

GO!
Join the Story!

GROUP ACTIVITY

This activity can be used in a small group at church or even with your kids at home!

The Restoration Race

Set up: Print one copy of the “Broken Heart” worksheet for every kid on 8½ x 11 paper. (There is a separate version of the puzzle for older and younger kids.)

Say: In today’s story, Jeremiah had a lot of things to be sad about, but God was close to him and kept Jeremiah from being crushed by his sadness. It’s the same for us. We all experience things that break our heart and make us sad, but God is right there with us and helps to piece our heart together again. We’re going to do an activity that will help us think about that.

Directions: Give each kid a “Broken Heart” puzzle and a pair of scissors. The worksheet will contain a heart with Psalm 34:18 written on it. Instruct the kids to cut the heart out of the paper and then to cut the heart into pieces along the provided lines. Tell the kids that cutting the paper into pieces reminds us of a broken heart. While the kids are cutting along the lines, ask what kind of things have happened to make them broken hearted or sad. Allow the conversation to continue for as long as it needs to, even if kids are finished cutting.

Say: When those kinds of things happen to us, it’s easy to feel like this paper—broken hearted. But in Psalm 34:18, it says, “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” No matter how sad something is, He doesn’t allow sadness to crush us and He helps us piece our heart back together. We’re going to give that a try right now.

Directions: Tell the kids to mix up their heart pieces on the floor. On “go,” have them race to piece the heart back together. If time permits, have them repeat the race several times. When finished, ask the questions below. At the end, give each kid an envelope to hold their heart pieces.

Question: What do you think God does for you when you’re sad? How do you know He’s close?

Question: In the Bible, it says that even Jesus wept. How can knowing this help you the next time you’re sad?

Question: Sometimes God uses other people to help heal a heart. What can you do to help someone when they’re feeling sad?