

LESSON SUMMARY



Praise & Worship Songs

The Incredible Song



I Love You



PowerPoint

When life is tough, don't keep silent
Direction: Cry out to God

Memory Verse

The Lord hears His people when they cry
to Him for help." – Psalms 34:17

Overview

No one ever said that life would be easy. In fact, the opposite is often true. We deal with disappointment, uncertainty, and heartache on a daily basis. God knew life wouldn't be perfect, but He also knew that our troubles have the potential to bring us closer to Him. Unfortunately, most people have not learned how to cry out to God. Instead, they keep their pain inside and try to fix things on their own. This is exactly what Satan wants – he wants us to suffer alone, without the comfort of God. It's time to break that cycle. It's time for us to now that when life gets tough we shouldn't keep silent, we need to cry out to God.

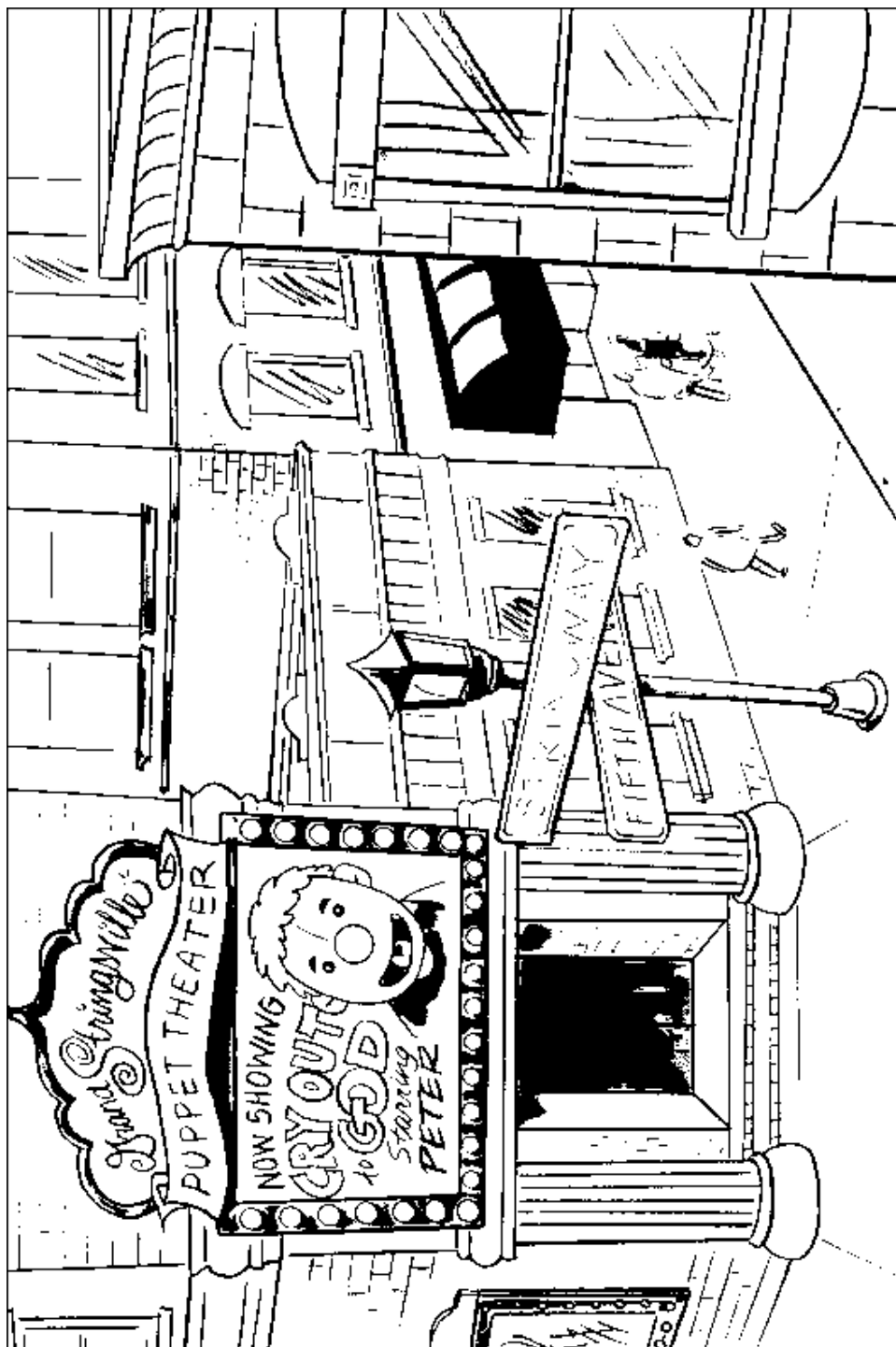
Bible Story

"Jesus Cries Out"

Jesus knew what it was like to suffer but as he sat in the garden sweating drops of blood, He did not keep silent. Instead, he knelt down and cried out to God.

Read today's bible story in **Matthew 26:36–45**





Bring your completed colouring
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bonus reward points!



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**CRY / GOD / HEARS / HELP / HIS / KEEP / LIFE / LORD /
MATTHEW / OUT / PEOPLE / PSALMS / SILENT / TOUGH**

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