfort kept her from giving up.

Darlene's story reminds us that even when we feel completely alone in the dark, God's invisible angels are right there to keep us company.

Discussion Questions:

- Who came near to John while he was alone on the island?
- What invisible sound did Darlene hear in her dark room when she started to sing?
- When you feel alone or forgotten, what can help you remember that Jesus is still close?

Activity:

Hide several small paper angels or folded notes around the room. Have the children search for them quietly. Afterward, explain that just as the angels were nearby even when they could not see them, God's angels are near us even when we cannot see them.

Loneliness — Day 5



🎵 Listen to
Scripture Song:



Today's Promise (#140) — KJV

Proverbs 18:24 "A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother."

💖 Apply the Promise!

To make good friends, we must first be a good friend to others. And remember, Jesus is the greatest Friend who will never leave our side.

📖 Bible Story (1 Samuel 18 & 20)

Jonathan was a prince, the son of King Saul. As the king's son, Jonathan could have expected to become the next king of Israel. But God had chosen a young shepherd named David to be king instead. It would have been easy for Jonathan to feel angry, jealous, or afraid of losing honor. Instead, the Bible says Jonathan loved David as his own soul.

To show he was a true friend, Jonathan took off his royal robe and gave it to David. He also gave David his sword, bow, and belt. This was Jonathan's way of showing love, honor, and trust. Jonathan and David made a special promise to care for one another. Their friendship was strong because they both loved and trusted God.

Later, King Saul became very angry with David and tried to kill him. David must have felt lonely and afraid, wondering who he could trust. Jonathan had to make a hard choice. He could protect his own place in the royal family, or he could help the friend God had chosen.

Jonathan chose to be loyal. He warned David about danger and helped him escape safely into the wilderness. His faithful friendship helped David know he was not completely alone.

Jonathan's choice shows us what real friendship looks like. Just as Jonathan gave up his royal robe for David, Jesus left His throne in heaven to save us. He is the greatest Friend, and He stays close when others turn away.

The story of David and Jonathan reminds us that a true friend chooses kindness, loyalty, and love, even when it is difficult.

☀️ True Story

Josh Yandt was a quiet, nervous teenager when he started at a new high school in Canada. In the past, other kids had been very mean to him. He knew exactly what it felt like to be ignored and left out. Starting over at a brand-new school was a very scary experience for him.

Josh wanted to make new friends, but he was naturally shy. He remembered that if you want to have friends, you have to choose to be friendly first. So, he decided to do something simple. Every morning before the school bell rang, Josh walked up to the front doors of the building. He stood outside in the freezing cold weather and pulled the heavy doors wide open. He warmly greeted every single student who walked inside.

At first, the other students were confused. They were not used to a stranger greeting them with a big, cheerful smile. But Josh refused to quit. Day after day, he stood at the door in the cold. He held the door open and said good morning to everyone, no matter who they were. Because he was willing to stand in the cold, hundreds of kids started their day feeling happy and noticed.

Slowly, the feeling of the whole school began to change. Students started smiling back and learning his name. They even started holding doors open for each other! By taking one small, brave step to be kind, Josh Yandt went from being a lonely new kid to the most loved student in the school.

Josh Yandt's story reminds us that friendship starts when we take the very first step to be kind to others.

💬 Discussion Questions:

- How did Jonathan show that he was a true friend to David, even when it was dangerous?
- What simple job did Josh Yandt do every morning to show himself friendly to his new school?
- Who is someone you know that might need a friend right now, and how can you "shew yourself friendly" to them today?

🎨 Activity:

Sometimes making a friend just takes one small step. Today, decorate a friendly card and write a kind note inside like, "Jesus loves you, and I do too!"

Ask God to show you someone who might be feeling lonely this week. When you see them, smile and hand them the card to brighten their day!