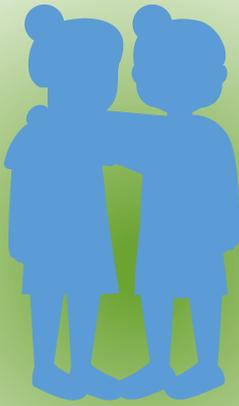


Thoughts on Consoling Friends

Sometimes we feel sad. It might be because something difficult or disappointing has happened, someone special has died, we miss someone or we feel sad but we're not sure why. We need a good friend when we feel sad and we need to be a good friend for them when our friends are sad.



The Bible says

'He is the compassionate Father and God of all comfort. He's the one who comforts us in all our trouble

so that we can comfort other people who are in every kind of trouble. We offer the same comfort that we ourselves received from God.' 2 Corinthians 1:3-4

'Be happy with those who are happy, weep with those who weep.' Romans 12:15

'God blesses those who mourn, for they will be comforted.' Matthew 5:4

What do these verses mean to you?

Do Ask your friends how they are feeling. Listen to them. Be with them. *(Encourage them to talk to an adult if they haven't already. Go with them if they want you to.)*



Game

Play a quiet game. Spot shapes in the clouds or "I Can.." see 5 different things, hear 4 things, touch 3 things, smell 2 things, taste 1 thing.

Idea

To console someone means to make someone who is sad or disappointed feel better by giving them comfort or sympathy. What can you do to console your friend? What would help your friend the most? Let them know you are there for them and you care for them. Let them talk to you and listen to what they need to say. Sit quietly with them if they don't want to talk. How could a friend console you? How would you let them know? Christians believe God comforts them and wants them to comfort others.

Pray

Thank you for the comfort and care of friends. Help us be able to console our friends with kind words and actions and by listening and being there for them.

