

Lesson #4-12

HOPE FOR THE FUTURE

Jeremiah 29:1, 4-14

**Key Verse:**

For surely I know the plans I have for you, says the Lord...to give you a future with hope.

Jeremiah 29:11

The Point:

God provides a future full of hope.

Advent Theme (November 28—December 25)

God's Presence Brings Life

ALONE PRAYER

Learn to pray during lonely times.

You will need:

† Nothing

Instructions:

1. God's people felt alone and scared in this story. Do you ever feel alone or scared? What do you do if you feel that way? *[Find an adult, sibling, or friend, hide, hug a favorite toy, sing a song.]* One of the most powerful things we can do when we feel alone is talk to God. God is always there, even though we cannot see God. We are going to practice praying when we are alone, even though we will all still be in the room.
2. Have participants separate in the room so they are not sitting near anyone else. Have them close

their eyes. Remember those feelings we just talked about—being scared and alone. But now think about God being here with you, too. God is always, always with you. Let's talk to God so we feel less alone.

3. Repeat after me:

Dear God, (echo)

It is scary to be alone. (echo)

I know you are with me, (echo)

But sometimes I am still scared and lonely. (echo)

Help me remember (echo)

That you will never leave me (echo)

And I am never alone. (echo)

Amen. (echo).