

Have you ever felt alone? (let kids give examples- maybe playing in room alone, couldn't find your parent in a store, no one to play with on the playground, etc)

Some of these times we talked about were about a time you were physically alone. That is nice sometimes, right? In fact, we all need alone time sometimes.

But what about the times you don't want to be alone, but you feel alone...even if you are around a lot of people? For example, you are in a group of people talking about this great new movie that came out that they all have seen...but you haven't.

Maybe you are with friends at the park. When trying to decide what to play, they all want to play a sport you can't play because you have a hurt foot. Would you feel all alone watching them play?

What if a group knows you go to church and believe in God and they start making fun of you.

Those are all times you might be with others but feel all alone.

#TargetPractice: What can we do when we feel all alone?

In the message today, we learned about Elijah. What did he do when felt like the only one who was still serving God? (went off by himself, was sad, didn't try to take care of himself, just focused on the negative)

Do you think that is how we should handle those feelings?

- Talk to God about your feelings. Ask Him to help you see others who can help you with those feelings
- Be with others. Talk to someone you trust
- Realize God made you who you are for a reason. You are God's child and that is nothing to be upset about.
- Look for the positive. Change how you look at the situation and you would be amazed how different you feel and the attitude you have about it (instead of "I'm alone" think "is there someone who feels alone who might need me?")