

Lesson 3 / March 17, 2024

Changing Fast

By RLD Editorial Team

for use as
STEP 1 **Lesson 3****Focus:**

When you face tough changes, God is there with His power.

Lesson 3**Bible Basis:**

2 Kings 2:1-15

Lesson 3**Memory Verse:**

The LORD is my strength and my shield; my heart trusts in him, and I am helped.
—Psalm 28:7

Students will watch a video about why change feels hard as they explore how God is always there with His power when we face tough changes.

Materials:

- Internet access

It's easy to get used to routines—the things we expect to always be the same. But inevitably, change comes along and mixes things up. These changes can feel difficult for a variety of reasons. Let's watch a video of several people sharing their perspectives on why transitions can feel so challenging.

Play the following video for your students [2:37]:

Why is change so hard? | LSE Festival 2023

<https://www.youtube.com/watch?v=qvXiSod93K8>

Many of you have experienced life changes in the last year. Maybe your family has moved, your friend group has shifted, your extracurricular activities look different, or you've lost a loved one. These types of changes can be challenging to get used to. As our video said, even positive changes can feel hard because they mean losing the way things are.

- **What's the biggest change—this year or in general—that you've had to deal with? What was difficult and what was easy?** (Answers might include: moving to a new city, changing schools, etc.)
- **What is the hardest part of changing routines?** (Answers may vary.)

Our lives may not have changed too much over the last year compared to the changes others have faced, but that doesn't mean our situations are any less important or any less challenging. In our lesson today, the prophet Elisha needed help to deal with a big, unexpected change. Let's see what we can learn.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

upper elementary



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STEP 4 

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Focus:**

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Materials:

- Index cards
- Pens/pencils

If your class is meeting online, invite your students to bring supplies with them to class.

As students clean up from Step 3, move back toward the lesson focus. **Elisha knew that he couldn't handle the change of losing Elijah on his own, so he asked God for a double portion of God's power.**

- **When was the last time you needed help dealing with a big change? How did you cope?** (Be prepared to share examples from your own experiences.)
- **Have you ever asked God for help in that kind of situation? What happened?** (Encourage students to share their stories.)

It's easy to forget to ask God for help. When our problems or transitions are small, it's tempting to tell ourselves it's not important enough for God to care about. When they are big, it can be hard to see what God could do at all! But God wants us to ask for His help with *everything* we are going through.

Distribute supplies (or invite students to have them ready at home). **Because it can be hard to remember to ask for God's help with changes in our lives, we're going to do an exercise to help each other out. Make three columns of equal size on your index cards.**

At the top of the first column, write "small changes." This column will be for changes in your life that don't seem to bother you too much, but are still different or unexpected. At the top of the second column, write "bigger changes." This space is for things in your life that bother you a little more. At the top of the third column, write "major changes." This space is for big changes that you don't know how to deal with at all.

Take a few minutes to think about what situations you're facing and what space they belong in. If you have a different situation for two or even all three of the spaces, write those down as well. It should just be a few words, enough to remind you of whatever change or other situation you're thinking about.

When your students have had time to finish writing, draw their attention back to the front of the room. **Thanks for spending time on this. Now, I'd like you to each pair off with someone else in the room who will be your prayer partner this week** (if you have an uneven number of students, offer to fill in as a prayer partner for someone yourself). Give students an opportunity to spend a few minutes discussing the situations they've written about and then praying for each other.

This week, spend a little time each day asking God to help your prayer partner through the changes they've written about, and they will do the same for you! Let's see how God comes through.

Close in prayer.

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