

LESSON 6

A DISCOURAGED DAVID ASKS GOD FOR HELP

OBJECTIVES

1. To trust in God when we are discouraged.
2. To know that God is there to help and uplift those who are discouraged.
3. To follow and obey God always, even when we are discouraged.

MEMORY VERSE

“Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me.”

(Psalm 23:4)

PRAYER

1. Thank You, God, for protecting us this past week and for gathering us here to learn about Your word on this holy Sabbath.
2. There are times when we have felt sad and hopeless, unsure of what to do.
3. Thank You for being there for us during those times of difficulty and for guiding us through each day.
4. May You help us remember the teachings in this lesson and lead us to apply them to our lives.



Overview

1. **Coming Home to Ziklag**
2. **Dealing with the Problem**
3. **The Rescue Mission**
4. **A Great Victory**
5. **Linking to the Ten Basic Beliefs**—Jesus is the one true God
6. **Life Application**—Dealing with Problems
7. **Activity**—Strengthened by Spiritual Songs



Background Knowledge for Teachers

Philistines

The Philistines were descendants of Noah's son Ham and were the tribe of people who were to become one of Israel's strongest enemies. “Philistine” means “sea people,” for they originally were sailors from the Mediterranean Sea. The Philistines were fierce warriors; they had the advantage over Israel in numbers, war expertise, and technology. They knew the secret of making weapons out of iron. This nation plagued Israel during the time of Joshua, the judges, and King David.

Amalekites

The Amalekites were descendants of Amalek, a grandson of Esau. They were a fierce nomadic nation that lived in the desert region of the Dead Sea. They made their livelihood by attacking other nations and carrying off their wealth and their families. They were the first to attack the Israelites as they entered the promised land, and they continued to raid Israelite camps at every opportunity. God wanted the Israelites to completely destroy the Amalekites because they were a corrupt and idolatrous people who would never leave them in peace.

Spoils

In ancient warfare, a victorious army and its individual soldiers had the right to take the possessions of a defeated enemy and carry them away. The spoils could include gold and silver, clothing, food, weapons, animals, and captives. The booty would provide the army and the nation with the necessary food, livestock, and weapons needed to sustain itself in wartime. It was also a form of pay to the soldiers, and it was an incentive and reward for going to war.

Numbers 31:21-24 gives the rules for ritual purification of such spoils. There were also principles for dividing the booty among the Lord, the army, and the community of Israel, which David did with the spoils he got

from the Amalekites. In this story, David established a principle that every member of an army was treated equally in the distribution of the spoil, regardless of whether he participated in the battle.



Reaching Out to Your Students

The students in your class are starting to face more complex problems in their lives, and as a dedicated RE teacher, your approach must be one of care, insight, and wisdom. In their earlier elementary years, students built up their foundation of how to ask God for help. But their problems are no longer single-faceted, and you cannot effectively counsel your students by using directives alone (“pray that God will help you,” “obey your parents,” “love your siblings,” etc.).

As a dedicated and loving teacher, you must be sensitive to the discouraged student, not only looking at the symptoms, but also seeking to understand what the student is thinking and making them feel accepted and important. Students will have multi-layered questions and the most obvious problem may not be their most significant problem. Try to understand the feelings of your students and provide guidance and wisdom to help them evaluate the reasons why they are discouraged. Identify their root issues and provide spiritual advice and prayerful knees to aid them in drawing nearer to God. Seek wisdom from the Lord and invest time, thoughts, and prayers to help your students through their problems.



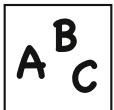
Opener

5 Minutes

I’m going to read a few examples of different situations we might face in our lives. How would you feel during these situations? What would you do? Who will you turn to first to help you with this problem? [Read the situations one by one, and ask students to share their responses after each one.]

1. You were bullied at school.
2. You got lost in the shopping mall.
3. Someone stole your favorite pencil.
4. Someone blamed you for doing something you didn’t do.
5. You lost your homework that was due that morning at school.
6. You find that your best friend wants to be best friends with someone else.

There are many things that happen in our lives that can make us sad, fearful, angry, or discouraged. There will be times when we can manage our own problems. But there may be times when we turn to people, such as our parents, teachers, doctors, security guards, etc., to help us deal with our problems. They are there to look after us and make sure we are safe. However, there will be times when they cannot be there for us, or when they just don’t know how to help us. But the God we worship is everywhere, and He is always able to help us. Therefore, no matter what problems we face, our first instinct should be to pray to God to help us with our problems. This demonstrates our faith and trust in God. In today’s lesson, we will find out how David and his men met with a terrible event that left them feeling totally helpless. We will learn how David trusted in God to deliver them all.



Vocabulary

discouraged: without hope, disheartened, sad

bitter: distressed, troubled

steadfast: unmoving, never changing, firm and always there

spoils: possessions (e.g., gold, silver, clothing, food, weapons, animals, or captives) taken from defeated enemy and nations



Bible Discovery & Spiritual Teaching

30-35 Minutes

Coming Home to Ziklag

In order to escape from King Saul who was seeking to kill him, David decided to take his 600 men and their families to live in the Philistine land where King Achish could protect them. The Philistines and the Israelites were archenemies and constantly battled. But David knew that the only way to escape from King Saul was to flee to enemy territory. Saul's army was not strong enough to invade the Philistine land and David knew that Saul would not go there to seek him. So, David lived among the Philistines.

One time when the Philistine army was to go out and fight against the Israelites once again, David and his men wanted to join the Philistine army to fight. But when the Philistine army commanders saw this, they were angry and ordered that David and his men turn back and leave. "What if David reconciles with his master and becomes our enemy during battle?" they said. So, David and his men were ordered to return home to Ziklag.

After three days of journeying, David and his men arrived home. But when they returned home, they realized that something horrible had happened. Because all the men had left for battle, the Amalekites had raided their city, took captive of all the women and children, and burned their city down. Imagine that you went on a weeklong camping trip and when you came home, your entire house had been burned to the ground and your parents, brothers, and sisters had been taken as well. How would you feel?

Dealing with the Problem

David and his army had lost everything. All their possessions, their homes, and most importantly, their loved ones were gone. David's two wives were also among those captured. David and his men didn't know if they were dead or alive, so what did David and his men do? They cried because they were deeply saddened and bitter. They cried until they had no more strength. Who has a baby brother or sister? Have you ever seen a baby cry and cry until they fall asleep? That's how exhausting it is when you're really sad or want something that you can't get.

But then David's men wanted to do something else. Let's read 1 Samuel 30:6.

How did the men respond to the situation? Yes, they began to talk about stoning David. Why do you think they wanted to stone David? Not only were David's men grieved, they were also very angry at what happened. In

their anger, they blamed David for what had happened. Have you ever been in a situation that made you very frightened, sad, and angry, and you just didn't know what to do? Usually, we don't think clearly in situations like these. Oftentimes, when we feel angry, we may want to hit or break something, or even put the blame on someone else. That's how David's men were feeling. Now if you were David what would you do? [Allow students to respond.] Let's read 1 Samuel 30:7-8 to find out David's response.

It tells us that David strengthened himself in the Lord his God. So, at a time when his men wanted to kill him, David didn't run away or use his words or authority to stop them. He first strengthened himself in God. This means that he turned his eyes on God. He didn't focus on the problems like his men were. While his men totally forgot about God, David remembered that God would be able to help him.

The Rescue Mission

So, David called Abiathar the priest who would help to ask of God. David asked God, "Should I pursue this band of Amalekites? Will I catch them?" David had no idea where the Amalekites went or how to find them. God answered, giving an extra answer as well! "Pursue them, for you will catch them and you will surely rescue all that has been taken" (1 Sam 30:8). Did anyone catch the extra answer that God gave? (You will surely rescue all that has been taken.) God told David that not only were the captives still alive, but he and his men would also be able to rescue them. At a time when it seemed as if all had been lost, these words must have been a tremendous comfort and encouragement to them. God let them know that they would surely rescue their loved ones.

So, David and his six hundred men set out after the Amalekites. When they reached a brook, two hundred of his men were too exhausted to cross, so David and the other four hundred men kept going. As they were searching in an open country, they found a young Egyptian man. This young man had not had anything to eat or drink for three days and three nights. Even though David and his men were in a hurry to find the Amalekites and resolve their own problem, they did not just ignore this man. They did something very kind and noble.

Let's read 1 Samuel 30:12b. What did David do? Yes, they fed him with food and water. After they fed him, the young man told them that he was a slave of the Amalekites. He began to tell how the Amalekites had raided different parts of the land and burned down the

city of Ziklag. After this, he was left behind by his master because he had fallen ill. This was the clue that David and his men needed to find their families. Imagine what might have happened if David had chosen to ignore this man. This was surely God's guidance!

David then asked the man if he could tell them where they went. The young man made David promise that they would not kill him nor give him back to his master, and then led David and his men to the enemy.

A Great Victory

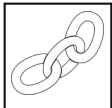
When the Amalekite slave led David and his men to the Amalekite camps, they found them eating, drinking, and dancing with joy. Why do you think they were celebrating so joyfully? Right, they had been very successful in their raids, and they had obtained a vast amount of spoils from the Philistines and the men of Judah. As they were celebrating, David and his men rushed in on them and struck them down from sunset until evening the next day. No one escaped except four hundred young men who had

fled on camels. Surely God helped give them strength to fight for so long after their long journey. By God's guidance, they recovered everything that was taken.

Let's read 1 Samuel 30:18-19. Here it tells us that nothing was lacking. Everything that was stolen, small or great, sons or daughters, were all recovered, but not only that. God does much more for us than we think. Let's read 1 Samuel 30:20. How did God bless David and his men? That's right, everything that the Amalekites had taken from their raids had been left behind. The flocks and herds and the vast amount of spoils was now theirs. We can see that there was a great amount because David later divided it among all his men and the elders of Judah (cf. 1 Samuel 30:26-31).

FOR TEACHERS

Hand out the Bible Discovery worksheet to the students. Give the students some time to answer the questions, and then ask some volunteers to share their answers.



Linking to the Ten Basic Beliefs

2-5 Minutes

Jesus is the one true God.

The God whom we worship is the Creator of the heavens and the earth, the only true God. Our God came into the world as a Man and suffered on the cross. Because of this, He can fully understand the trials and problems that we face. Therefore, we can come before Him boldly and freely at all times because He cares for us.



Check for Understanding

5 Minutes

- 1. What did the Amalekites do to Ziklag?** They burnt it down, took all the possessions, and carried away the women and children.
- 2. How did David's men's react when they found out what happened to their city?** They cried until they had no more strength and wanted to stone David.
- 3. How did David respond when he was discouraged? Which verse records this?** He strengthened himself in the Lord his God (v. 6).
- 4. What did David ask of God, and what was God's response?** "Should I pursue the Amalekites? Will I catch them?" God's response: "Yes, pursue, for you will overtake them and surely rescue all that has been lost."
- 5. What was one sign that showed that God was guiding David and his men?** The finding of the young Egyptian man, an Amalekite slave that knew the location of the Amalekites and their captives.
- 6. Besides allowing them to retrieve what they had lost, what extra blessings did God give to David and his men?** He gave them all the spoil of the Amalekites.
- 7. What can we learn from the way David treated the Amalekite slave?** We must show kindness to those around us, even when it is inconvenient. Even though he was in a hurry to rescue those who had been captured, David stopped to show kindness to the slave.
- 8. How can we strengthen ourselves in God today if we are discouraged?** Answers may vary.

HOMWORK ANSWER KEY

- David** – He lost everything and his men wanted to stone him. He found strength in his Lord.
David's men – They lost everything and were exhausted. They blamed David and wanted to kill him.
- He used an ephod to ask God if he should pursue the Amalekites. We can pray for the Holy Spirit to guide us, and talk to our parents and RE teachers.
- Nelson** – *Strengthened* – Nelson should forgive his sister and try to be kind to her. He can also let his parents know how he feels and pray to God to help him be more peaceful; Bible says – We must forgive and speak so that others receive grace when they hear. We must not speak hateful words, but rather be more tenderhearted.

Claire – *Strengthened* – Claire can talk to her spiritual companions, teachers, and parents about the bullying, pray to God to give her a heart to be happy with what she has, and tune out what others say by singing hymns and ignoring their words; Bible says – God looks at the heart, while man looks at appearances. We should not worry about what to wear, because God will provide all as long as we seek God first.

Jack – *Strengthened* – Jack can talk to his spiritual companions, teachers, and parents, and ask them to pray for him. He should be persistent and ask God to give him courage to say grace in front of his friends. He can also look for new, better friends if his current friends keep making fun of him; Bible says – We must shine for God. The world will hate us because the world hated Jesus. If we suffer for God, we shouldn't be ashamed but rejoice because our reward in heaven will be great.



Life Application

10 Minutes

1. Dealing With Problems

From our Bible story, we learned that David and his men were extremely sad and bitter to find that they had lost their loved ones and all their possessions. While David's men allowed the problem to overcome them, David behaved differently. Instead of simply being sad and angry, David thought of how to solve the problem. The first thing that David did was to pray and seek God's help. He did not do things his own way or think of a plan himself. God answered David's prayer by guiding him and his men to their enemies and enabling them to rescue everything that was lost and more. [Hand out Life Application Worksheet #1, and guide the students to complete the table and blanks as a class.]

A. The Wrong Way

In the Bible, there are many characters that faced problems. Read the passages to find out how they dealt with their problems the wrong way.

Bible Passage	What was the problem?	What did s/he/they do?
Exodus 17:1-4	The Israelites did not have water.	They complained to Moses and were ready to stone him.
Genesis 30:1	Rachel could not bear children.	She demanded that Jacob give her children or she would die.
Numbers 13:31-14:4	The ten spies reported to the Israelites about the giants that lived in the land of Canaan.	The entire congregation became frightened and discouraged, and they cried loudly. They complained to Moses and Aaron for bringing them out of Egypt. They didn't want to go into Canaan. They wanted to select a leader to take them back to Egypt.
2 Kings 1:2-3, 17	Ahaziah fell off the upstairs porch of his palace and was seriously injured.	He sent messengers to the temple of a false god to ask whether he would recover.

B. The Right Way

Let's look at some Bible characters that dealt with their problems the correct way.

Bible Passage	What was the problem?	What did s/he/they do?	How did God Answer?
Genesis 25:21	Isaac's wife Rebekah did not have children.	Isaac prayed to God.	God gave them Jacob and Esau.
Daniel 2:1-3, 12-19	Daniel and his three friends, along with all the other wise men, would be killed if they could not interpret the king's dream.	Daniel and his three friends prayed to God for mercy.	God revealed the vision to Daniel and gave him wisdom to interpret it to the king.
2 Kings 5:1, 9-14	Naaman had leprosy.	He went to seek help from the prophet Elisha.	His leprosy was completely healed. His skin became as smooth as a little child's.
Mark 10:46-52	Bartimaeus was blind, and he had to beg for a living.	He called out to Jesus.	Jesus healed his sight.

Why should we turn to God when we face problems?**1. God is all-powerful, all-knowing, and ever-present.**

He created the heavens and the earth, and there is nothing too hard for Him.

- a. "I will lift up my eyes to the hills—From whence comes my help? My help comes from the LORD, who made heaven and earth." (Ps 121:1-2)
- b. "For with God nothing will be impossible." (Lk 1:37)

2. God loves and cares for us.

Our parents help and care for us because they love us. Similarly, God loves us very much because we are His children. When we cry out to Him, He will lift us out from our troubles.

- a. "Casting all your care upon Him, for He cares for you." (1 Pet 5:7)

3. His way is the best way.

As humans, our intelligence is very limited. We cannot see into the future. Therefore, solving problems using our own thinking and ways often does not help. But God is an all-knowing and wise God who knows how best to solve our problems. He solves our problems in ways that are beyond our imagination, and He does much more than we expect.

- a. "For My thoughts are not your thoughts, nor are your ways My ways," says the LORD. For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts." (Isa 55:8-9)
- b. "Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us." (Eph 3:20)

4. God is faithful.

Has someone ever promised you something, but later they did not do what they had promised? How did that make you feel? Our God is faithful and reliable. When we trust in Him, He will surely help us overcome our problems.

- a. "For the Scripture says, 'Whoever believes on Him will not be put to shame.'" (Rom 10:11)

2. Finding Strength in Trials

When we face with troubles, God will give us the strength to overcome our problem. There are many different ways that God can give us strength.

God may give us physical strength. In 1 Kings 19:5-8, Elijah physically traveled for forty days and nights on the food that the angel of the LORD gave him alone.

God also gives us strength in our inner man and mind. Sometimes, problems cause our mind to be clouded and confused. We get stuck on replaying the problem over and over again in our minds to the point where we can't think clearly. It's like being caught in a web. But by trusting in God, God strengthens our mind and gives us focus and clarity so that we know what to do.

In what other ways can we be strengthened? [Have students respond.] There are many ways we can gain strength to deal with our problems. The best ways are through prayer, reading the word of God, singing hymns, and sharing with our brothers and sisters.

[Hand out Life Application Worksheet #2, and give students time to complete it. Then, go over the worksheet as a class. The answers are listed below.]

Answers

1. Danny
(Josh 1:9) "Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go."
2. Elise
(Mk 11:25) "And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses."
3. Harry
(Eph 6:1) "Children, obey your parents in the LORD, for this is right."
4. Lisa
(Ps 54:4) "Behold, God is my helper; the Lord is with those who uphold my life."
5. Jake
(Phil 4:6) "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God."



Activity

Strengthened by Spiritual Songs

10-15 Minutes

Materials

- Colored cardboard
- Markers
- Hymn books

David wrote many psalms and was known for singing them to talk to God. In Psalms 13, 18, and 38, David is able to change his viewpoint and be encouraged by God's faithfulness and steadfastness.

Instructions

1. Ask the students each to choose one hymn that cheers them up when they are sad. The hymn should either be quite short (2-3 lines max) or have a chorus.
2. Fold the colored cardboard into a 5x7 card, and write the lyrics inside the card. On the front, title the card "The Lord Strengthens Me". On the front inside (left side), write the lyrics of the chorus or short hymn.
3. On the other inside page (right side), write: "Dear Bro/Sis, I sing this hymn to bring me joy. May it also strengthen you. Signed, [Student's Name]"
4. Lead the class in singing each hymn/chorus with the goal of memorizing the lyrics.
5. Have students swap their cards with another student. Remind students that they can sing these hymns that they've memorized any time they need to be strengthened by God.

A DISCOURAGED DAVID ASKS GOD FOR HELP

Instructions: For the following questions, imagine that you are one of David's men.

1. Coming Home to Ziklag

Describe what you saw when you arrived home at Ziklag.

2. Dealing With the Problem

Write down all the feelings you felt and how you coped with the problem.

3. The Rescue Mission


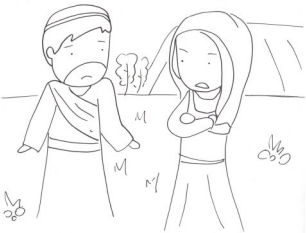


You continued with David across the brook. What did you think when you found the Amalekite slave lying in the field? What was going through your head when you heard what the slave said?

4. A Great Victory





How did God give David and all his men great victory?

THE WRONG WAY VS. RIGHT WAY

Instructions: Complete the tables below by reading the passages to find out how the characters in the passages dealt with their problems the wrong way and the right way.

The Wrong Ways of Dealing With Problems		
Bible Passage	What was the problem?	What did s/he/they do?
Exodus 17:1-4 		
Genesis 30:1 		
Numbers 13:31-14:4 		
2 Kings 1:2-3, 17 		

The Right Ways of Dealing With Problems

Bible Passage	What was the problem?	What did s/he/they do?	How did God answer?
<p style="text-align: center;">Genesis 25:21</p> 	<p style="text-align: center;">Isaac's wife Rebekah did not have children.</p>		
<p style="text-align: center;">Daniel 2:1-3, 12-19</p> 	<p style="text-align: center;">Daniel and his three friends, along with all the other wise men, would be killed if they could not interpret the king's dream.</p>		
<p style="text-align: center;">2 Kings 5:1, 9-14</p> 	<p style="text-align: center;">Naaman had leprosy.</p>		
<p style="text-align: center;">Mark 10:46-52</p> 	<p style="text-align: center;">Bartimaeus was blind, and he had to beg for a living.</p>		

C. Why should we turn to God when we face problems? Look up the Bible verses and fill in the blanks.

1. God is all-powerful, all-knowing, and ever-present.

a. "I will _____ up my _____ to the _____—From whence comes my help?
My help comes from the _____, who _____ and _____." (Ps 121:1-2)

b. "For with _____ will be _____." (Lk 1:37)

2. God loves and cares for us.

a. "_____ all your _____ upon _____, for He _____ for you." (1 Pet 5:7)

3. His way is the best way.

a. "For _____ are not _____, nor are _____
_____, " says the LORD. For as the _____ are higher than the _____, so are _____
_____ higher than your ways, and _____ than your thoughts." (Isa 55:8-9)

b. "Now to Him who is able to do _____ all that we
_____ or _____, according to the _____ that works in us." (Eph 3:20)

4. God is faithful.

a. "For the Scripture says, 'Whoever _____ on _____ will not be put to _____.'"
(Rom 10:11)



FINDING STRENGTH IN TRIALS

Instructions: Read the following scenarios and look up the Bible verses. Then, match the verse to the person that it can strengthen.

- o Eph 6:1-2 o Ps 54:4 o Phil 4:6 o Mk 11:25 o Josh 1:9

1. Danny had just moved to town from overseas and was trying to settle in school and church, but he was struggling. Everyone spoke English so quickly that he couldn't understand what they were saying, and he would get nervous every time the teacher would ask him a question. He didn't have enough courage to speak up and was worried that if he asked for help, it would make him look silly and no one would want to be friends with him.

Verse: _____

2. Elise had been best friends with Carol for as long as she could remember. But one day, they had a big fight and Carol said she didn't want to be friends with Elise anymore. She ignored Elise's messages and would walk away from her when they saw each other at school or church. Elise was confused and deeply saddened. "If Carol is going to ignore me, then I'll ignore her, too. I don't need such friends." Elise thought.

Verse: _____

3. Harry's dad recently lost his job, which meant that their whole family had to cut down on how much they spent. But Harry's school was having a field trip to the local sports team's stadium, which Harry had been looking forward to all year. Harry's dad told him that they couldn't afford for Harry to go on the field trip. Harry tried to keep a brave face in front of his dad, but inside he was feeling very disappointed and angry. He went to his room and threw his books on the floor.

Verse: _____

4. Lisa had always been close to her grandma. They always did things together, whether it was watching TV or going for walks in the park. But one day, her grandma fell down during one of their walks, and they had to take her to the hospital. Lisa's parents told the family to pray for her grandma because it was very serious. When Lisa heard this she was sad because her grandma might pass away.

Verse: _____

5. Jake was extremely excited—his soccer team had made it to the finals of the junior tournament! Victory was, in his mind, only a game away. He could practically see the medals and the shining trophy in the school cabinet display. His excitement, though, was combined with a great deal of nervousness. Because of this, he decided to spend extra time practicing after school each day. Jake practiced very hard, but at the same time, his anxiety about the game was increasing, too. What if he made a mistake that caused his team to lose? He knew that everyone played as a team, but in the past, he had made silly mistakes.

Verse: _____

E2 Year 2 Book 4 Lesson 6—A Discouraged David Asks God for Help

Homework Assignment

Name: _____ Parent signature: _____ Date: _____

Weekly Bible Reading: _____

Bible Reading: Check each box when you complete that day's reading.

Prayer: Check each box after you pray to God that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pray	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What I Learned from the Bible This Week

1. _____

2. _____

Memory Verse

Please write down this week's memory verse. (**Psalm 23:4**)

Short Answer

1. Why were the below people discouraged and how did they react when they were discouraged?
 - a. David

 - b. David's men

2. How did David inquire of God? How can we inquire of God today?

3. How can the following students be strengthened by the Lord, and what does the Bible say?

Sibling Rivalry

Nelson is always frustrated with his older sister Nancy. He feels as if she doesn't understand him. As a result, the two are always getting into fights and getting scolded by their parents. But Nelson feels that his parents always scold him more harshly than Nancy, and he feels alone and angry.

How can he be strengthened by the Lord?

The Bible says (Eph 4:29-32):

The Looks

Claire's friends at school are always complaining that they don't look pretty enough. They compare themselves to pop stars and want their hair and clothes to be like their idols'. Claire's parents can't afford to buy her such expensive brand name clothes, so her classmates constantly tease her about the way she dresses and looks. Claire feels very discouraged and sad.

How can she be strengthened by the Lord?

The Bible says (1 Sam 16:7; Mt 6:25-33):

Excluded

Jack always says grace at school before he eats lunch. But all of his friends and classmates make fun of him, saying he's weird and a loser for doing that. This discourages Jack because he's trying to do the right thing, but he feels like he is suffering because of it.

How can he be strengthened by the Lord?

The Bible says (Mt 5:11-12; 14-16):