



DivorceCare for Kids



Activity Book

DIVORCE *Care*



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Welcome Kids!

My name is Herby. I have been selected to be your companion during the next few weeks.

You are probably a little nervous about coming to a group that talks about your parents' divorce. You probably don't like the fact that your parents are divorced. Some of you might even feel embarrassed about being here.

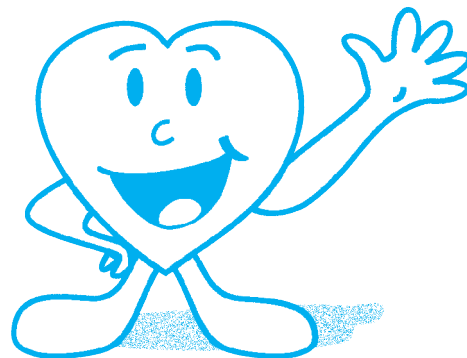
In DivorceCare for Kids you will meet other kids who feel the same way. After you meet your DC4K leaders and get to know some of the kids, you will make new friends. You may even be able to help some other kids with their divorce problems, and they may help you.

Your DC4K leaders are here to help. You can talk to them when something is bothering you. You can share fun things with them too. They will be praying for you. They are looking forward to getting to know you and spending the next few months with you.

To help get you started, here's part of a rap that was written about me:

"My name is Herby, Herby Heart a Beatin'
Say kids, welcome to our meetin'"

From our heart to your heart,
Herby and the DC4K team



DC4K Music CD DC4K Storybook

How to get your own copies

Hey Kids!

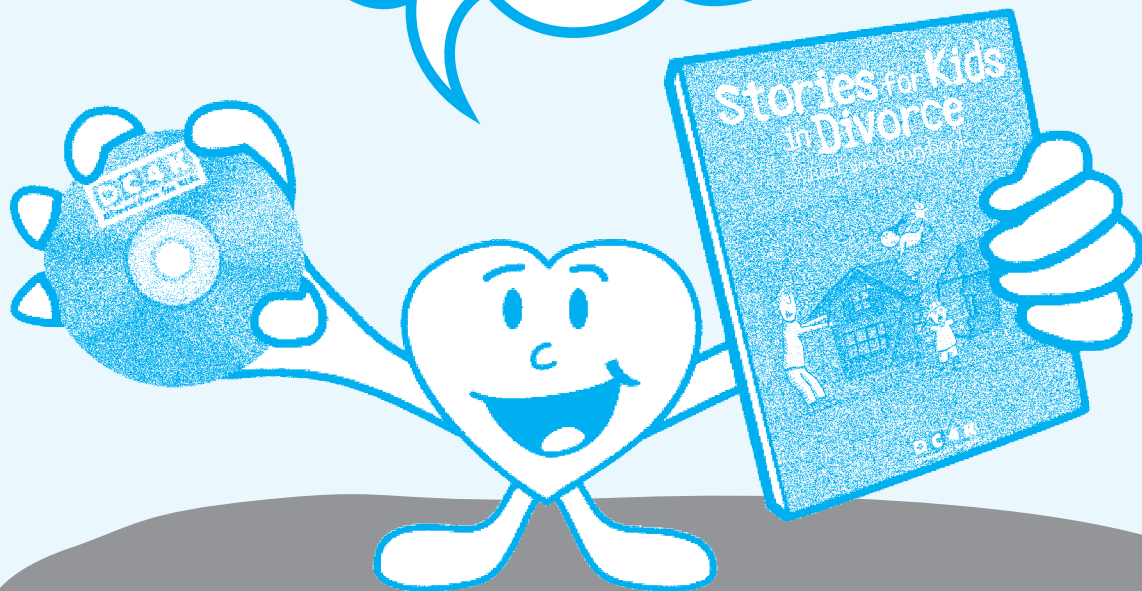
During the next 13 weeks you will be hearing stories from the book *Stories for Kids in Divorce*, and you'll be listening to songs from two *Kids Like Me* CDs. These stories and songs have been written especially for children whose parents are going through a divorce. If you'd like to order a copy of the book or the CDs, have

your parent call

1-800-489-7778*

or visit

www.DC4K.org



* International Telephone:
919-562-2112

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Meet Jesus

And develop a personal relationship with Him

Do you wonder why terrible things often happen around you?

When bad things happen in your family, you may feel scared, sad or even angry. It seems so unfair! God knows how you feel and He understands. Even God is sad when terrible things happen.

Does God know and care about you?



Yes! The living God knows what is happening to your family, and He cares about what you think and how you feel. In the Bible, God says He loves you with a love that lasts forever (Jeremiah 31:3). It may seem like nobody understands what you are going through, but God does. You can trust God even when everything around you is going wrong.

Why do so many bad things happen in the world?

Why do moms and dads divorce? Why are there disasters like fires and floods? Bad things like these were not always there. When God created the world, He made it perfect. Why did things go wrong?

It started when the very first people chose to ignore God. Instead of obeying God, they did what they wanted to do. Disobeying God is called “sin” and the consequence of sin is separation from God. When sin came into the world, it ruined God’s perfect creation. Bad things started happening, and people started doing things that hurt others. Even worse, everyone from that time on has been born sinful, even you.

In love, God made a way to save you from your sin by sending His perfect Son, Jesus Christ, to take the punishment you deserve for your sin by suffering and dying on the cross. God knew this was the only way your sin could be forgiven (Hebrews 9:22). The Bible says that Jesus died, He was buried and three days later God brought Him back to life (1 Corinthians 15:3–4). He is alive in heaven today.



God’s plan in sending His Son shows how much He loves you! God wants to be your loving heavenly Father and comfort you during this difficult time. He can help you get through your parents’ divorce.

How can you become part of God's family?



The Bible tells us that anyone who receives Jesus, believing in His name, becomes God's child (John 1:12). To believe in Jesus is to trust completely that He died for you so you can be forgiven for your sins.

Will you believe in Jesus and become part of God's family right now?

You can use words like these to tell God:

Dear God, I believe that Jesus is Your Son, who died for me and rose again. I know I have sinned and I'm sorry. I want to receive Jesus as my Savior and become part of Your family. Thank you! In Jesus' name, Amen.

If you just did this, write your name and today's date on the lines below to help you remember when you became part of God's family.

Name

Date

As your heavenly Father, God will help heal the hurt you are feeling now, and He will comfort you. You can talk to Him anytime about anything. That is what it means to pray.

Does this mean that nothing bad will ever happen to you again?

No, bad things will always happen in our world. But God has promised He will never leave you (Hebrews 13:5). The Bible also says the Lord is your helper: You don't need to be afraid (Hebrews 13:6). God will help you get through anything.

What's next?

Believing in Jesus is only the first step in an exciting relationship with God. You'll want to get to know Him better and learn His plan for your life.

A great way to do this is to join the CEF Mailbox Club™, a ministry of Child Evangelism Fellowship®. Use the enrollment card located in the back of this workbook to receive FREE Bible lessons in the mail. When you do a lesson and send in the question page, CEF will check it for you and send the next lesson in just a few days. After all the lessons are done, CEF will send you a FREE copy of *The Wonder Devotional Book*.

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Meet the Kids Like Me Stars

Each week you will spend time watching a scene from the *Kids Like Me* drama. You'll discover that these are kids "just like you." Let's meet the characters:



Samantha, known as "Sam," lives with her mother in a trailer. Her parents are divorced.



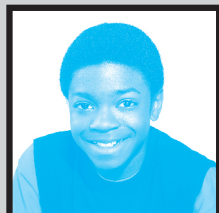
D.J. lives with both parents. Her parents are not divorced.



Will's parents are separated, and he lives with his father. He hasn't seen his mother in three months. He keeps hoping his parents will reconcile.



LaKeesha is a kindergartener-age child whom Rachel babysits while LaKeesha's mother has to work.



Trey's parents are divorced, and he spends equal time with both parents. He lives in a nice apartment on the top floor.



Rachel is a teenager whose parents divorced when she was younger. She is in the drama club at school.



Jana and her younger brother, Jay, live with their aunt and uncle. Jana's mother is into drugs and ran off and left them.



Ryan is a teenager and is Rachel's friend. He is in the drama club at school. His parents are not divorced.



Jay, Jana's younger brother, is friends with Trey. He wants everybody to like him.



Breanna likes to be called Bree and is visiting her cousin D.J. for the summer.



Lynn lives with her mother in a blended family. She has a stepbrother, Caleb.



Uncle Scott is Jana and Jay's uncle. He owns the garage where all the kids come to hang out. He likes having Jana and Jay live with him.



Caleb is Lynn's stepbrother and lives with his father in a blended family. He doesn't like having Lynn live in his home.



Pastor Tim is the youth minister where Rachel and Ryan go to church. He visits the group and compliments them on their good idea of putting on a play.

Meet Uncle Bill & the Kids

Join Uncle Bill and the kids as they discover exciting truths from the Bible that relate to their lives.



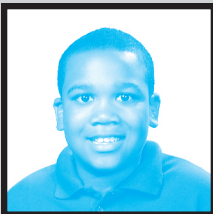
Uncle Bill owns an ice cream shop. He is Dustin and Amy's uncle, and he owns the apartment above the ice cream shop where Dustin, Amy and their mother live. All the families in the neighborhood like coming to eat ice cream at Uncle Bill's. Uncle Bill loves telling stories, especially stories from the Bible.



Dustin's parents are divorced. He lives with his mom and his little sister in an apartment above his uncle's ice cream shop. Dustin has lots of friends. He likes sports and is 9 years old. He misses his dad a lot. He doesn't understand why his parents got a divorce.



Amy is Dustin's little sister. She is 7 years old. Amy doesn't have very many friends, and she likes it that way. When she thinks about her parents' divorce, she gets very mad. She used to enjoy her life when her parents lived in the same house. She loves Uncle Bill and likes living above the ice cream shop.



Jamal's best friend in the whole world is Dustin. They have been friends since kindergarten. Jamal is 10 years old. His parents just separated, and the idea of a divorce is still new to him. He lives with his dad but gets to see his mom a lot. His dad is thinking about moving out of town, and this is upsetting to Jamal.

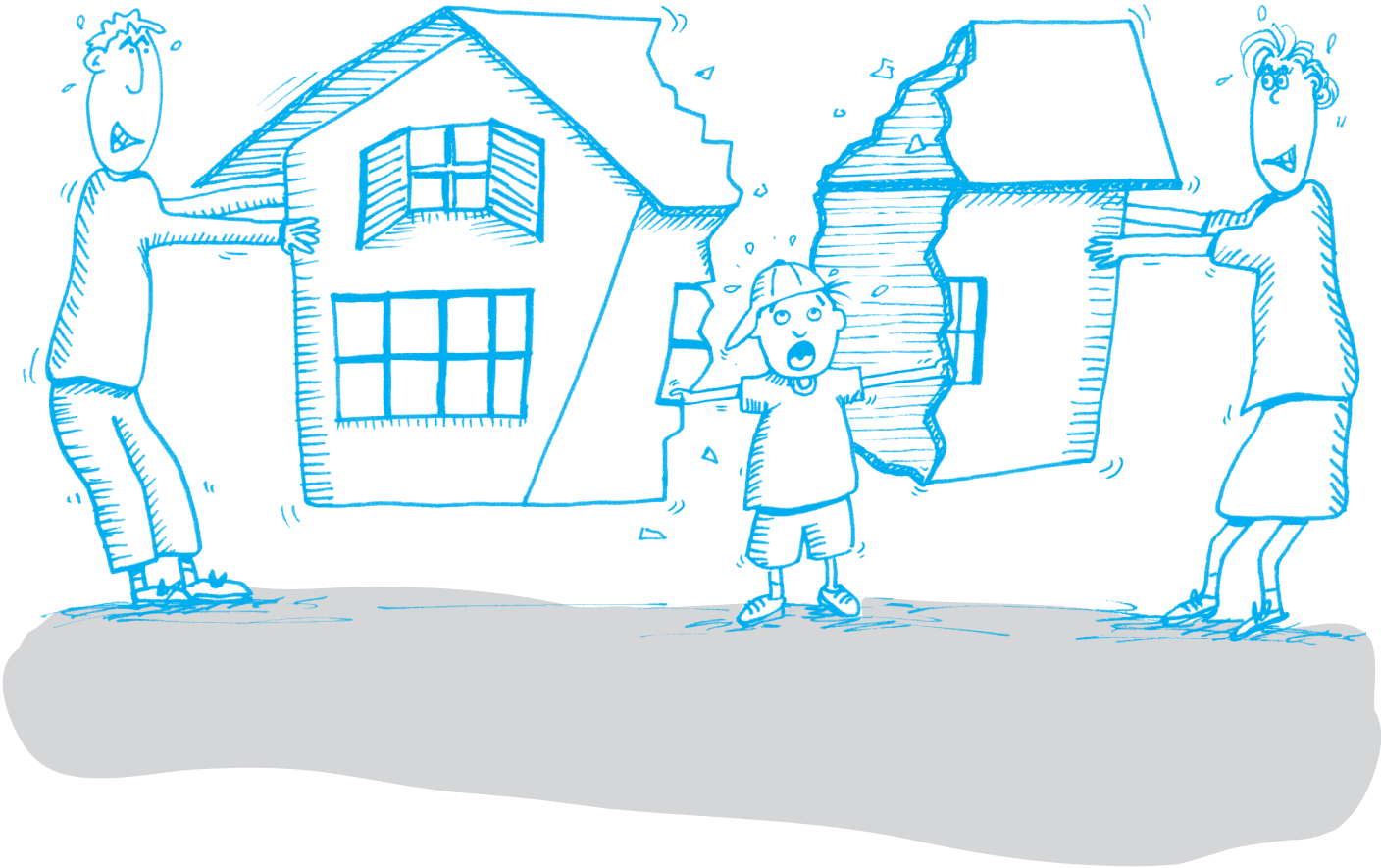


Taylor lives with her mom. Her parents have been divorced for a short time, and she really misses her dad. Taylor has a lot of friends and doesn't have a best friend. She likes to go to Amy's to visit with Uncle Bill and play with Amy.



Session 1

What's Happening to My Family?



This Week's Goals

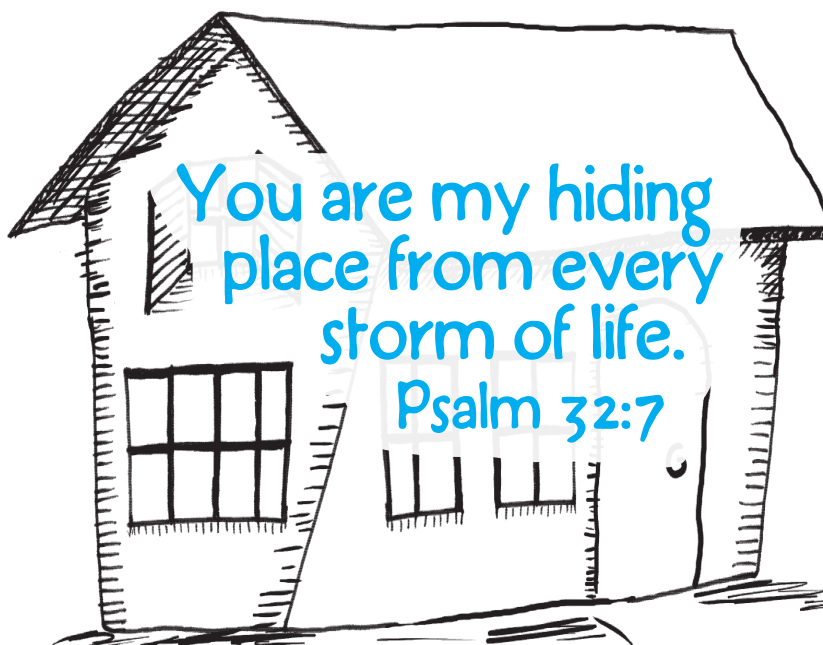
What's Happening to My Family?

You may have heard the word divorce talked about, but you might not understand what it is. You may be worried about what's going to happen to you and your family. We want to help you understand these things and more. We want you to know you will be safe in this group, and you will meet other children here whose parents are separated or divorced. After the session, place an X next to all the statements below that are true for you.

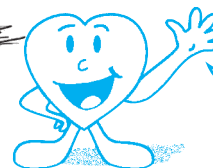
This week's session will help you to . . .

- know you are safe in this place.
- learn and understand what is going to happen each week at DC4K.
- get to know other kids in this group.
- have fun and connect with your new friends.
- become acquainted with what happens in divorced families like yours.
- start thinking about creating a new kind of family with both of your parents or whomever you live with.

What are your goals for this session?



GOD'S TREASURES
FOR YOU



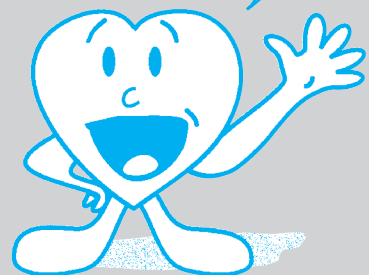
Welcome to DC4K!
I'm Herby.

Family Word Search

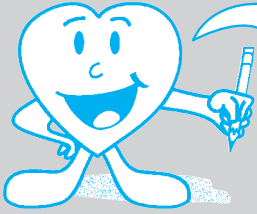
B I P G K Q D E N Q Q G G
Y F G R A N D F A T H E R
A B K A G Z C K M W J G B
U R E N P T Z S E Y E W D
B O P D A U J I B T S J K
D T K M G S M S A K U Z E
G H S O V S P T O K S J E
V E A T B B R E R P G T K
S R B H A T U R T B R S J
D N E E W N Z D C J K Q P
A Q S R A H Y O V S J T Y
D R H D C U W U D I R I L
J Q W B C M O M S I E B I

BROTHER	ME
DAD	GRANDMOTHER
MOM	JESUS
GRANDFATHER	SISTER

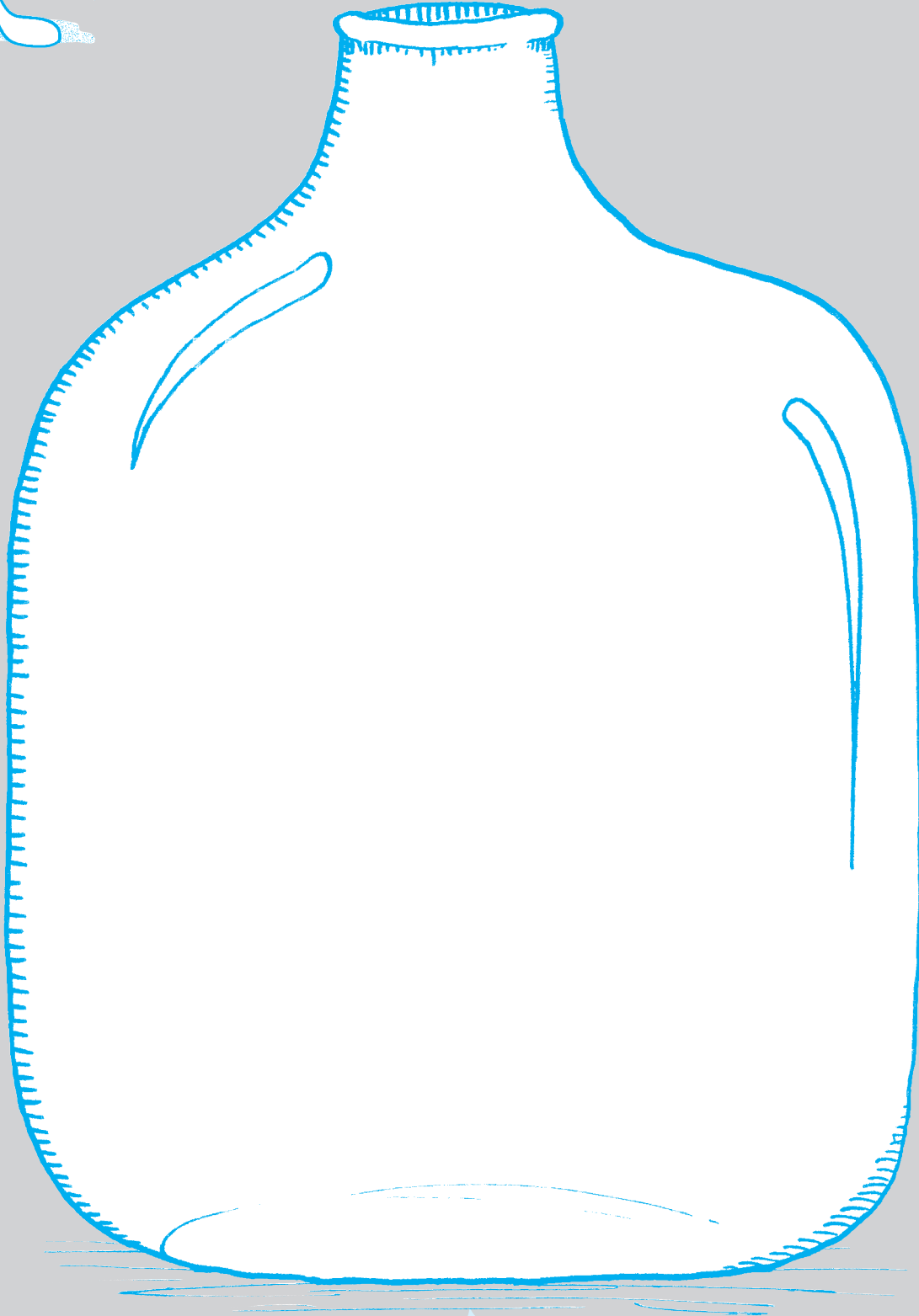
Please
Stop!



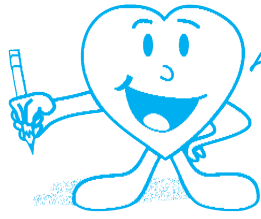
Storm in a Bottle



Draw a picture of houses, people and other things in a storm. Label the storm with one word that best describes the problems in your life.

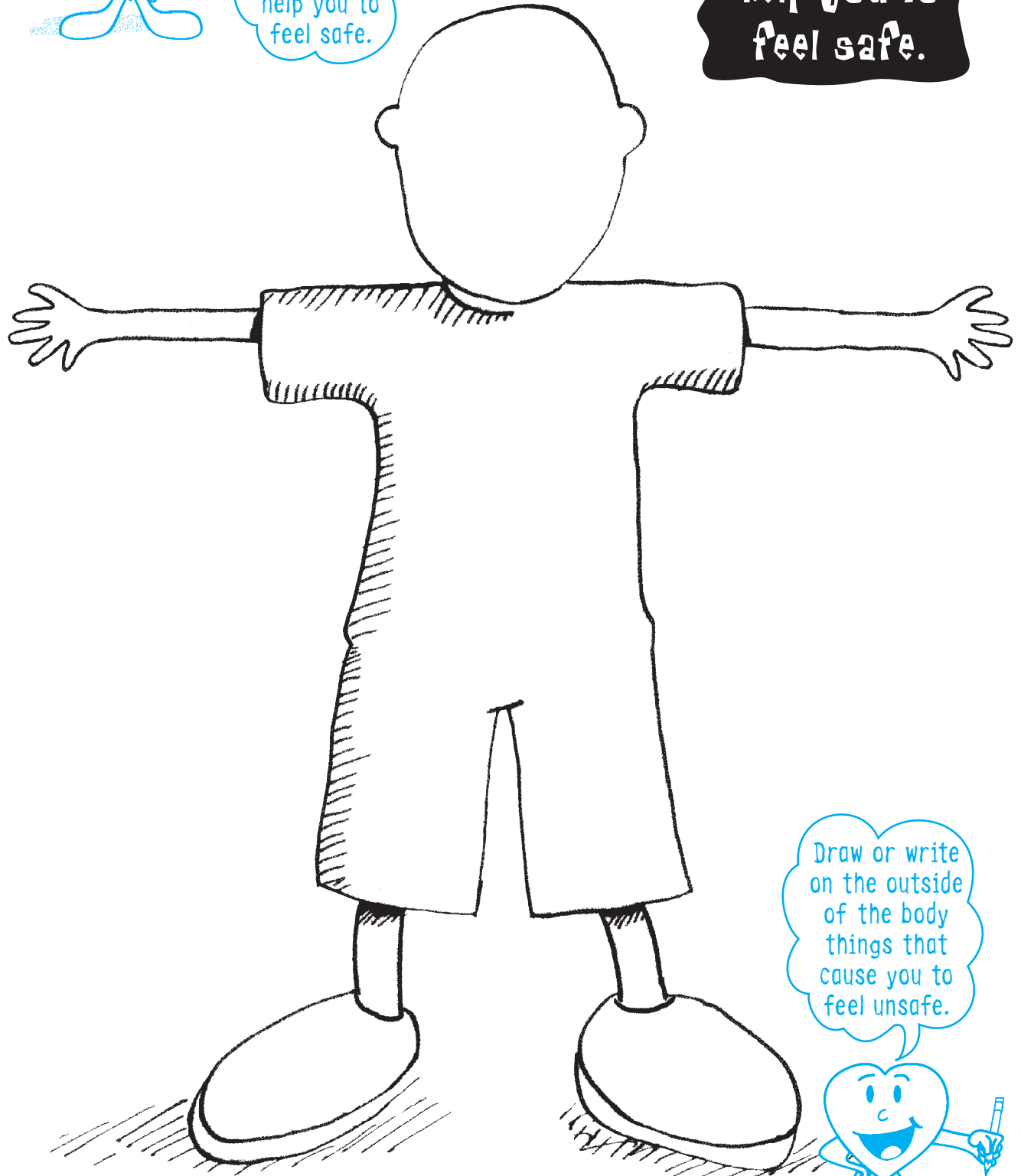


The Journaling Page

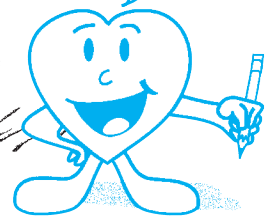


Draw or write on the inside of the body things that help you to feel safe.

Some things help you to feel safe.

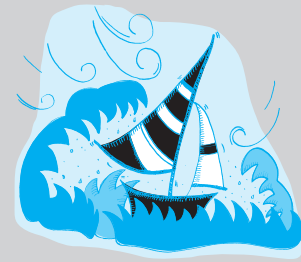


Draw or write on the outside of the body things that cause you to feel unsafe.



Session 1 Bible Story

Jesus Calms the Storm



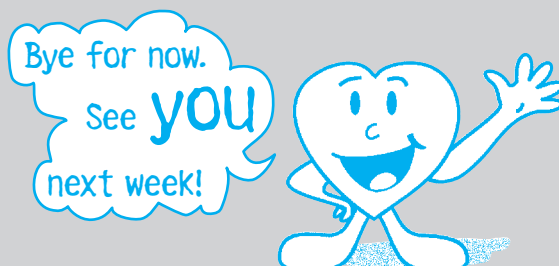
Mark 4:35-41

One day, after speaking to huge crowds of people, Jesus and His disciples needed a rest. They got into a sailboat and headed for the other side of the Sea of Galilee. While they were crossing the smooth waters, Jesus lay down in the back of the boat and took a nap. He fell into a deep sleep.

Suddenly, a storm began to blow. The little sailboat was tossed back and forth. The wind blew harder and harder until the waves were crashing against the boat. The disciples were very frightened. They went to Jesus and found Him asleep. The disciples shook Jesus awake. They were so afraid; they didn't know what to do. They thought their boat was going to sink and they'd drown.

The disciples called on the Lord for help. "Lord!" they cried. "Please save us!" Jesus woke up and looked around at the storm. Then Jesus spoke to the storm. "Be still!" He shouted. Immediately, the winds died down, and the sea became calm again. The disciples were amazed.

Even though everything seemed out of control to the disciples, Jesus was still in control. You can trust Jesus when your life seems out of control. He will help you through this difficult time. God will protect you from every storm of life—even the storms children feel when their parents divorce.



Session 2

God Loves Children in All Kinds of Families



This Week's Goals

God Loves Children in All Kinds of Families

There are many kinds of families. Some children live with one parent, some with grandparents or aunts and uncles, and some children live with both parents. There are many different kinds of places to live. Some of your friends at DC4K live in houses, others in apartments, trailer houses, shelters and other places. No matter what kind of family you have or where you live, we want you to know that God loves you. We know it's hard for you to watch your family change.

This week's session will help you to . . .

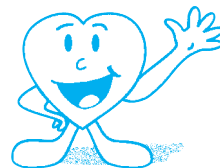
- realize how families are different and that it's okay.
- understand what family pride is and how you can be proud of your family.
- explore having two homes to live in.
- become familiar with divorce words.
- realize it's okay to miss people and things when you have changes.
- learn that God loves you and you're okay.
- start thinking about helping the parent you live with (or both parents) to develop a routine at home so you can feel safe.

What are your goals for this session?

Nothing will ever
be able to
separate us from
the love of God.

Romans
8:39

GOD'S TREASURES
FOR YOU



Welcome back!
We hope you will enjoy
your time with us.

Getting to Know You

Have other people write their names underneath the statements that are true for them. Try to get as many different names as you can.

Lives with Mom

Drinks 7-Up

Lives in a house

Lives in an apartment

Lives with Dad

Plays soccer

Likes popcorn

Attends this church

Speaks a few words in a foreign language

Likes cereal in the morning

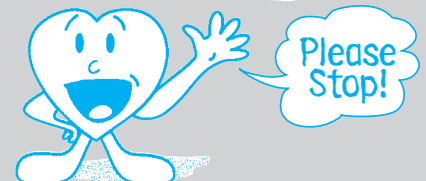
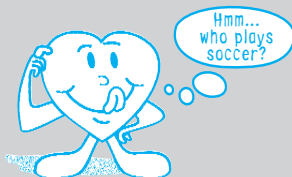
Owens a dog

Likes school

Likes fast-food places

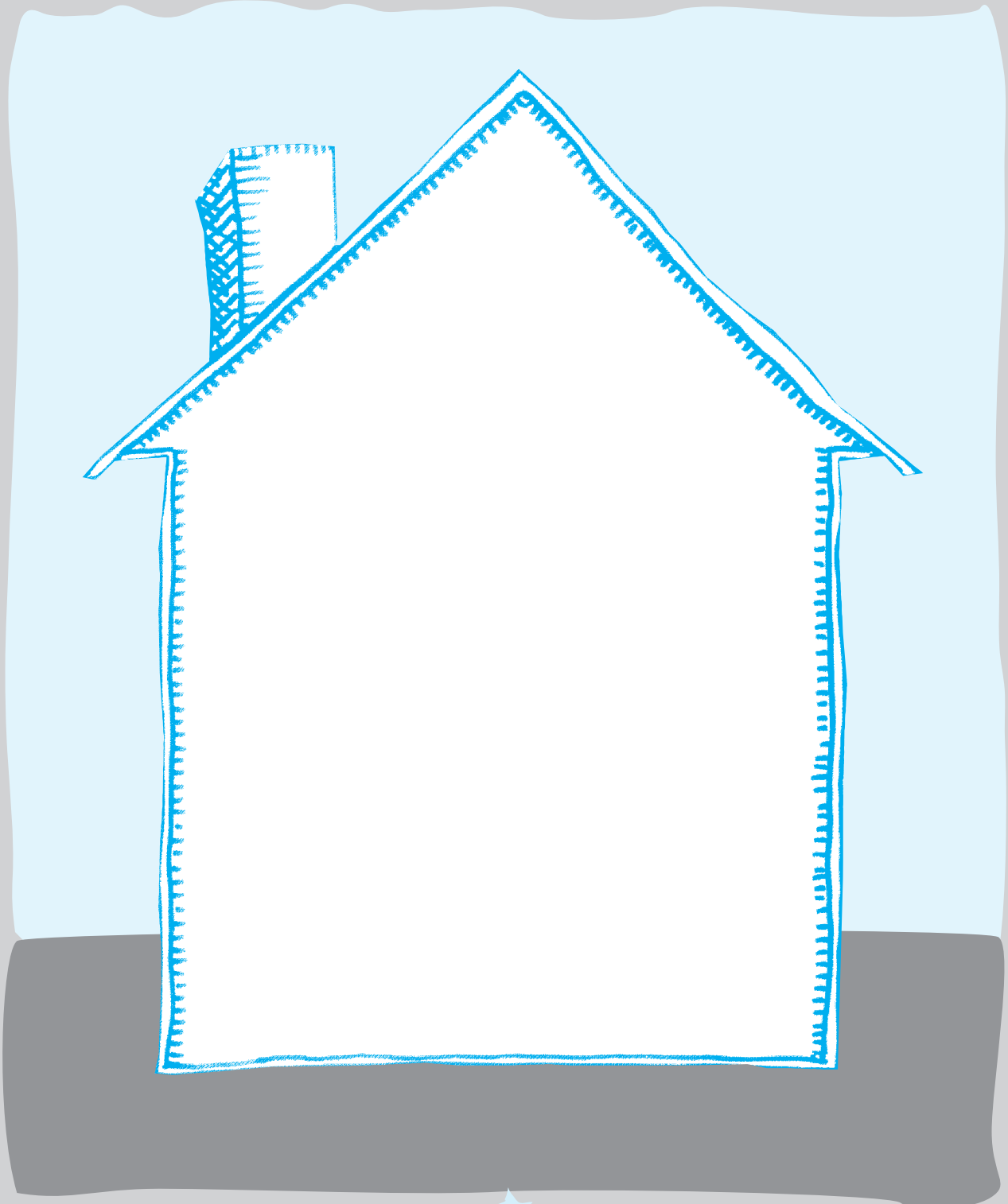
Owens a cat

Read a book last month



People in My Family

Inside the house, use a green crayon to draw or write the names of the people who live in your house. On the outside of the house, use a blue crayon to draw or write the names of family members who live in another place.



Divorce Word Search

D K D N A H H Y H O Q Z U G D
G W L H Y E V V Z X G H K G Y
I Y Z J A G S C B D G Z Z Y S
T W C E N I Y U W L W N L M E
S J X S D L D H B K V M J N W
N H Y U P A I F U N S B U F D
S Y I S O M V K E B Q X D X O
V A C U S T O D Y B A P G P K
H Z P N B J R F K N P K E B T
N M T X V Y C R E L V W A N X
T N L A K K E Q W F I J H L Y
M X T T T D B Y Z R U P X T K
V V Z V N E I X N X F N L V T
Q U H Z C O U R T V Q F F A M
Y H M W O D Q S Q X A F N J P

Court
Custody

Jesus
Divorce

Judge

Find the words!

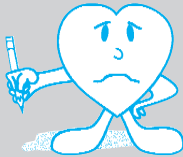


The Journaling Page

Draw or write about a happy memory you have of your family.



Draw or write about an unhappy memory of your family.



Session 2 Bible Story

The Woman at the Well and the Children



John 4:5–26, Matthew 19:13–15

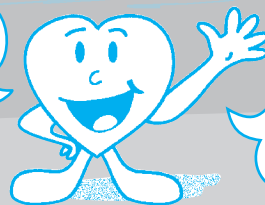
Jesus had been traveling for some time and was very thirsty. He saw a woman drawing water from a well and asked her for a drink. Then Jesus said a remarkable thing. He said, “Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst.” Jesus wasn’t talking about the water in the well. He meant that whoever came to Him and believed in Him would be taken care of forever.

Jesus knew this woman had had five husbands in the past and had divorced each one. But Jesus had forgiven her. The woman at the well made many mistakes, but God loved her anyway. He forgave her for the wrong things she had done.

Jesus loves and forgives children, too, especially children of divorce. In the Bible, people brought their children to Jesus so He could bless them. His disciples tried to send the children away, but Jesus said, “Let the little children come to me, for such is the kingdom of heaven.”

Jesus wants everyone to come to Him. You can take your hurts to Jesus right now. He is watching out for you, and He loves you. And just like He forgave the woman at the well, He forgives your parents and loves them, too.

Bye for now.
See **you**
next week!



Remember,
Jesus
loves **you!**

Session 3

Facing My Anger



This Week's Goals

Facing My Anger

Does your parents' divorce make you mad? Some children feel angry about their parents' divorce. Other children do not. It's okay if you feel angry. It's okay if you don't feel angry. Many times kids in this situation don't know how to handle their feelings of anger. All they know is they are upset and confused and sometimes scared and hurt.*

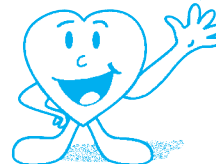
This week's session will help you to . . .

- recognize when you're mad.
- understand it's okay to be mad, but not okay to be hurtful when you're mad.
- recognize how your body feels when you're mad.
- recognize the buildup of energy in your body and what to do with it when you're mad.
- contribute to the world in a healthy, helpful manner.
- learn how to help others who are mad and angry.
- learn how to be a STAR.

What are your goals for this session?

Don't be
quick-tempered—
that is being
a fool.
Ecclesiastes 7:9

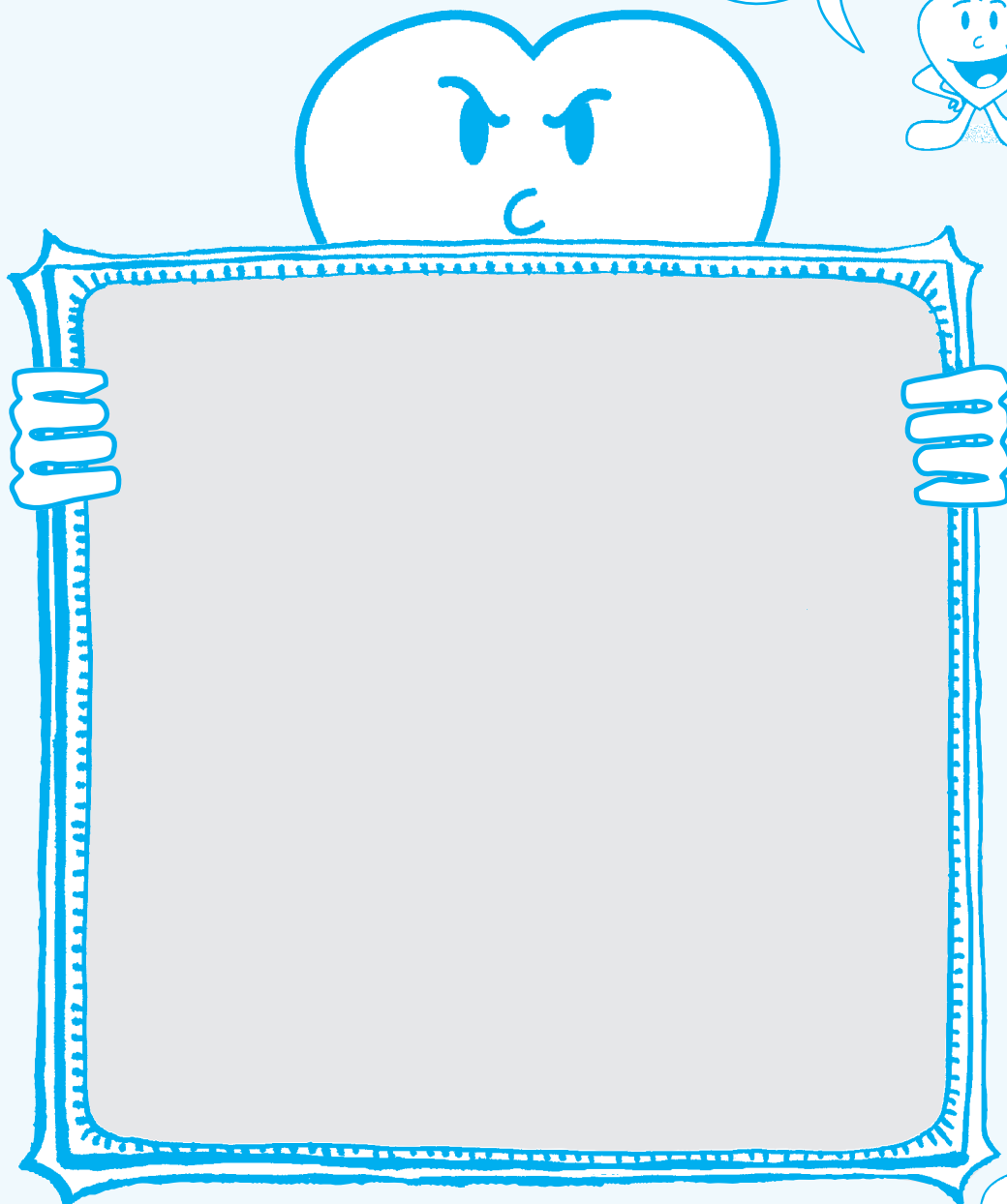
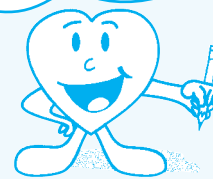
GOD'S TREASURES
FOR YOU



Welcome back!
We hope you will enjoy
your time with us.

Draw an Angry Face

Look in a mirror and make an angry face. Draw a picture of what you look like when you are angry. Are your eyes squinting? Is your mouth frowning? Are your eyebrows scrunched? What does your face look like?

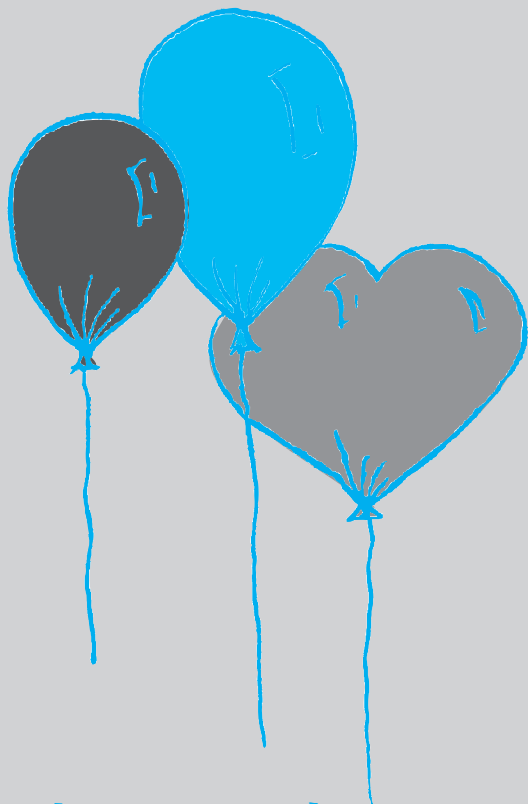


Please Stop!



Balloon & Fountain Techniques

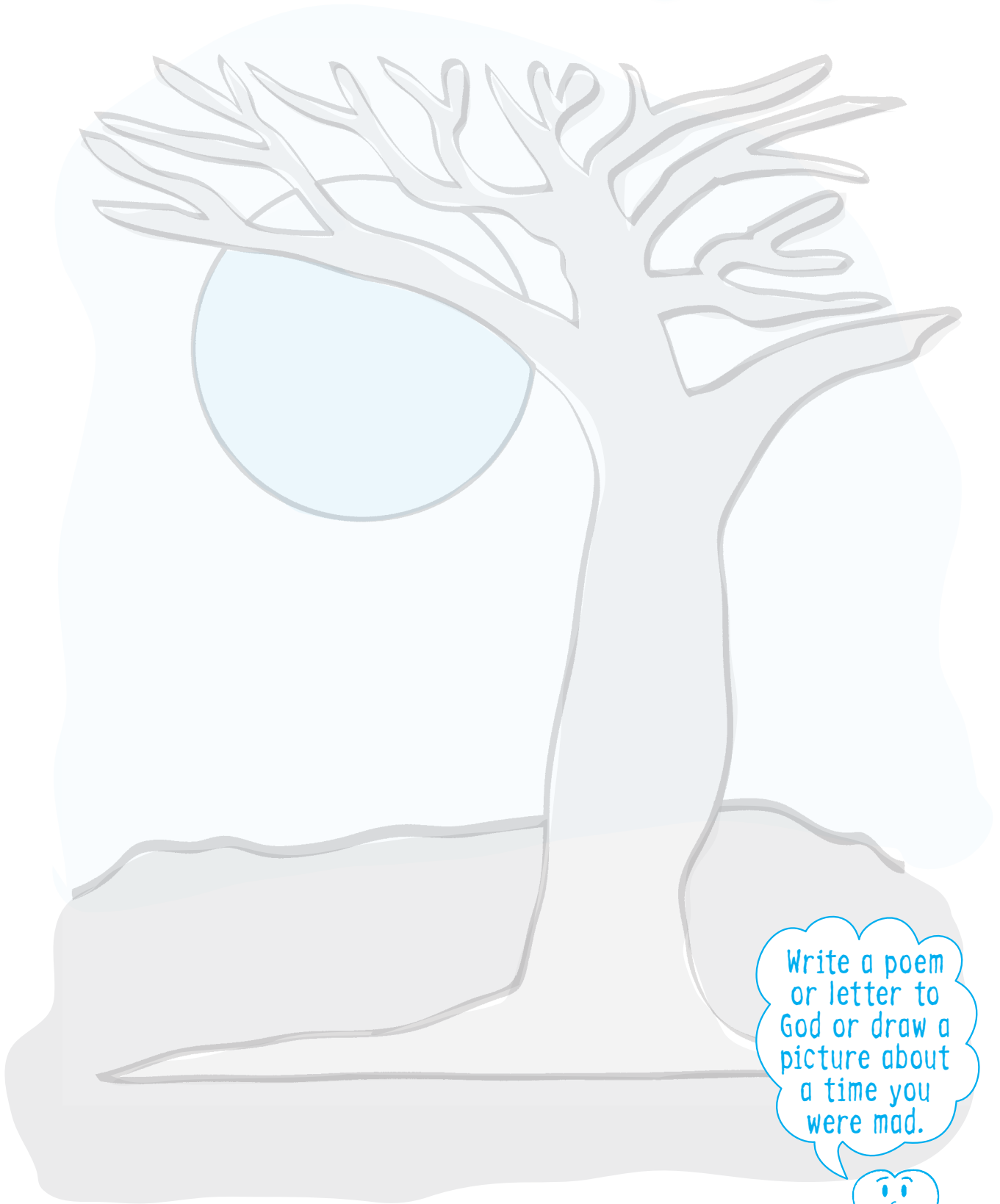
Write about or draw a picture of a time when you might use the balloon technique.

A large, empty rectangular box with a black border, intended for writing or drawing.

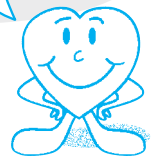
Write about or draw a picture of a time when you might use the fountain technique.

A large, empty rectangular box with a black border, intended for writing or drawing.

The Journaling Page

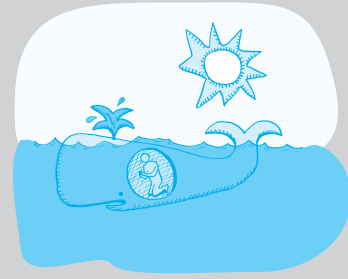


Write a poem
or letter to
God or draw a
picture about
a time you
were mad.



Session 3 Bible Story

Jonah Gets Angry



Jonah 1-4

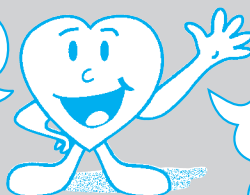
God wanted Jonah to go to Nineveh to preach, but Jonah didn't want to go. Instead, Jonah went in the opposite direction and boarded a ship that went out to sea. God sent a great storm. The boat was tossed back and forth by the waves. The sailors threw everything they had overboard to lighten the ship's load. Everyone was afraid.

Jonah told the other men to toss him into the sea. He told them he had caused the storm by running from God. The Bible says a "great fish" came and swallowed Jonah. He stayed in the belly of the fish three days and three nights. Jonah prayed and prayed. Then the whale spit him up onto the shore.

Jonah went to Nineveh and told the people that God would destroy them in forty days if they did not change their evil ways. Jonah was angry with God because Jonah thought that the people from Nineveh were too evil to deserve a second chance. God didn't agree. God loves all people and wants everyone to be saved.

But Jonah was still angry. Sometimes it's hard to stop being angry. You might be mad at your parents because of the divorce. God says it's okay to be angry, but you must not be hurtful when you are angry. He wants you to forgive those people who make you angry, just as He forgave the people of Nineveh.

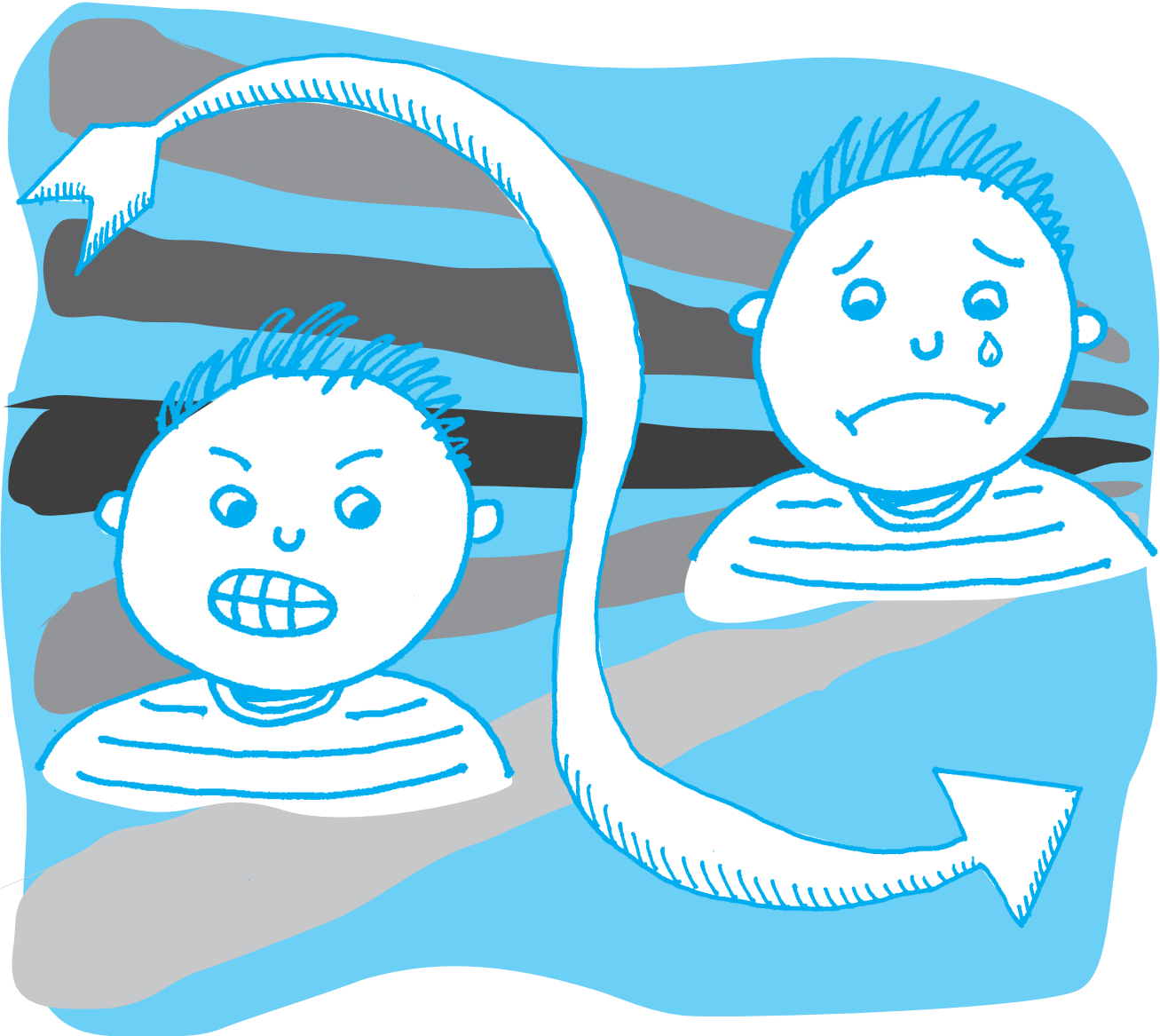
Bye for now.
See **you**
next week!



Remember,
God forgives
you even
when you're mad.

Session 4

Journey from Anger to Sadness



This Week's Goals

Journey from Anger to Sadness

Last week we talked about being mad. This week we are going to talk about feeling sad. Sadness is another emotion you may be experiencing. When you are sad, everything seems sort of gloomy. Sometimes you might not want to get out of bed. Your face looks sad, your eyes droop, your mouth might shake and you might even cry. Some kids are sad but they don't want other people to know they are sad, so they pretend to be happy or silly.*

This week's session will help you to . . .

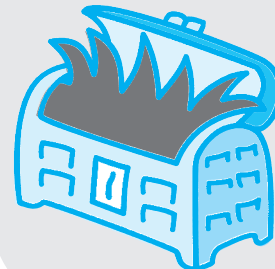
- realize the difference between being mad and being sad.
- recognize when you're sad.
- recognize how your body feels when you're sad.
- know what to do with your sadness.
- realize it's okay to be sad.
- realize you will get through this sadness, and even though you may be sad again in the future, you will be okay.

What are your goals for this session?

Therefore the king said to me, "Why is your face sad, since you are not sick? This is nothing but sorrow of heart."

Nehemiah 2:2 NKJV

GOD'S TREASURES
FOR YOU



Welcome back!
We hope you will enjoy
your time with us.

Feelings Word Search

N V Z J Q A M U I V Z Y V K I
Y S A D G C C T G Q F C Y J E
J L D L F W O U G H R P K Y T
H N V Q P B Q K P A F R A I D
R P A L H R V V D U U F K S N
C Z N G Z P H L T F F V X S M
Q M O H N Z A L U J Q E V N A
Y Q M I I G P A Y L O R T Z D
K H A B K Y P Q Q D R M Y H L
D N P R B V Y T L Z G P B R C
T O K N V D A Q K B E I S S Q
A U Q W M P S S H Y H P Y C J
T S A H C Z U M A N U Y S Z H
L E Z V T O G C K E K V I A N
J B K E W O G T B W B R C P X

AFRAID

MAD

SAD

HAPPY

SHY



Help Yourself Feel Better

Think about what it feels like to be sad.

Draw a  next to the things you might do when you are sad that would make you feel even more sad.

Draw a  next to the things you could do to help yourself feel better.



Cry



Pray



Scream and yell



Listen to my favorite CD



Watch a TV show or a movie



Sing a song



Eat a bunch of junk food



Hit someone



Draw some pictures



Write in my journal



Call a friend



Talk to someone about what I am feeling



Play with my pet or just hold my pet close



Read a book



Go to my room or somewhere I can be alone



Hurt someone or something

Draw a picture or write about something that helps you feel better when you are sad.

How did you manage your anger this past week?

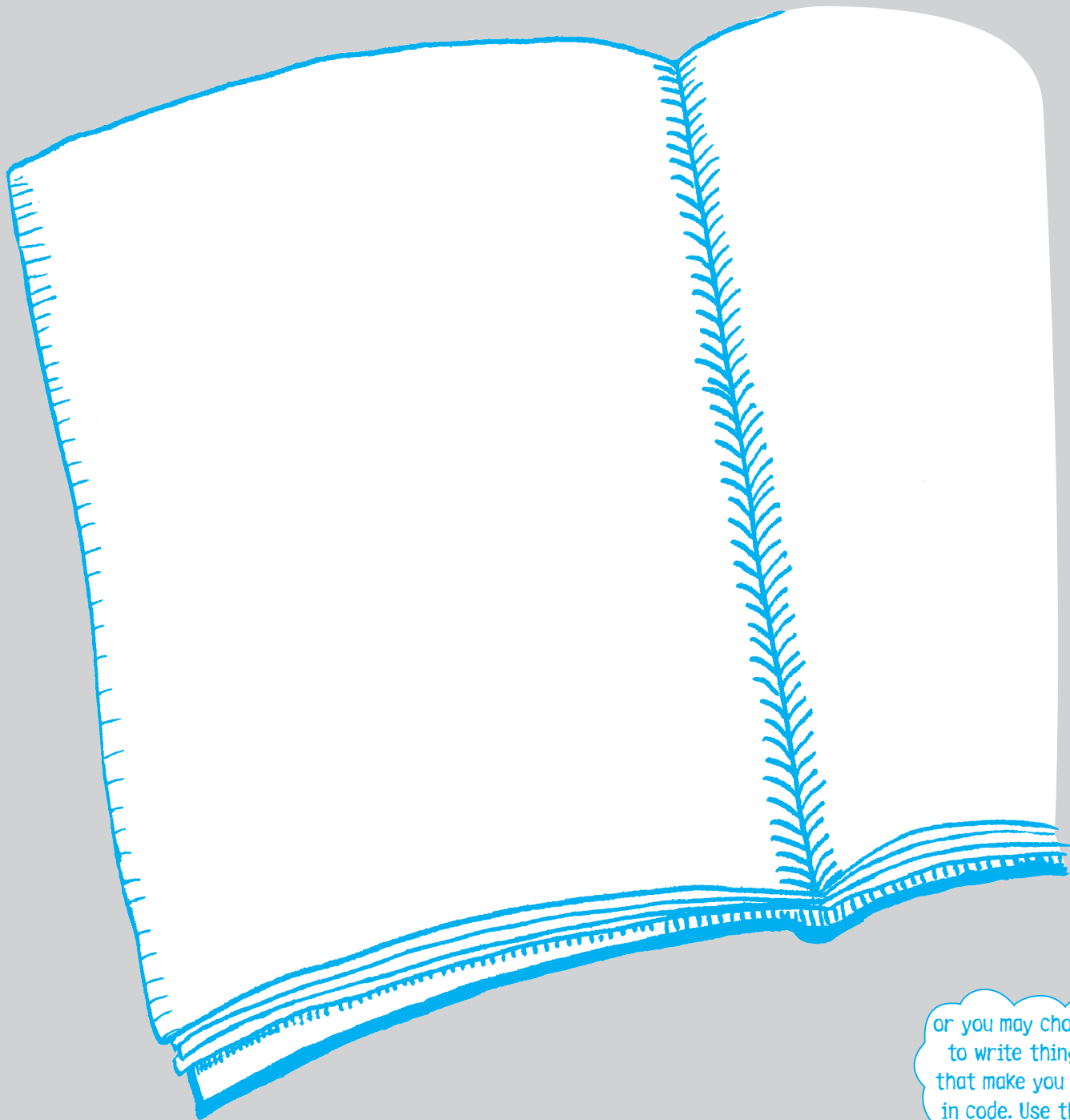
Circle all the statements below that describe how you managed your anger this week.

1. Slammed the door
2. Noticed that my body was showing signs of anger
3. Tried to be a balloon and practiced deep breathing
4. Tried to find someone to talk to about what was making me mad
5. Cried when I was really mad
6. Pretended I was happy
7. Relaxed my muscles using the fountain technique
8. Said, "Leave me alone"
9. Yelled at people
10. Said "nothing" or "whatever" when I was mad
11. Threw something
12. Took out my anger on someone else
13. Asked for a hug
14. Made a mean face at someone
15. Got a stomachache
16. Said to myself, "I Am a STAR," while breathing in through my nose and out my mouth

Other _____

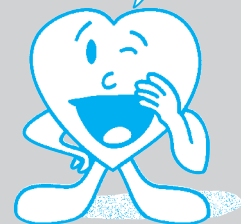
The Journaling Page

Draw or write inside the journal things that make you sad...



or you may choose to write things that make you sad in code. Use this Morse code.

A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z



Session 4 Bible Story

The Mother & Son Who Had to Leave



Genesis 21:8–20

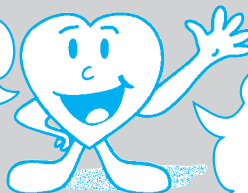
There was once a boy named Ishmael who was forced to leave his brother and father. Sadly, his mother, Hagar, had to take him across the desert to where some of their relatives lived.

In those days, people traveled through the desert all the time, but somehow Hagar and Ishmael got lost. They were very thirsty and had run out of water. They could not survive the heat without water. Hagar set Ishmael under a bush so he could be in the shade. Ishmael was crying. Then Hagar walked away a little bit so she wouldn't have to watch him die. She sat down, sobbing. God heard Ishmael's cries and saw his tears, and He sent an angel to tell Hagar not to worry because Ishmael would be alright.

Incredibly, when Hagar went to Ishmael and picked him up, water started flowing from the ground. She and Ishmael drank as much as they could. Then they made their way safely to Hagar's family.

You are not the only one who has felt sad and alone or has had a brother or sister taken from you. When Hagar and Ishmael were out in the wilderness, they felt sad and scared. But God still took care of them. Even when you feel sad, afraid and alone, all you have to do is pray and God will be there to help you, just like He helped Ishmael. He will never leave you alone.

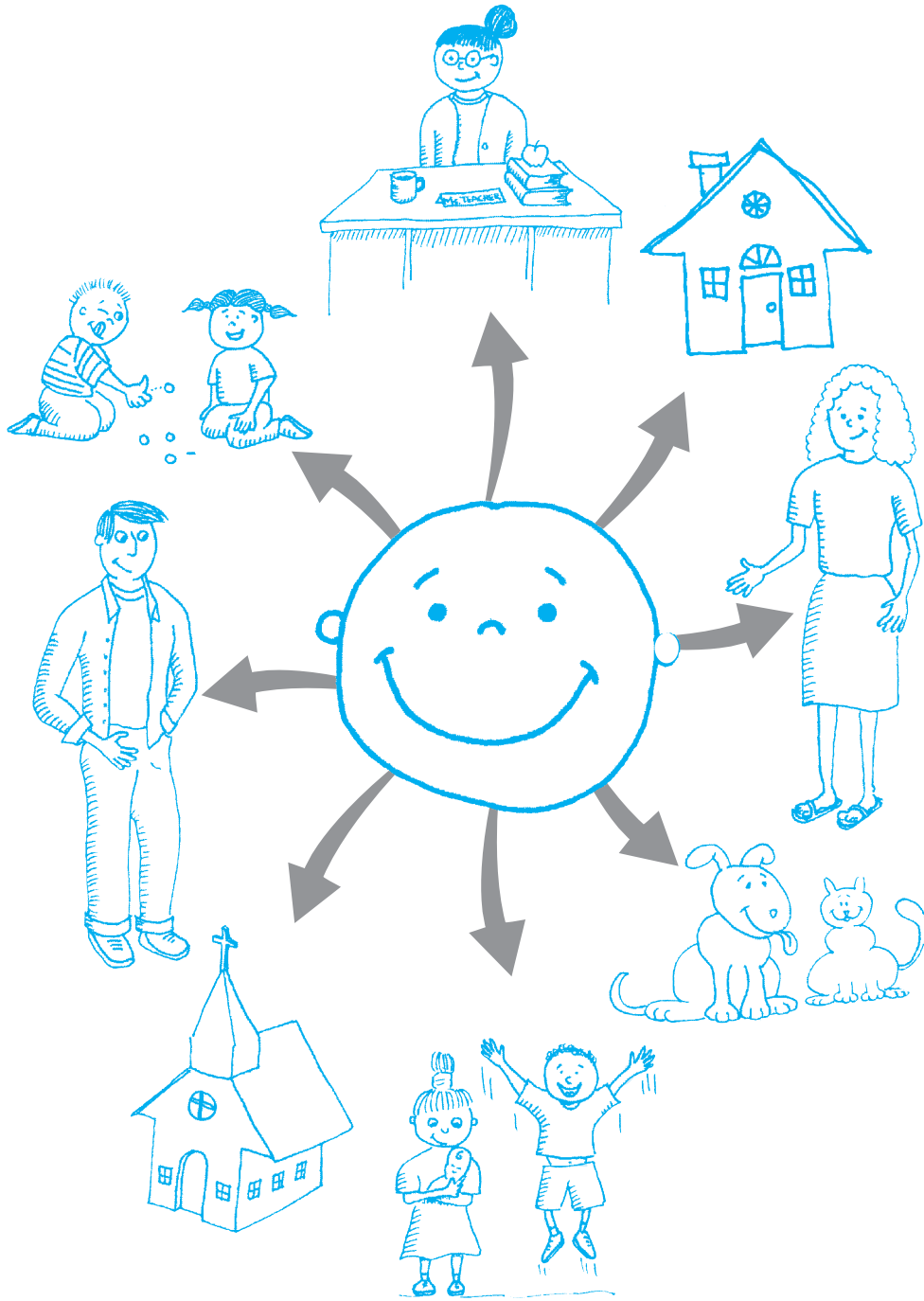
Bye for now.
See **you**
next week!



Remember,
God wants to
help **you** with
your sadness.

Session 5

I Am Not Alone



This Week's Goals

I Am Not Alone

This week we want you to realize that you are not alone. There are other children who like the same things you do. There are other children whose parents are divorced. There are some children who are a lot like you. We are going to be talking about when you feel lonely.

This week's session will help you to . . .

- understand that everybody feels alone at times.
- realize everyone has problems and you are not alone.
- develop coping skills for when you feel lonely.
- learn to ask others for help.
- realize there are many people who care about you and love you.
- recognize things that help you feel safe and unsafe.

What are your goals for this session?

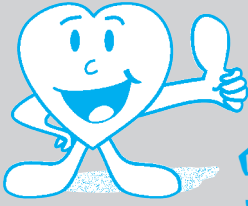
I praise you
because I am
fearfully and
wonderfully
made.

Psalm 139:14 NIV

GOD'S TREASURES
FOR YOU



Welcome back!
We hope you will enjoy
your time with us.



Thumbprint Hunt

Go down the list of statements and fill in the blanks. Then find people who can answer "yes" to any of your questions. Have them put their thumbprints in the ovals to the left of the questions they said "yes" to.



1. My shirt is _____; is yours the same color?



2. I live with my _____; do you?



3. I have _____ brothers and sisters living with me; do you have the same number of siblings living at your house?



4. I have flown on an airplane _____ times; have you?



5. My favorite fruit to eat is _____; is it your favorite fruit?



6. My favorite TV show is _____; is it your favorite?



7. My favorite sport is _____; is it your favorite sport?



8. My favorite vegetable to eat is _____; do you like it?



9. My eyes are _____; are your eyes the same color?



10. My hair is _____; is yours the same color?

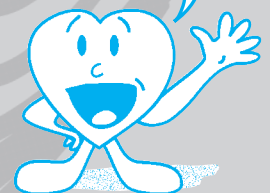


11. My favorite song is _____; is it your favorite song?



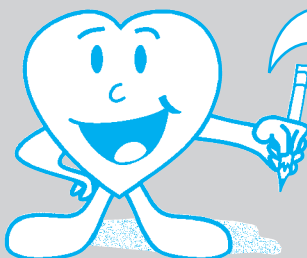
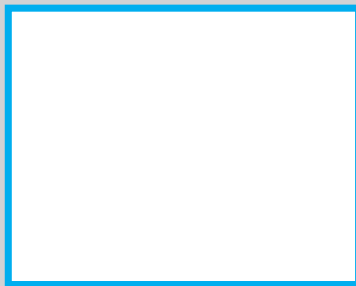
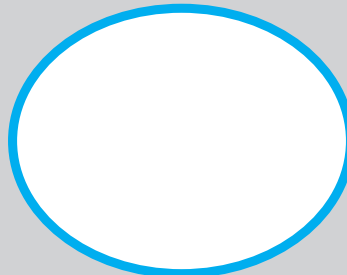
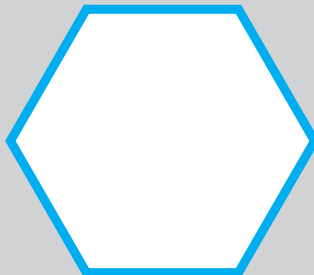
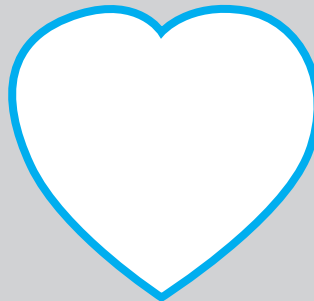
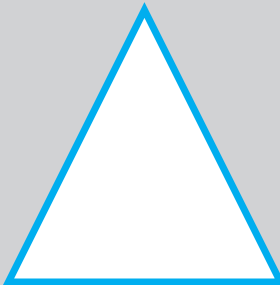
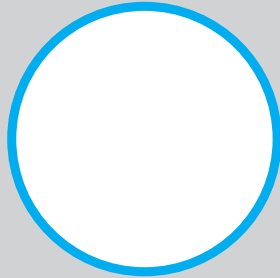
12. My favorite book is _____; is it your favorite?

Please Stop!



I Am Not Alone

In each shape below, write the name of a person who is helping you. This person can be a friend, relative, someone in your church, a neighbor, someone at your school, someone at DC4K or even God.



On the line next to each shape, write **HOW** this person is helping you.

Writing a Skit

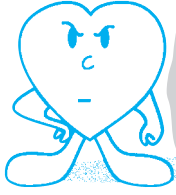
Write a skit for DC4K using one of the scenarios listed below or use your own ideas. If there is time, act out your skit.

- Someone wants you to do something you know is wrong.
- You should call 911 when there is an emergency.
- You can find comfort in God's Word, the Bible, when you are afraid or confused.

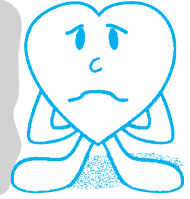


A large rectangular area defined by a dotted blue line, intended for writing a skit. The page is decorated with a vertical film strip graphic on the left side and a light blue triangular graphic on the right side.

The Journaling Page



Write a short story or draw a picture about a time you were hurtful to someone and caused that person to feel lonely.

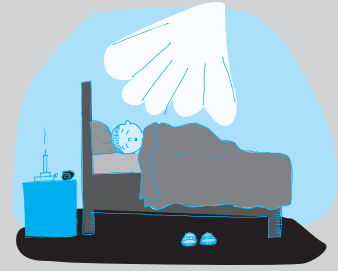


What could you have done to have been helpful instead of hurtful?

What can you do to help someone who feels lonely?

Session 5 Bible Story

A Boy Alone



1 Samuel 3:1–20

In Bible times there once lived a boy named Samuel. Because God wanted him to be a prophet, his mother had him go live with another prophet named Eli. Samuel was very young when he went to live with Eli. He learned a lot about God, but he missed his family.

One night, a few years later, Eli and Samuel went to sleep in their beds. That's when Samuel heard it . . .

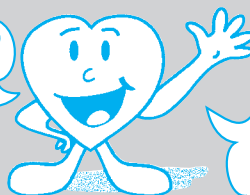
"Samuel, Samuel." Samuel got out of bed and ran to Eli. "Here I am, Eli." But Eli woke up and said, "I didn't call you, Samuel." Then Samuel went back to bed. But again he heard a voice calling, "Samuel, Samuel." Well, Samuel was confused, but he went to Eli again and said, "Here I am." Eli sent him back to bed.

Samuel again heard a voice calling him. This time Eli realized that it must be God speaking. Eli told Samuel, "The next time you hear your name, say, 'I hear You, Lord, speak to me.'" And that's what Samuel did.

God said, "Samuel, I will use you in Israel to spread my message."

God doesn't always speak to us in a voice we can hear. Sometimes, He speaks to our hearts. Even though you may feel alone, God never forgets you. He is always with you. If you feel alone, talk to God. Tell Him your problems. Then read your Bible, and listen to what God says to your heart. He will never leave you. That's His promise!

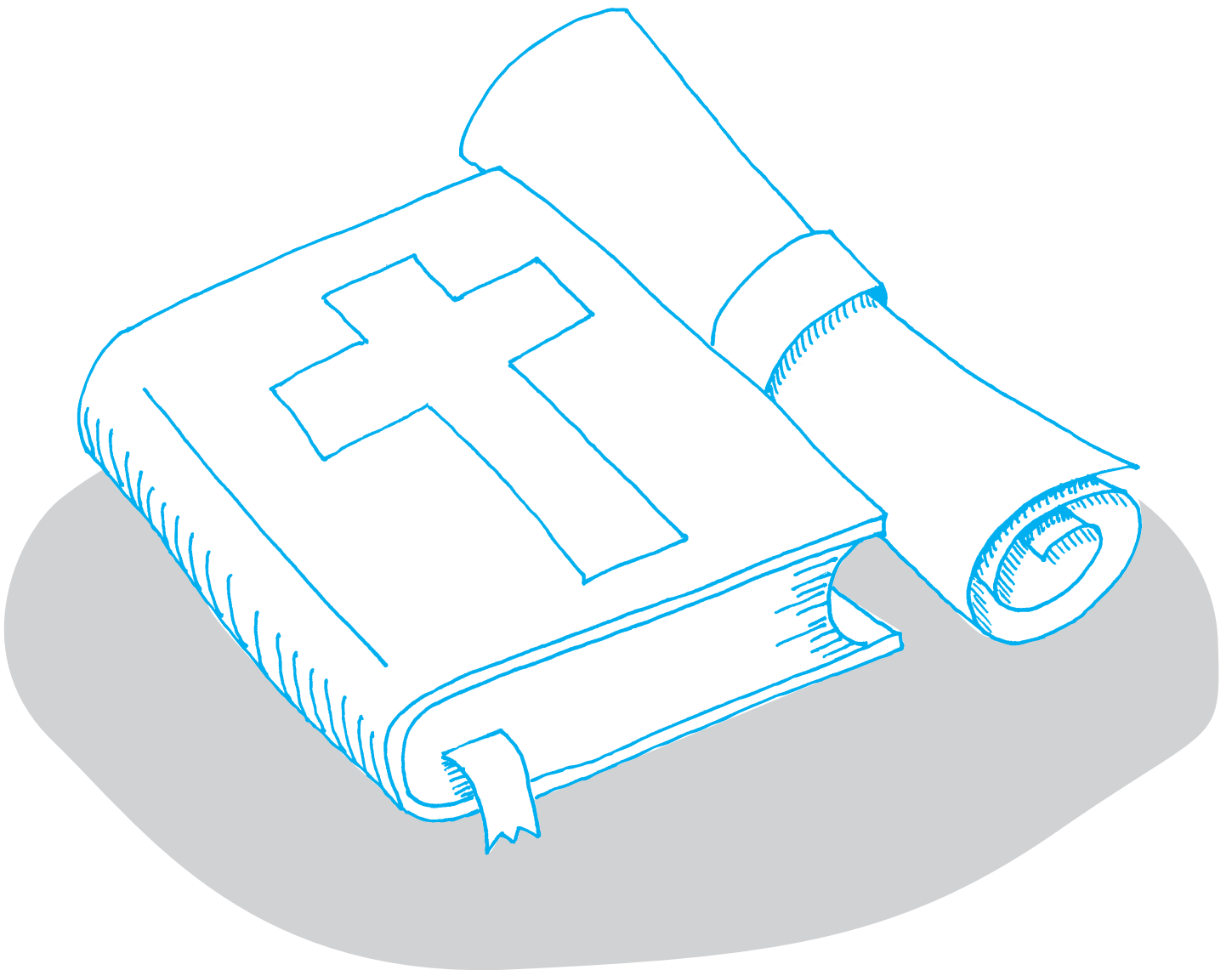
Bye for now.
See **you**
next week!



Remember,
God wants to be
with **you** when
you feel alone.

Session 6

God's Plan for Me



This Week's Goals

God's Plan for Me

Sometimes things are not what they seem. Many times we see an illusion. An illusion is when something appears to be something it's not. It may seem like your parents don't care about you. At times it may seem like God doesn't care about you. But that is an illusion because God always cares for you.

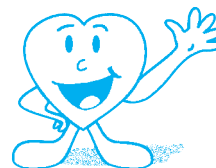
This week's session will help you to . . .

- realize you have choices to make.
- practice making good decisions.
- choose to accept God's love.
- find out that your parents' problems are adult problems and you are a kid and have a right to be a kid.
- learn that some people make bad choices that affect you, but you can still love them.
- realize it's okay to say "no" and set boundaries for yourself.
- choose not to fight with your siblings and friends.
- learn to talk to God.

What are your goals for this session?



GOD'S TREASURES
FOR YOU



Welcome back!
We hope you will enjoy
your time with us.

Making Choices

Sometimes making good choices is hard.

When I make a choice, I feel _____.

Draw a picture of this feeling.

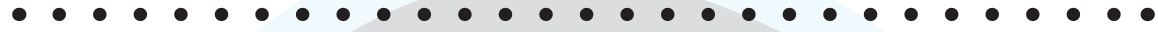
When someone else makes a choice for me, I feel _____.

Draw a picture of this feeling.

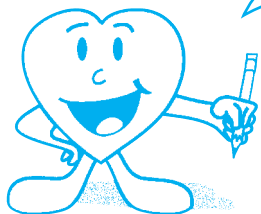


Name It, Claim It & Tame It

Choose a word to explain how you feel about the following statements.



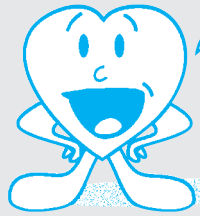
1. Seeing my grandparents _____
2. Hearing my parents fight _____
3. Having more responsibilities _____
4. Going on vacation _____
5. Missing one of my parents _____
6. Sharing my things at home _____
7. Seeing my mom cry _____
8. Having less money _____
9. Eating ice cream sundaes _____
10. Fighting with my brother/sister _____
11. Spending time with my friends _____
12. Going to church _____
13. Not making the sports team _____
14. Making a bad grade _____
15. Talking to God _____



You can only tame something you can name. Draw a red circle around the feelings you want to change. Draw a blue square around the feelings you want more of.

Focus on the feelings you want more of. How can you focus on what you want more of?

The Journaling Page



Think about saying “NO” and setting boundaries for yourself.

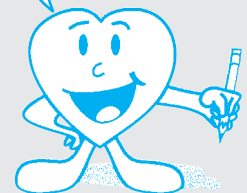
Sometimes it’s okay to tell people “no.” Suppose someone wants to borrow your pencil and you are using it. It is okay to say, “No, I’m using my pencil right now. When I get through with it, you may borrow it.”

When someone is going to hurt you, it’s okay to say, “Stop, I will not let you hurt me.”

When one of your parents asks you to spy on your other parent or tell him or her what the other parent is doing, it is okay to say, “Mom (or Dad), I will not be your spy. I am a kid. I deserve to be a kid and do kid things.”

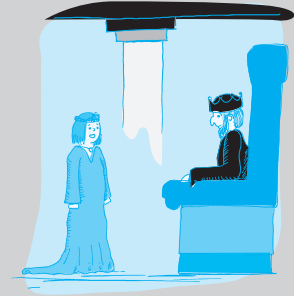
When someone encourages you to do something you know is not right or something that doesn’t feel right inside you, you have a right to say “no.” This is called setting boundaries. You are being wise and making good choices when you set boundaries for yourself.

Draw a picture or write about a situation in your life where you need to set boundaries.



Session 6 Bible Story

God Provides for a Young Girl



Esther 2-7

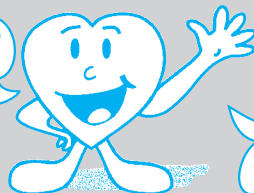
A long time ago there lived a king who wanted to find a new queen. Esther was a young orphan girl who lived with her cousin Mordecai. Mordecai sent Esther to the palace along with many other beautiful girls who hoped to be chosen as queen. The king chose Esther.

When Esther became queen, the king also promoted a man named Haman. Haman was not a nice man, and he ordered people to bow before him as he walked past. Mordecai wouldn't bow down, and Haman became angry. He planned to kill not only Mordecai, but also all the Jews in Persia.

Haman didn't know that Esther was Jewish, and he requested that the king kill this group of people who did not follow the king's laws. Since the king didn't know much about it, he allowed Haman to give the order. God made Esther queen at just the right time. He knew that she would save the Jews. And she did. She went to the king and told him what Haman had done. The king spared the lives of all the Jews.

Like Esther, God has a plan for you. God will use you to do something wonderful. He has planned many great things for your life. Even when things seem hopeless—like they did for Esther—you can be brave because God won't let you down.

Bye for now.
See **you**
next week!



Remember,
Jesus loves
you and He has a
plan for your life.

Session 7

Developing New Relationships



This Week's Goals

Developing New Relationships

Once the changes in divorce start, it's hard to know what change is coming next. One of the biggest changes in your life right now might be having new people come into your life. Some of your parents will meet new friends. Sometimes a parent will meet a special person and want to date that person. This may seem strange at first. We want to help you. We are going to talk about developing new relationships.*

This week's session will help you to . . .

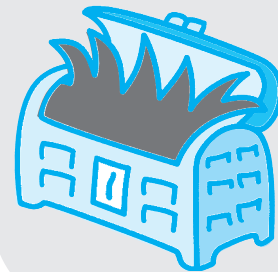
- realize you have to look at Mom and Dad differently—as individual parents living in separate homes.
- understand that other relationships (grandparents, aunts, uncles, friends) have changed.
- discover Mom/Dad may date other people.
- develop a positive attitude about changes in relationships.
- identify new friends and relationships.
- brainstorm or think about starting new rituals with changed relationships.
- learn it's okay to keep in touch with the parent you don't live with.
- learn it's okay to be loyal to each parent and keep it private.

What are your goals for this session?

There are three things that remain—faith, hope, and love—and the greatest of these is love.

1 Corinthians 13:13

GOD'S TREASURES FOR YOU

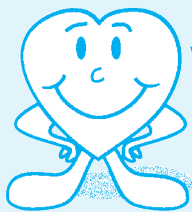


Welcome back!
We hope you will enjoy your time with us.

A New Family Album

Unscramble the following words:

1. OMM
2. ODA
3. TREHBOR
4. ERTSSI
5. NTPENGRADR
6. TSROTMHPEE
7. OPDAJET
8. ODG
9. ESSUJ



SISTER GOD STEPMOTHER
BROTHER GRANDPARENT DAD
MOM JESUS STEPDAD



Divorce Words Dictionary

Define the following words:

_____ Family

1. The person who is trained to help parents go to court for a divorce.

_____ Divorce

2. The people who live in a home.

_____ Judge

3. The person who makes decisions about divorces.

_____ Court

4. The place where the judge makes decisions.

_____ Lawyer

5. The money given to the parent I live with to help pay for expenses.

_____ Child Support

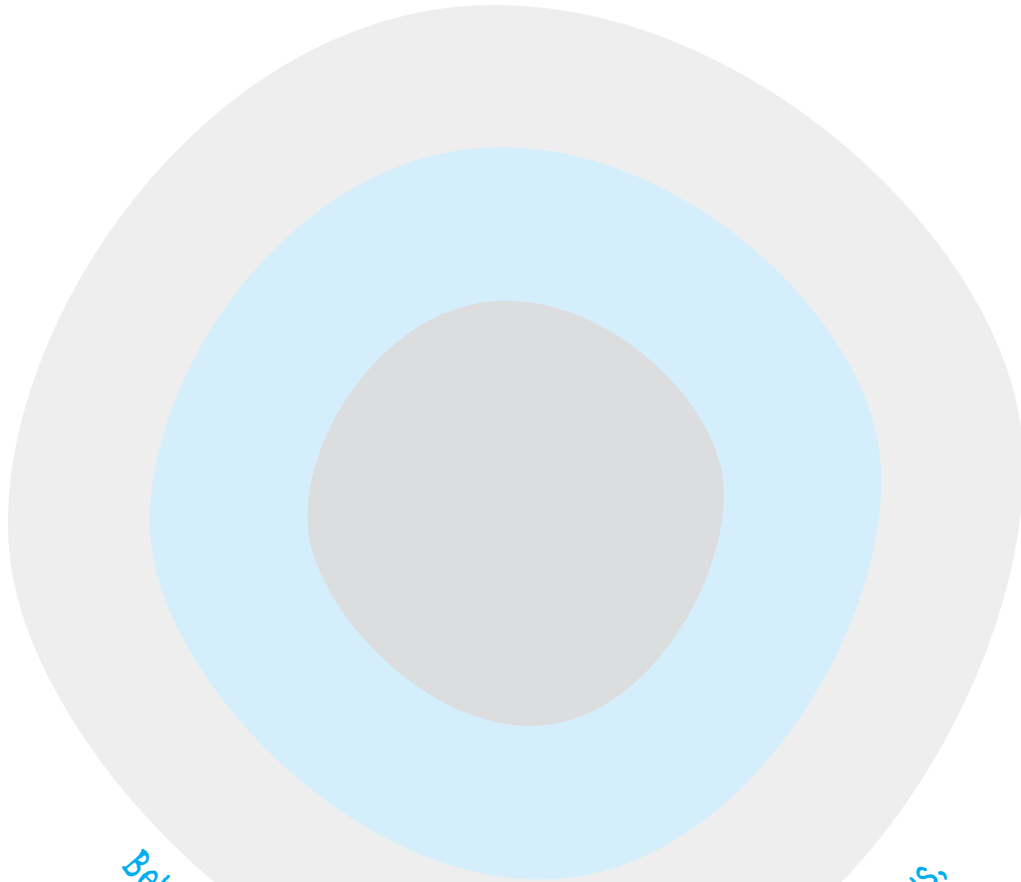
6. The one who helps me heal from hurts caused by my parents' divorce.

_____ Jesus

7. The legal end to a marriage.

Caring Circles

1. Inside the smallest circle, write your name.
2. Next to the circle with your name, write the names of family members and other people who are important to you.
3. In the largest circle, write the names of new people in your life.



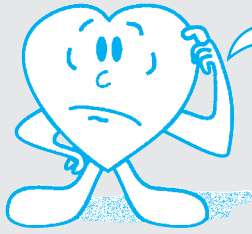
Behold what manner of love the Father has bestowed on us, that we should be called children of God. 1 John 3:1 NKJV

Did you put God in one of the circles closest to you?



You can become part of God's family. You can call upon the Lord and ask Jesus into your heart. If you would like more information on becoming part of God's family, then discuss this with one of your DC4K leaders right now or before you leave this session.

The Journaling Page



Draw a picture or write ideas of how you can keep in touch with the parent who doesn't live with you.

A large, empty rectangular area with rounded corners, outlined in a thick grey border. This area is intended for the user to draw or write their ideas. The background of the page is light blue with a darker blue wavy shape behind the journaling box.

Session 7 Bible Story

Mephibosheth's Needless Worry



2 Samuel 9:1-11

Mephibosheth was the grandson of King Saul in the Bible. Mephibosheth had a problem. In ancient times, kings and their families were in constant danger. When a new king came to power, he would often have the entire family of the former king killed.

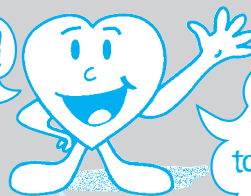
One day King Saul went out to fight the Philistines. Many died in the battle, including Saul. After Saul's death, David became king, and all the people in Saul's family were afraid that David would kill them. Many ran away. Mephibosheth was only five years old. His nurse packed his things, and they ran quickly away. As they fled, she dropped Mephibosheth and hurt him badly. In fact, he could never walk again.

The nurse, though, misunderstood King David's intentions. There was no need to fear David. In fact, David sent one of his servants to find Mephibosheth so he could treat him kindly. David gave Mephibosheth all the land and property that used to belong to the boy's grandfather. David invited him to eat at his table every day. Mephibosheth had nothing to fear.

When Mephibosheth went to live in King David's palace, he didn't know King David. Even though they were strangers at first, they got to know each other, and after a while they became friends. There were probably many people in the palace that Mephibosheth didn't know, but over time he made many new friends. It's okay to develop new relationships with different people.

God wants to love you and provide for you just like King David did for Mephibosheth.

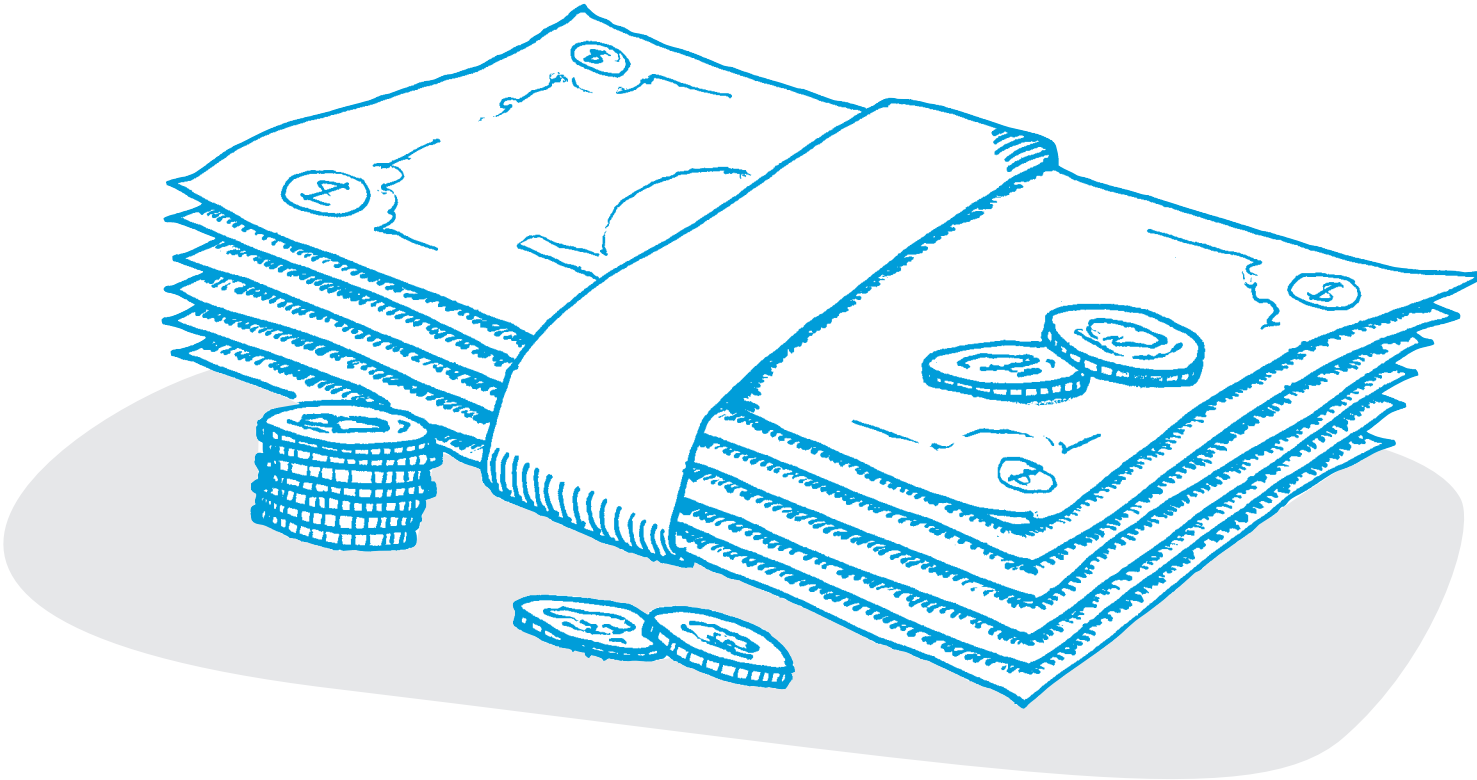
Bye for now.
See **you**
next week!



Remember,
Jesus wants
to develop a relationship
with **you!**

Session 8

Developing Money Smarts



This Week's Goals

Developing Money Smarts

It takes money to buy the things you are used to having. Clothes, shoes, movies, videos and computer games all cost money. You might be wondering if the things your parents get for you will change after the divorce. Will you be able to afford to have the things you are used to having? Are you going to be poor? Children going through divorce have a lot of questions. We are going to help you understand about developing money smarts.*

This week's session will help you to . . .

- learn about expenses at home.
- understand how you can help.
- understand what child support is for.
- realize you don't have to have everything you want.
- make good choices in earning and spending your money.
- have fun and think of ways to help create a happy family life.

What are your goals for this session?

If a man
will not work,
he shall not eat.
2 Thessalonians
3:10 NIV

GOD'S TREASURES
FOR YOU



Welcome back!
We hope you will enjoy
your time with us.

Money Bingo

Have different people in your group write their names in the spaces under the words that are true for them. You may sign your name. See if you can get 5 names in a row.



Mows the yard	Owes no one any money	Waved to a neighbor	Got up early	Has a yard to play in
Moved to another home in the last year	Held the door open for someone today	Was nice today	Likes to eat eggs for breakfast	Used yarn for a gift or project
Makes breakfast for the family	Ate an orange today	Went to bed early every night this week	Has two elbows	Is wearing yellow
Likes to eat marshmallows	Overslept this morning	Likes to eat noodles	Enjoys coming to this class	Is 6 years old
Makes the bed	Likes to play outside	Knows a nurse	Knows what exit means	Says "yes sir" and "no sir"



Needs, Desires & Wants

NEEDS

Needs are things we must have in order to live. These are things like food, clothes, housing and medicine. What are some of your needs?

1 Timothy 6:8 But if we have food and clothing, we will be content with that. NIV

DESIRES

When your needs have been taken care of, your desires are choices you can make that please God. What are some of your desires?

1 John 2:15 Do not love the world or the things in the world. NKJV

WANTS

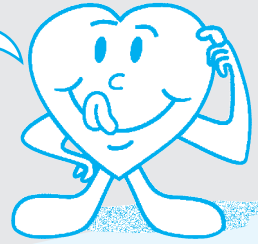
Wants involve choices you have about things you may not need, but you want, such as computer games, new clothes, CDs and other things. What are some of your wants?

1 Peter 3:3-4 Do not let your adornment be merely outward . . . rather let it be the hidden person of the heart. NKJV

Give your needs, desires and wants to God and see how God provides for you.

The Journaling Page

Write out questions you would like to ask your parent about money and spending. I have written the first question. Can you think of other questions?



1. How often can we go out to dinner?

2. _____

3. _____

4. _____

Write a promise you can make to your parent about money smarts.

I promise to _____

Session 8 Bible Story

A Widow, Her Sons & the Oil Jar Miracle



2 Kings 4:1-7

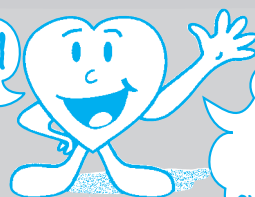
A long time ago there lived a man named Elisha who traveled to different places telling people about God. On one visit to a family, Elisha learned that the husband had recently died. As a result, there was no money for the woman of the house to pay off her debts. Her situation was so bad that if she didn't pay her debts soon, her sons would become slaves.

Elisha wanted to help, so he asked her if she had anything of value that she could sell. But the only thing she had was a tiny jar of olive oil. Back then, olive oil was valuable because of its many uses. Elisha told her to go to her neighbors and borrow every jar she could find. So she did.

Elisha then told the woman and her sons to go into their house and pour the oil from the small jar into the other jars. Miraculously, the woman's sons kept handing her jars, and she kept filling them from her small jar. They worked very hard to find all the jars that they could. They then took the jars of oil to the market where they received enough money to pay their debts.

The lesson of this story is that miracles can happen. Even though you and your parent may be struggling, God will provide a way to meet your needs. Even when it seems that things will never get better, you must have faith. As you can see from this story, God gives you what you need when you act in faith.

Bye for now.
See **you**
next week!



Remember,
God wants
to give **you**
everything you need.

Session 9

It's Not My Fault



This Week's Goals

It's Not My Fault

One of the hardest things to understand when parents get divorced is that divorce is an adult problem. It is not your fault. Many children think the divorce is their fault. There is nothing you did or didn't do that caused your parents to get a divorce. We are going to help you understand that divorce is an adult problem.

This week's session will help you to . . .

- understand it's okay if you are sad about the split in your family.
- understand some of you may be glad about the separation because there's less stress at home when your parents are apart.
- find out it's not your fault or any other kid's fault in your family—it's between your parents.
- practice saying, "It's not my fault."
- explore ways to create a happy, healthy home.
- not take responsibility for your parents' problems.
- respect each of your parents.

What are your goals for this session?

For we are His
workmanship,
created in
Christ Jesus for
good works.

Ephesians 2:10
NKJV

GOD'S TREASURES
FOR YOU

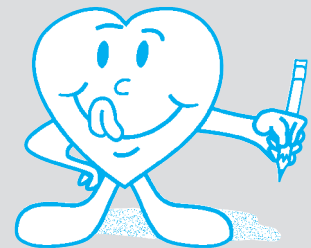


Welcome back!
We hope you will enjoy
your time with us.

Circle the Cause

● A lot of things happen that can cause parents to get a divorce. Help Herby circle the things that you think helped cause your parents' divorce.

1. Mom and Dad don't like each other anymore.
2. Mom won't keep the house clean.
3. Dad won't pick up his things.
4. They argue about spending money.
5. Mom and Dad fight all the time.
6. Mom or Dad quit going to church.
7. Dad won't help Mom around the house.
8. Dad works all the time.
9. Mom is gone all the time.
10. Mom or Dad likes someone else.
11. One of my parents drinks alcohol.
12. One of my parents uses drugs.
13. One of my parents physically hurt someone.
14. Mom and Dad stopped loving each other.
15. Mom and Dad don't like to do the same things.



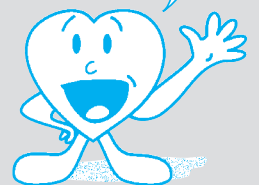
● List other things that you think helped cause your parents' divorce:

16. _____
17. _____

● Go back and put an "X" on the ones that are adult problems.

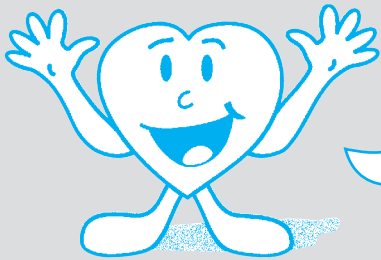
● Now make a list of kid problems.

Please Stop!



Is there a difference between an adult problem and a kid problem?

“It’s Not My Fault”



Practice this poem with me:
People keep tellin’ me
And now I know it’s true
Divorce is not my fault
But what’s a kid to do?
I can’t stop it from happenin’
I’ll have to go along
And change the tune that’s in my heart
And sing a brand new song.

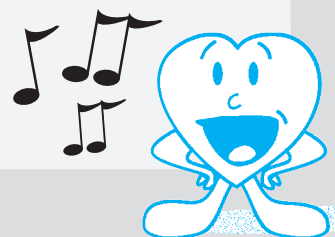
Make a list of songs you can sing this next week to help you focus on the good things in your life.

1. _____
2. _____
3. _____

Make up your own song. Think of a tune that you know and put words to the tune. When you write this song, think of the good things in your life and the helpful people in your life.

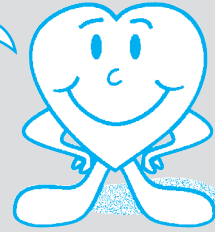
The tune I am using is

My new song is



The Journaling Page

In a family everyone has responsibilities and jobs. Draw or write what you think some of your jobs are and what you think your parents' jobs are. We have given you examples; now add your own ideas.



Kid's Job Description

Be kind to my parents and siblings

Have fun

Help with other chores

Parents' Job Description

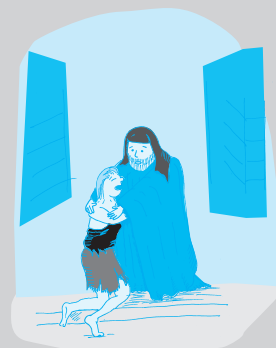
Be kind to everyone in my family

Love me

Provide food

Session 9 Bible Story

Welcome Home



Luke 15:11–32

Jesus once told a story about a young man who, against his father's wishes, took his inheritance and left home. He spent his money foolishly and soon had nothing to eat.

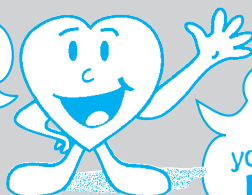
The only job he could find was feeding pigs. He was so hungry that he wished he could eat the food of the pigs! Then he remembered that his father's hired servants always had plenty to eat. So he decided to go back to his father and ask him if he could become one of his father's servants.

When the father saw his son, the father was filled with love and welcomed him home. When the older son saw what happened, he was not happy. He did not want his father to welcome his brother home. The father was sad and said, "Son, everything I have is yours. But we must celebrate that your brother has returned to us."

In this story, the father didn't want his son to leave, but the son left anyway. It wasn't the father's fault that the son left. There was nothing he could do, just like there is nothing a child can do when a parent leaves home.

Remember this important lesson. Even though your parent doesn't live with you, you can still love that parent. You can welcome your parent back when he or she decides to return to your love. This doesn't mean your parent will come home to live with you, but you can continue to have a relationship together.

Bye for now.
See **you**
next week!



Remember,
it's **not** your fault
your parents divorced.
Jesus loves **you!**

Session 10

Telling My Parents How I Feel



This Week's Goals

Telling My Parents How I Feel

Have you ever wanted to tell one of your parents something, but you didn't know how or you got scared? In this session you are going to learn how to talk to your parents and tell them how you feel about things.

This week's session will help you to . . .

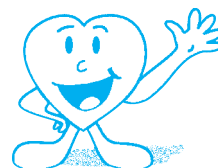
- name the feelings that you feel.
- explore ways of expressing yourself so you can communicate your feelings to others.
- explore ways to tell people what you need from them.
- realize there may be times you don't want to talk about things because you need to think about them for a while, but know at some point you will need to talk with someone.
- realize it's okay to talk to someone besides your parent about what you are feeling.
- realize you can't be your parent's best friend because he or she is your parent.

What are your goals for this session?

Don't be too
eager to tell
others their
faults, for we
all make many
mistakes.

James 3:1

GOD'S TREASURES
FOR YOU

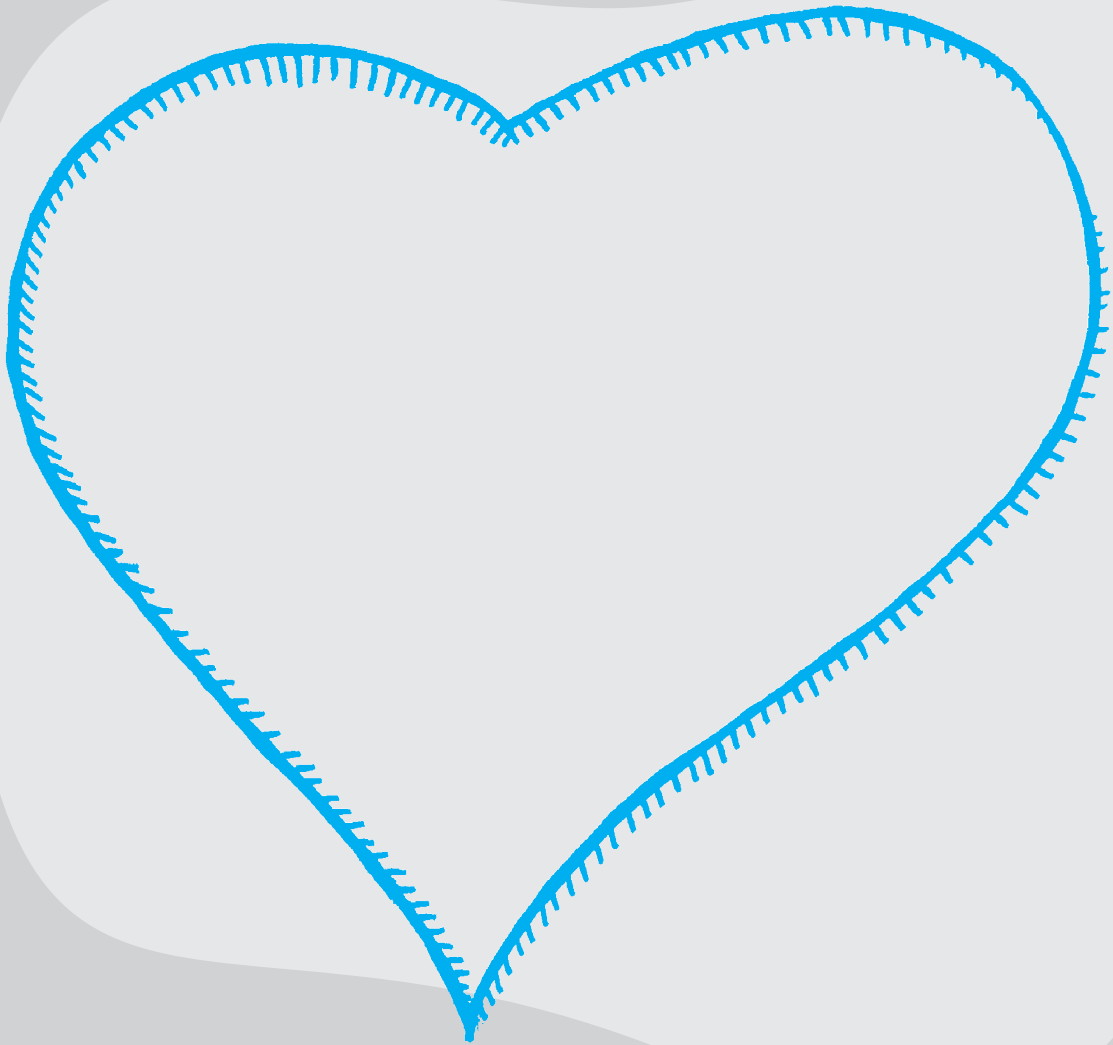


Welcome back!
We hope you will enjoy
your time with us.

Feelings and Faces

On the outside of the heart, write or draw a picture of what feelings you are showing to other people, like your parents or friends.

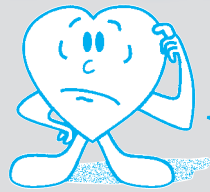
On the inside of the heart, write or draw what your heart feels.



Example: On the outside you may act happy, but on the inside you may feel sad.



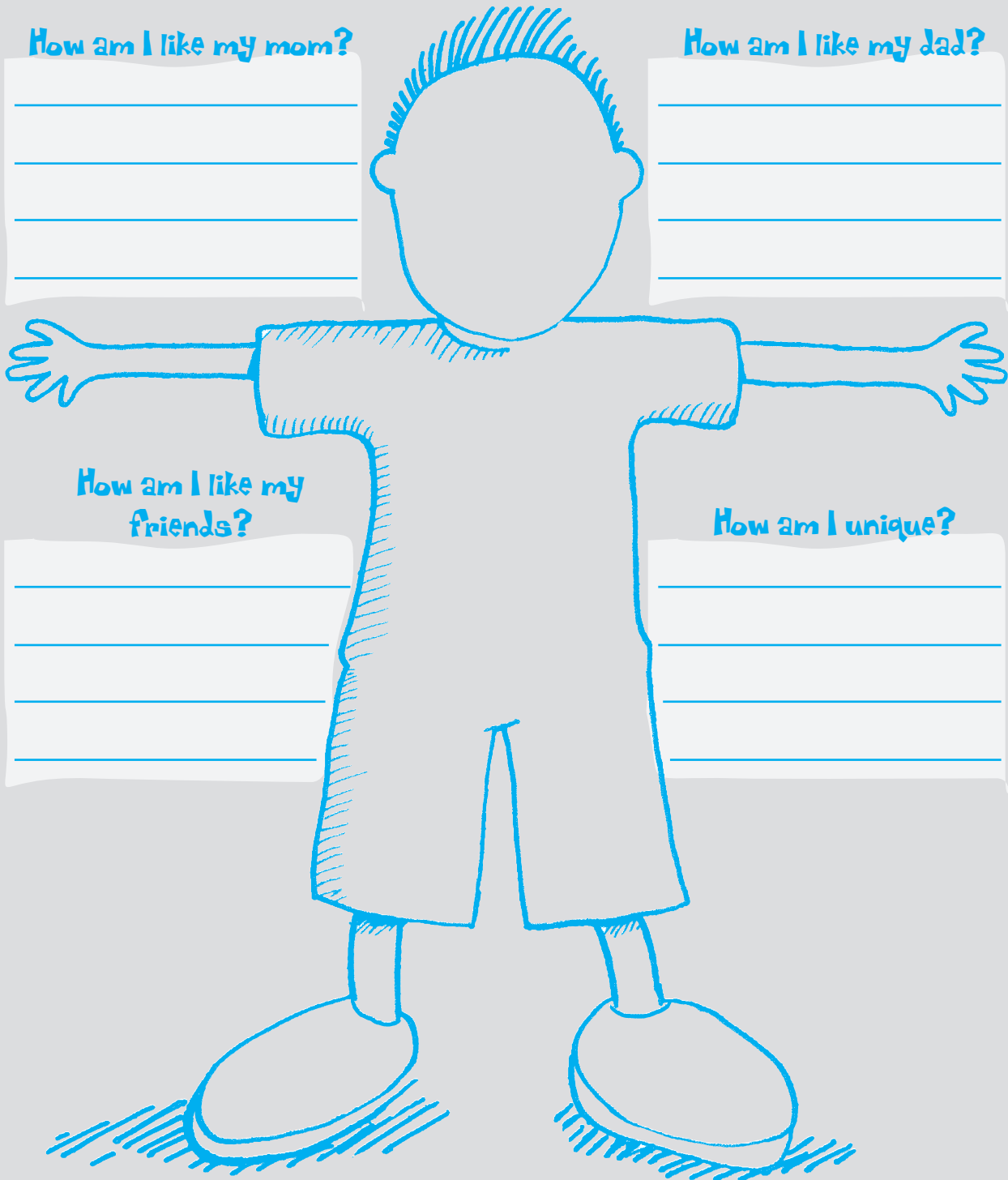
How I Am Like Other People



Answer the following questions.

How am I like my mom?

How am I like my dad?



How am I like my friends?

How am I unique?

The Journaling Page

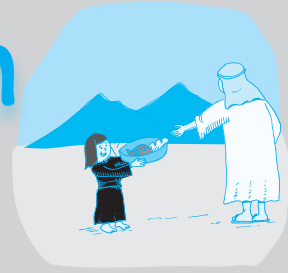
Developing My Own Kindness Plan

Think of ways you can practice kindness to people.
Draw or write about ways you can be kind.



Session 10 Bible Story

Jesus and the Lunch Box Miracle



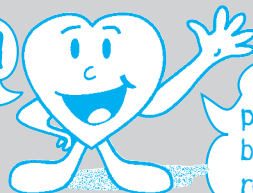
John 6:1–14

One day as Jesus was preaching, people came from everywhere to hear Him. There were over five thousand people listening to Him. As the day was ending, the disciples were going to send everyone away hungry. But Jesus said, “We must feed the people.” The Bible says that a little boy approached one of the disciples. The boy had a small lunch that he’d brought with him. Five loaves of bread and two fish. He gave that lunch to Jesus.

Jesus performed a miracle. He told the disciples to bring Him empty baskets. Then He began to break the five loaves and fish. As He did, it multiplied. He passed the bread out to everyone on the mountainside. After everyone had eaten, the disciples collected twelve baskets of leftovers.

The Bible says that the boy gave all he had to Jesus. Jesus loves all children, including the boy who shared his lunch and including you! Divorce can make you feel bad and not worthy of love, but Jesus always loves you. He wants to come and walk beside you. He wants you to trust Him and turn to Him for comfort. The Bible says it is okay to tell Jesus how you feel and to “pour out your heart to him” (Psalm 62:8 NIV). You must also learn to tell your parents how you feel. You can talk with your parents just like you talk to Jesus.

Bye for now.
See **you**
next week!



It's okay to tell your parents **how** you feel, but remember to be kind and respectful when discussing your feelings.

Session 11

Forgiveness



This Week's Goals

Forgiveness

Everyone makes mistakes. Sometimes when someone hurts you, it's hard not to want to hurt that person back. We are going to discuss what it means to forgive someone and what it feels like when someone forgives you when you make a mistake.

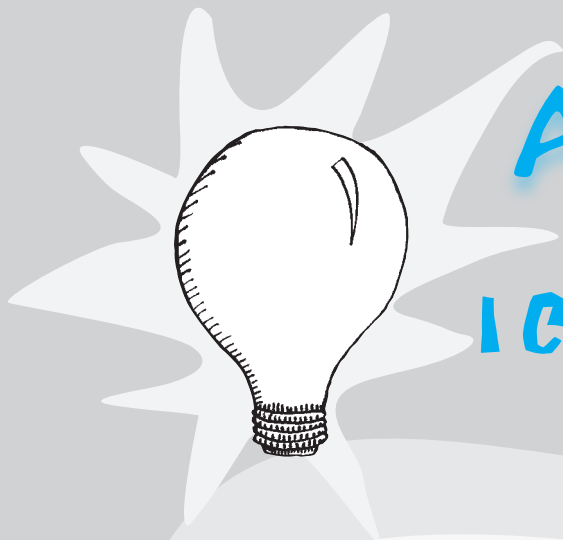
This week's session will help you to . . .

- define forgiveness.
- explore examples of forgiving small things.
- graduate from forgiving small things to forgiving big things.
- forgive your parents for divorcing.
- practice forgiving.
- learn about God's forgiveness for you and your sins.
- take responsibility for your actions and attitudes.
- ask for God's forgiveness.

What are your goals for this session?



Welcome back!
We hope you will enjoy your time with us.



A Bright Idea

I Can Learn to Forgive!

F

O

R

G

I

V

E

MYSELF

SISTERS

BOYS

GIRLS

FRIENDS

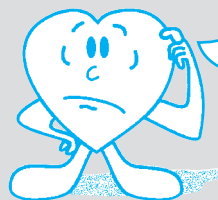
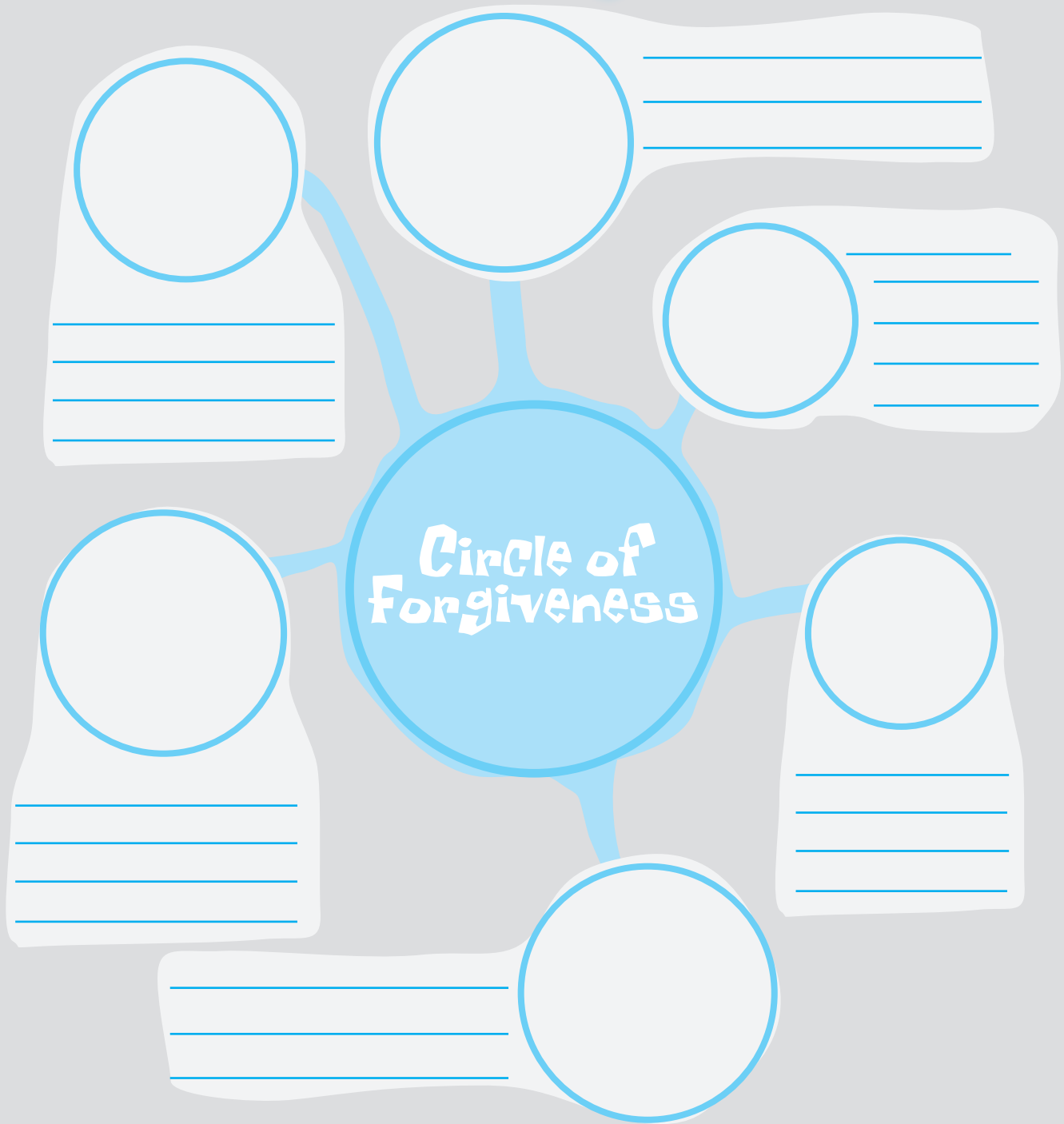
BROTHERS

EVERYONE

Be kind to each other; tenderhearted, forgiving one another:
Ephesians 4:32



Circle of Forgiveness



In the circles, write the names of people you need to forgive. On the lines near the circles, write why you need to forgive them.

The Journaling Page



Write or draw a picture in each section about how you would practice forgiveness if ...

your dad disappointed you.

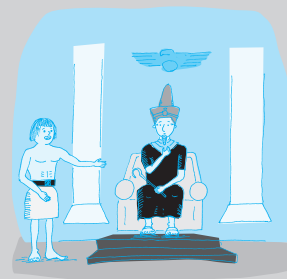
someone hit you.

your best friend hurt you.

you told your mom a lie.

Session 11 Bible Story

Joseph Forgives His Family



Genesis 37, 39–48

A man named Jacob had twelve sons. His favorite son was Joseph. One day Jacob gave Joseph a special gift, a coat of many colors. This made Joseph's brothers jealous, so they threw him into a pit and sold him into slavery.

Joseph was taken to Egypt where he became the slave of a man named Potiphar. Potiphar liked Joseph and placed him in charge of everything he had. Potiphar's wife, though, told a lie about Joseph, and Joseph was wrongly thrown into prison. While there, God allowed Joseph to interpret the dreams of a baker and butler who had worked for Pharaoh, the king.

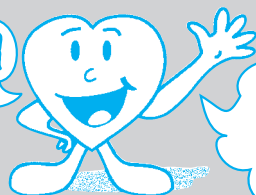
The predictions came true. Later, Pharaoh himself had dreams he did not understand. The butler told Pharaoh about Joseph. Pharaoh took Joseph out of prison so Joseph could interpret his dreams. Joseph told him that Egypt would have seven years of plenty and then seven years of famine. Pharaoh was happy and put Joseph in command of Egypt.

When the famine came, Jacob and his eleven sons were all hungry. So Jacob sent his sons to Egypt to buy grain for the family. Joseph was in charge of the grain in Egypt, so anyone who wanted to buy grain had to go through him.

Now, when his brothers came before him, Joseph recognized them, but they did not recognize Joseph. He kept his identity from his brothers for a while, but he eventually said, "I'm Joseph." They all rejoiced and told Joseph how sorry they were. Joseph forgave them because he knew that's what God wanted.

Joseph forgave those who hurt him. It may not be easy, but God asks you to forgive the people who hurt you. Sometimes you can't forgive right away, but God will give you the words to say. Trust God, and forgive those who hurt you.

Bye for now.
See **you**
next week!



Remember to
forgive others
and God will forgive you.

Session 12

Loving My Parents



This Week's Goals

Loving My Parents

Because your parents are divorced and their love for each other has changed, you may feel like they don't love you. You may not feel like loving them anymore. Sometimes it's hard work to love someone who has left you. But we encourage you to do just that.

This week's session will help you to . . .

- learn that you are lovable to each parent in different ways.
- realize you still love your parents even through divorce.
- explore ways to show love to each parent.
- realize your parents don't love each other the same way they used to.
- realize some parents don't know how to be a parent.
- learn to love your unlovable parent with God's help.
- become aware of other people in your life who love you.
- decide it feels good to be loved.
- accept love from your heavenly Father.

What are your goals for this session?

He has taken me
to the banquet
hall, and his
banner over
me is love.

Song of Solomon 2:4 NIV

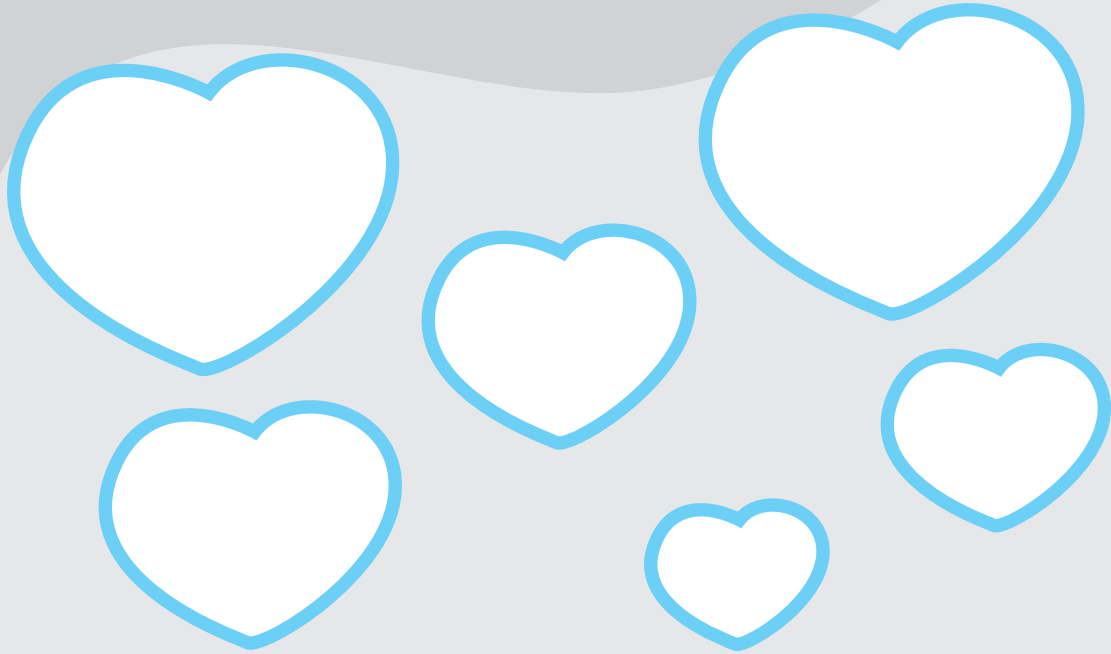
GOD'S TREASURES
FOR YOU



Welcome back!
We hope you will enjoy
your time with us.

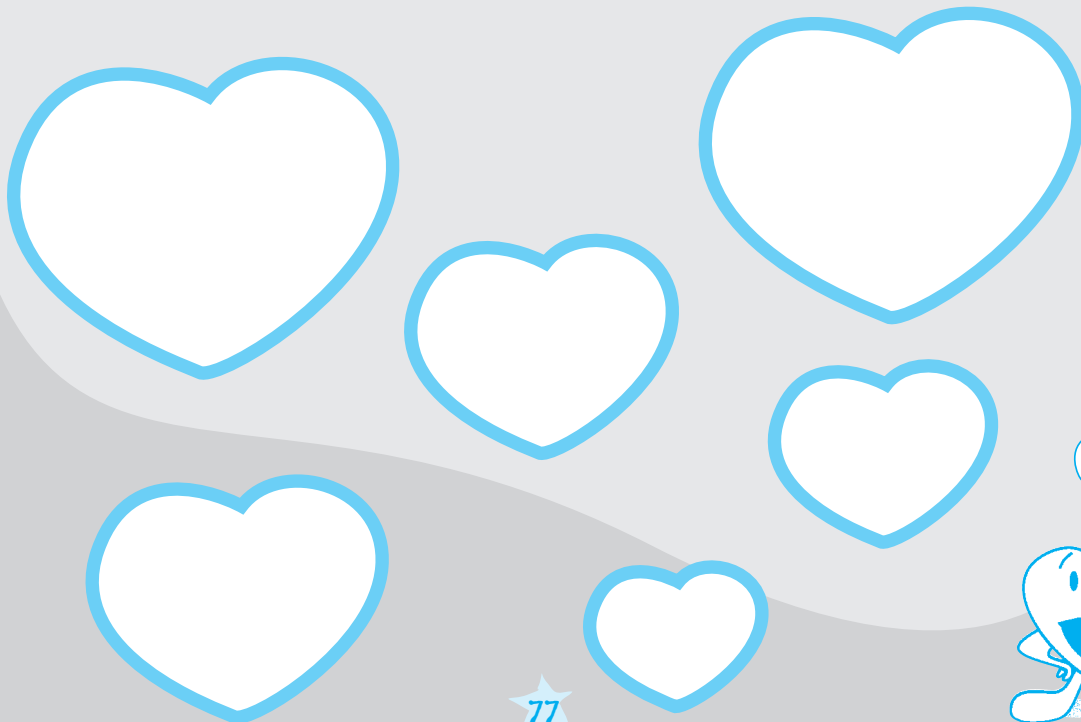
People Who Love Me

Write the names of people who love you in the hearts.

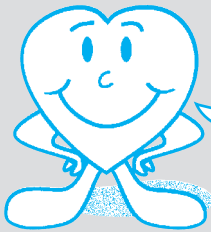
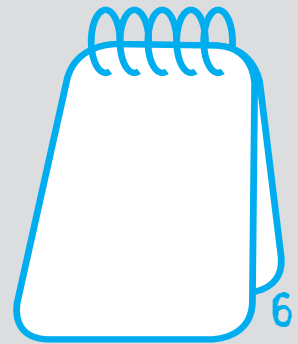
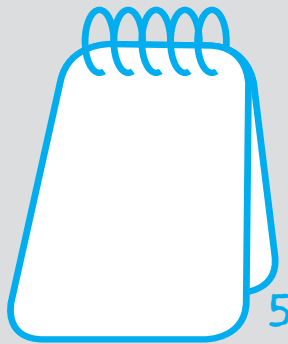
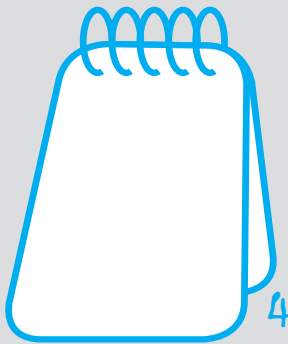
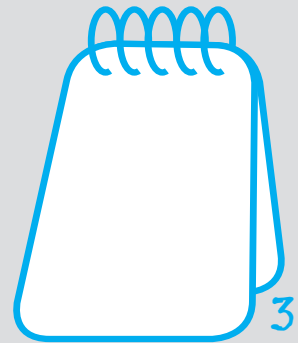
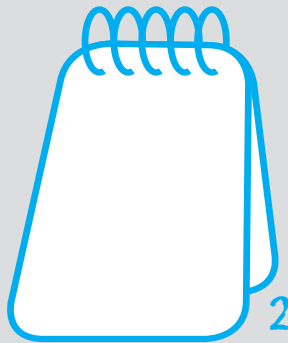
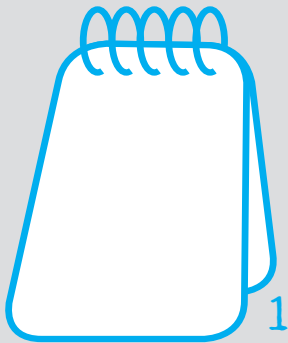


People I Love

Write the names of people you love in the hearts.



Thank You



1. Think of people in your life who have helped you. Write their names on the pads above.
2. Below, write what those people have done for you that you appreciate. (Examples: fixed my hair, washed my clothes, cooked my dinner)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

The Journaling Page

Write a poem or a letter describing 5 ways to ask for love and attention from your parent.



Examples of things you might write:

Give me a hug.

Read me a story.

Rub my feet.

Session 12 Bible Story

Josiah, the Eight-Year-Old King



2 Kings 22

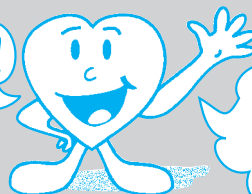
King Josiah was eight years old when he became king. His father had died, leaving him with the responsibility of governing the entire kingdom. Josiah lived with his mother. The Bible says that Josiah obeyed God and did what was right in God's sight.

During Josiah's reign, someone discovered a dusty, old book that had been lost long ago. It was the Book of the Law, a collection of all of God's commandments. Since the book had been lost for so long, the people had forgotten many of God's commands and had turned away from God and stopped worshiping Him. Once Josiah read the Book of the Law, he discovered the truth and began to change things.

God saw that Josiah had earnestly repented for the things he had done wrong. For the next several years, Josiah went around his kingdom tearing down idols and removing false prophets from the temples. He made it known that there was only one God.

You can be like Josiah and take time to know and obey God. Ask God's Son, Jesus Christ, to be your Savior and the boss of your life. The moment you give your life to Him, the Holy Spirit will come live with you and guide you in all you do. The Holy Spirit will help when you feel weak and when you don't know how to pray or what to say. Even though you might not be a king like Josiah, you can still honor the Lord with all your heart, soul and strength.

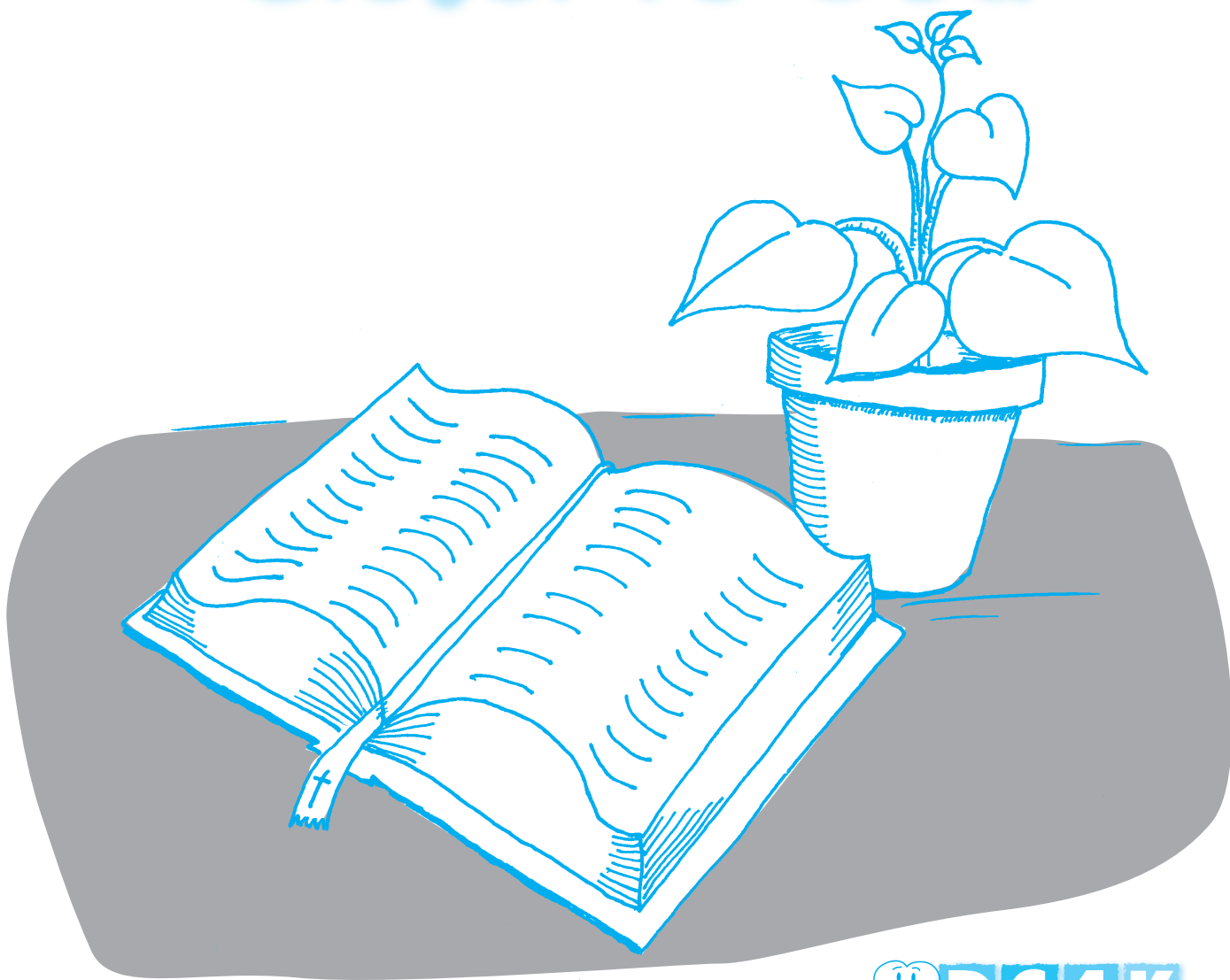
Bye for now.
See **you**
next week!



Remember the
Lord will not leave
you nor
forsake you.

Session 13

Moving On: Growing UP and Closer to God



This Week's Goals

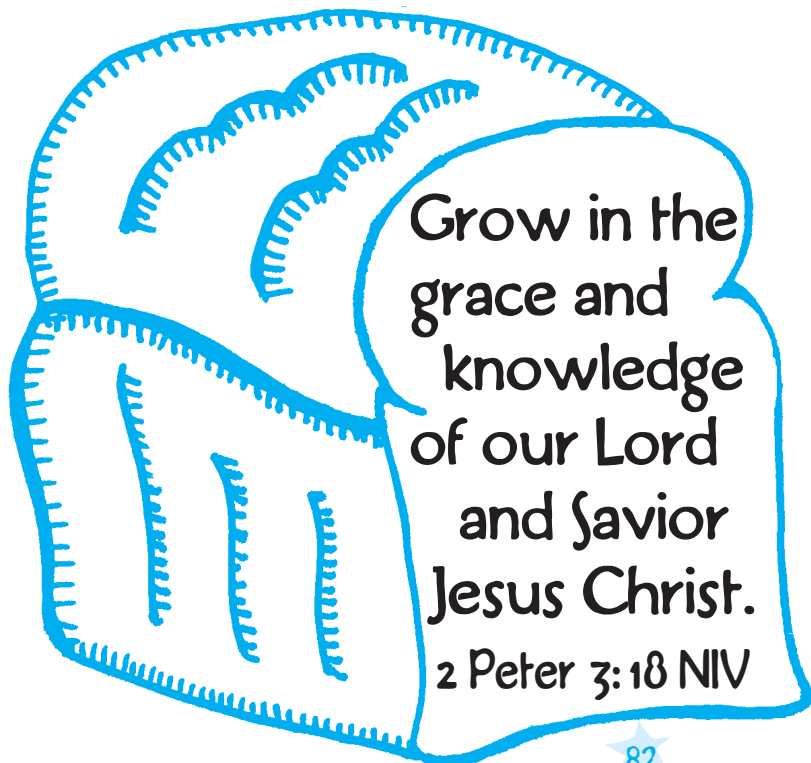
Moving On: Growing UP and Closer to God

Your parents got a divorce. That doesn't mean you will get a divorce when you grow up and get married. You don't have to make the same mistakes your parents made. You are an individual God created. He created you with your own talents, skills and hobbies. Enjoy these things. You can choose to grow up and grow closer to God.

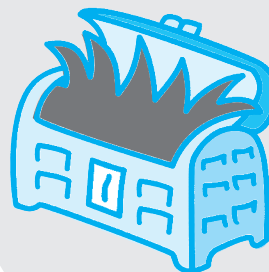
This week's session will help you to . . .

- realize there is life after divorce.
- realize you are different now because you are stronger.
- begin to think about your future and what you want to do with your life.
- decide to move forward in loving your parents.
- decide to move forward by growing up and maturing.
- decide to move closer to God.
- realize that someday you may get married, and you will be a healthy adult. You don't have to make the same mistakes your parents made.
- realize you are an individual with your own talents, hobbies and interests.
- realize you have your own relationship with God.
- choose to allow God to love you and to accept Jesus as your Savior.

What are your goals for this session?



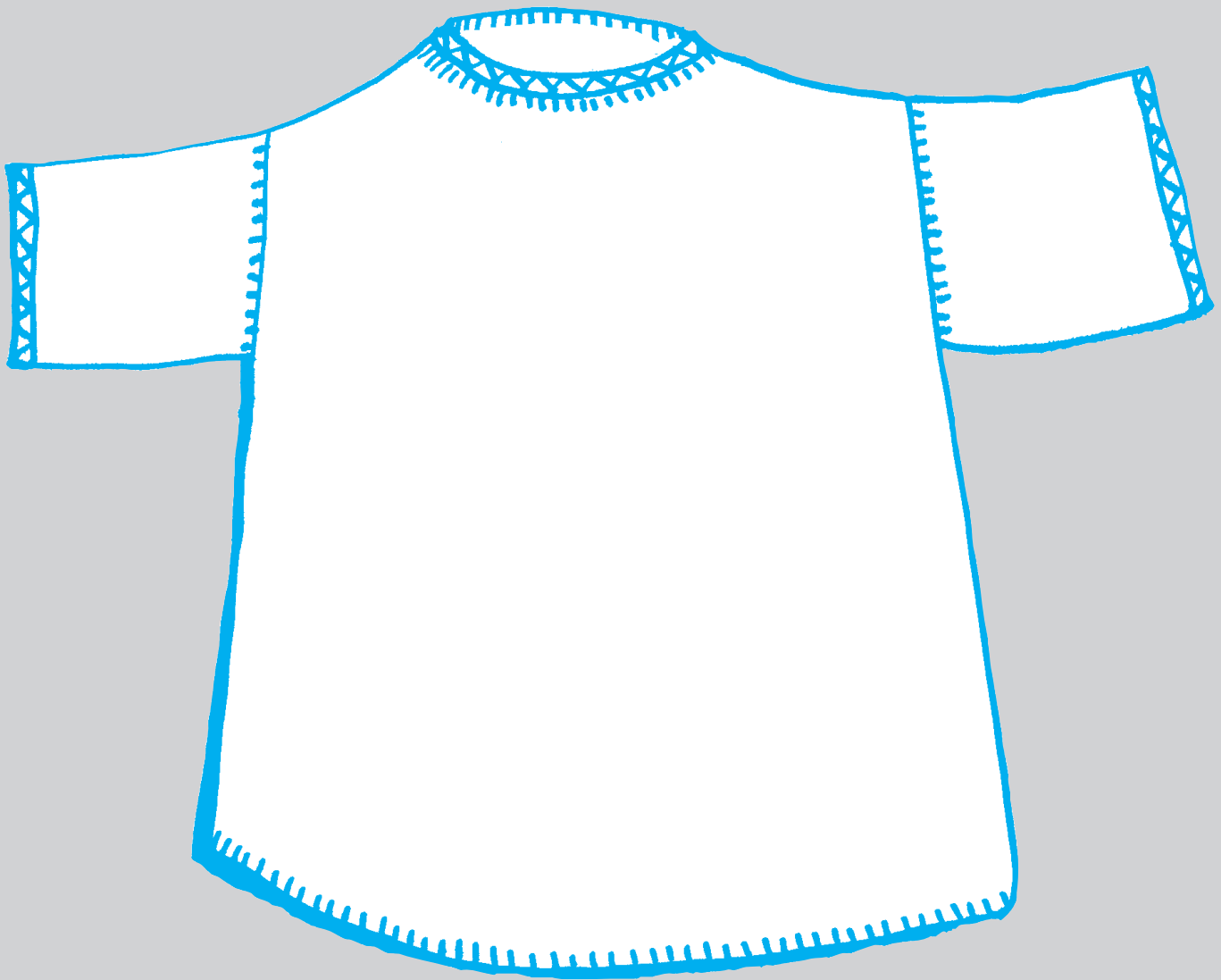
GOD'S TREASURES
FOR YOU



Welcome back!
We hope you will enjoy
your time with us.

Autograph My Shirt, Please!

Go around the room and ask different people to autograph the shirt on this page. Have them leave their thumbprint on your shirt also.



Thank God for each of your friends.

I praise you because I am fear-fully and wonder-fully made.
Psalm 139:14 NIV



Herby's Feelings

1. Using a red crayon, circle the face that shows how you felt the first time you came to DC4K.
2. Using a blue crayon, circle the face that shows how you felt last week at DC4K.
3. Using a green crayon, circle the face that shows how you feel right now.



Happy



Sad



Lonely



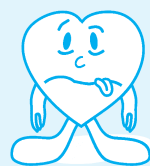
Bored



Confident



Joyful



Discouraged



Thoughtful



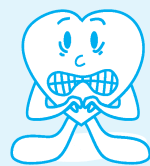
Guilty



Ashamed



Proud



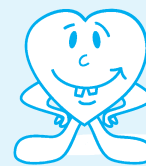
Scared



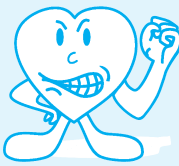
Shy



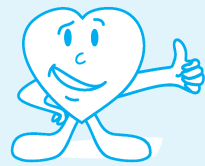
Loved



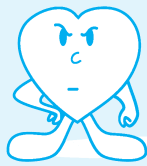
Silly



Angry



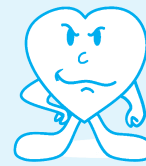
Cool



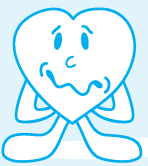
Frustrated



Surprised



Jealous



Overwhelmed



Hurt



Confused



Peaceful



Excited

Draw other feelings you have experienced over the past few weeks.

The Journaling Page

It is okay to laugh and have fun even though your parents are divorced.

God wants you to be joyful and laugh.

Below you will find several scriptures. Choose one scripture and draw a picture or write what it means to you.

1. A happy heart makes the face cheerful. Proverbs 15:13 NIV
2. Blessed are you who weep now, for you will laugh. Luke 6:21 NIV
3. God will wipe every tear from your eyes. Revelation 21:4 NIV
4. Gladness and joy will overtake them, and sorrow and sighing will flee. Isaiah 35:10 NIV
5. The cheerful heart has a continual feast. Proverbs 15:15 NIV

As you grow up, you can choose to be joyful and happy in your life. You can choose what you want to be. Write or draw a picture of what you want to be when you grow up.

Joy, joy, j-o-y, oh I will sing of joy, joy, j-o-y, oh I will sing.



Session 13 Bible Story

God's People Are Set Free



(The story in Exodus 1-14 is the play the *Kids Like Me* gang has been practicing. Since you don't get to see the play they put on for their parents, here is where you can find it in the Bible.)

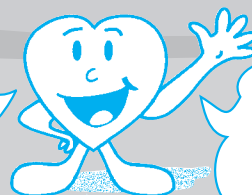
Exodus 1-14

One day a baby was born to an Israelite family, and they named him Moses. At that time, a terrible law was issued that said all newborn boys must be killed. Moses' mother hid him for three months at home, and then, when she could not hide him anymore, she made a little basket for him and placed it on the Nile River. The king of Egypt's daughter found the baby and brought him home to be raised in the palace. This was all part of God's plan.

While Moses was growing up, the Israelite people were being held as slaves in Egypt. One day God appeared to Moses in a burning bush and told him to lead the Israelites out of Egypt. Moses did not feel that he could do such an enormous task; he felt afraid and inadequate. But God was with him the entire time, and because Moses listened to God, the Israelites were set free from slavery. Through a relationship with Jesus, you, too, can be set free from hurt, bitterness, anger and despair.

God used Moses to accomplish great things, even though Moses was a normal person who struggled with confusing emotions and often made mistakes. God wants to use you to accomplish great things, too, and He will be with you every step of the way.

Thank
you for
coming to DC4K!



Remember,
God is the real
source of wisdom and
strength (Job 12:13).

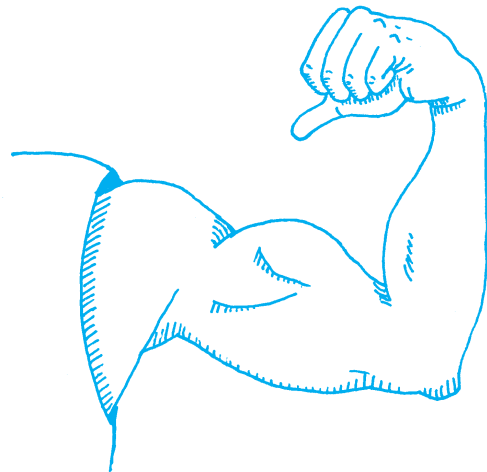
Alphabet Stretches



DC4KTM
DivorceCare for Kids

“I will strengthen the arms of the king of Babylon,
but the arms of Pharaoh will fall limp.”

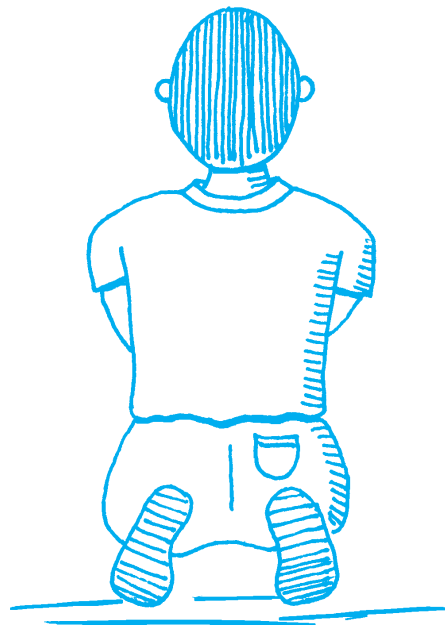
Ezekiel 30:25 NIV



Tighten your arms really tight and make them strong.
Then let them fall limp at your sides. Repeat several times.

“Come let us bow down in
worship, let us kneel
before the Lord our
Maker.”

Psalms 95:6 NIV



Lower yourself to your knees and then lean forward in a bowing
position. Stretch your hands in front of you. Then practice standing up
without holding on to anyone or anything.

“They shall go into
thickets and
climb up on the rocks.”

Jeremiah 4:29 NKJV



Pretend to climb a rocky cliff. While you climb, stretch your arms and legs as far as possible.

“And their children
dance.”

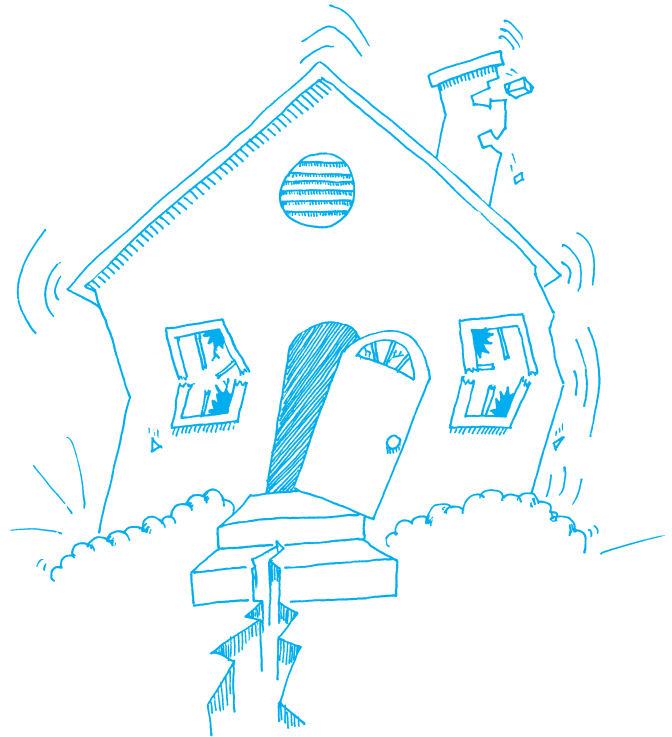
Job 21:11 NKJV



Demonstrate a dance you enjoy. If you do not know a dance,
make up your own.

“There will be . . .
earthquakes
in various places.”

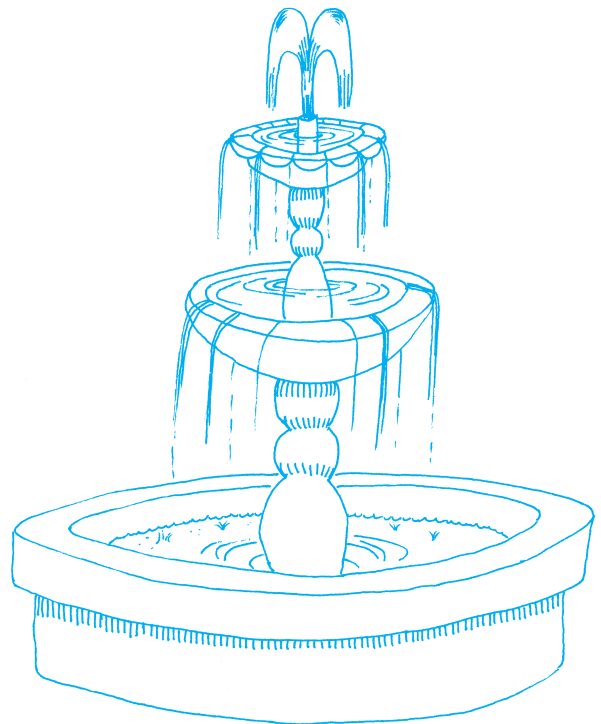
Matthew 24:7 NIV



Hold your hands up high and shake them all the way to the ground as you make a trembling sound with your mouth.

“The fear of the Lord is
a fountain of life.”

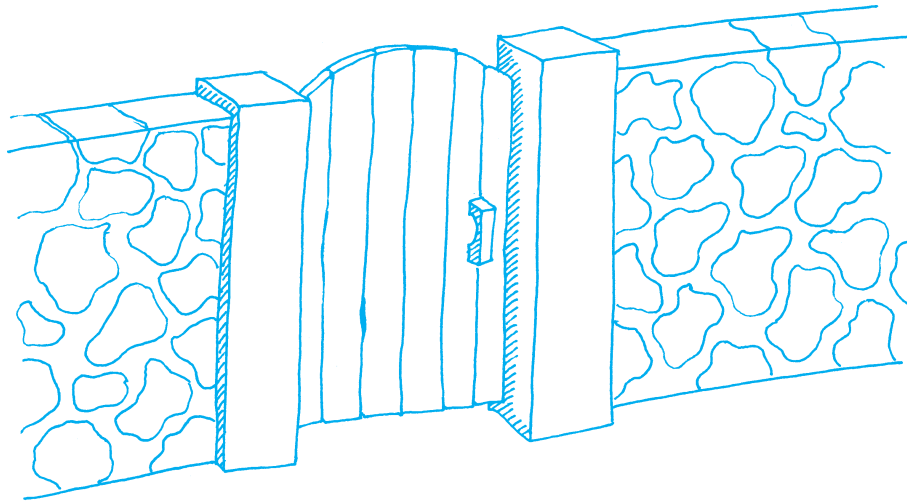
Proverbs 14:27 NIV



Using your hands and starting at your feet, bring your hands up with a “pshoo” sound like a fountain spraying out water.

“Enter through the narrow gate.”

Matthew 7:13 NIV



Practice being a gate that opens and closes by swinging your right arm across your body like a swinging gate, and then switch to your left arm.

“He will be like a bush [a heath bush] in the wastelands.”

Jeremiah 17:6 NIV



The heath bush is stunted and short. The leaves are small, narrow and rigid. They grow on the slopes of Lebanon, which is mentioned in the Bible. To be a heath leaf, stretch your arms upward like you are struggling to grow. Keep your arms stiff.

“Abraham gave the name Isaac to the son Sarah bore him. . . . Sarah said, ‘God has brought me laughter.’”

Genesis 21:3, 6 NIV



Isaac, in the Bible, means “laughter” or “one laughs.” Put your hands on your hips and rotate your hips in a circle. Laugh deeply from your stomach while saying, “Ha-ha-ha, hee-hee-hee, ho-ho-ho.” Switch directions and repeat.

“David said to the Philistine, ‘You come against me with sword and spear and javelin.’”

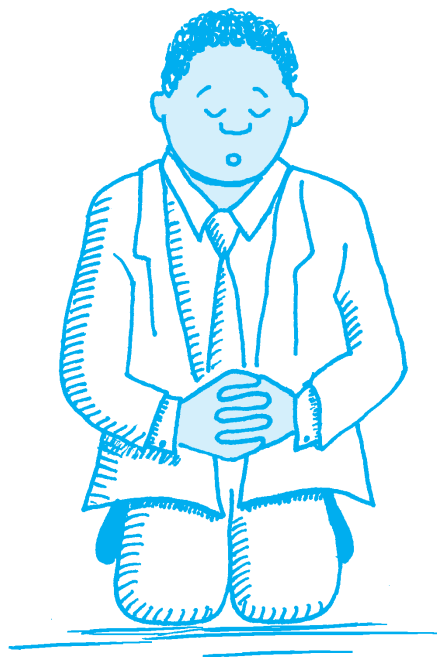
1 Samuel 17:45 NIV



Circle your arm over your head and then thrust your arm forward, pretending to throw a heavy object. Do the same with the other arm.

“For this reason I kneel
before the Father,
from whom his whole
family in heaven and on
earth derives its name.”

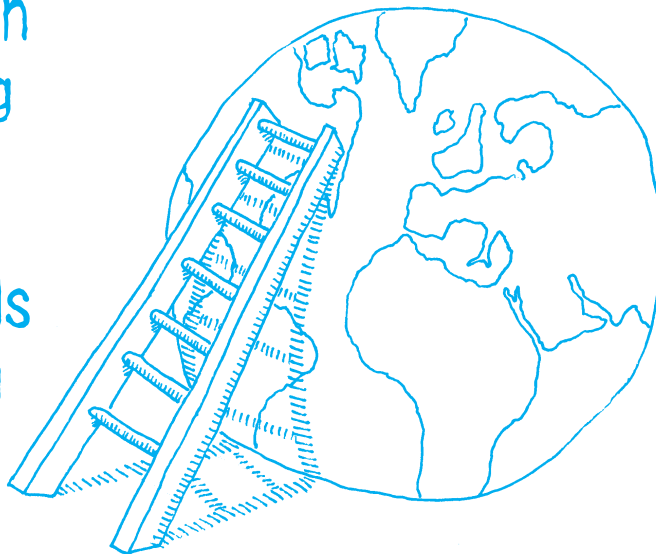
Ephesians 3:14–15 NIV



Kneeling in the Bible meant worship. Practice kneeling very slowly and without holding on to anyone or anything.

“He had a dream in which
he saw a ladder resting
on the earth, with its
top reaching
to heaven and the angels
of God were ascending
and descending on it.”

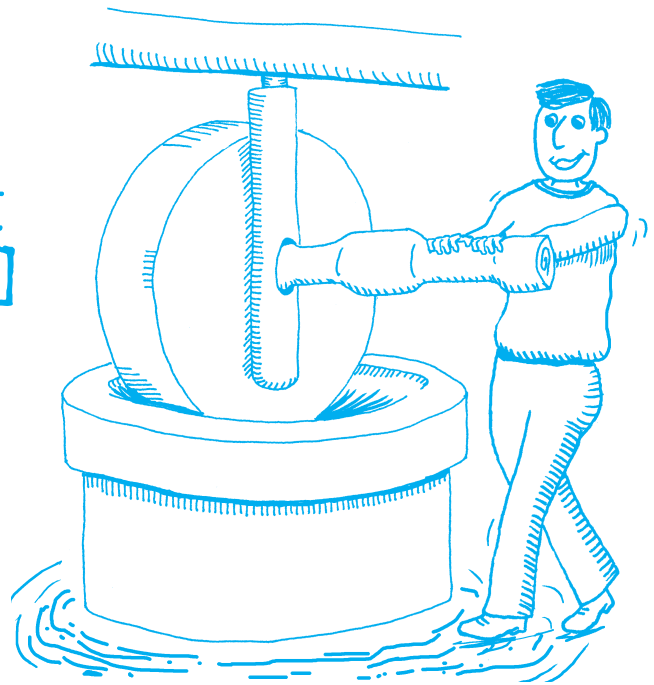
Genesis 28:12 NIV



Climb a pretend ladder. Be sure to stretch as you go up,
and then climb down.

“Then the Philistines seized him. . . . They set him to grinding [the mill] in prison.”

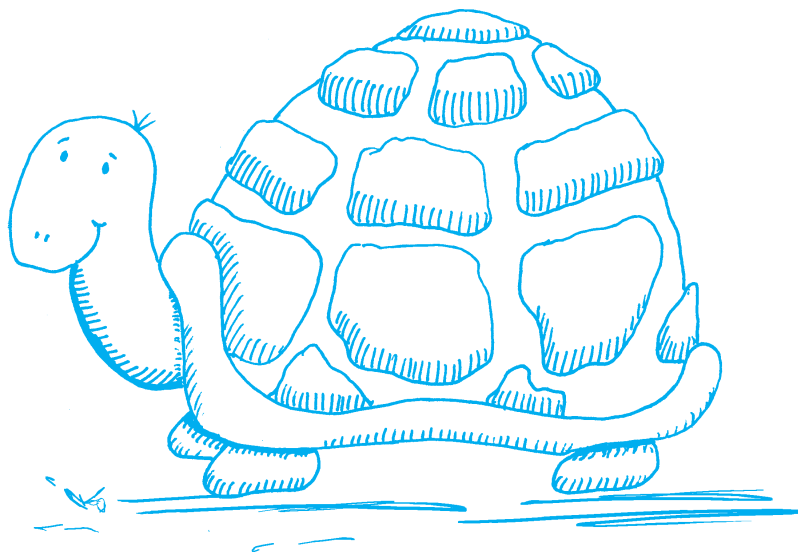
Judges 16:21 NIV



Pretend to hold on to the handle of a large mill. With all of your strength, push the beam forward while walking in a circle.

“And walk with outstretched necks.”

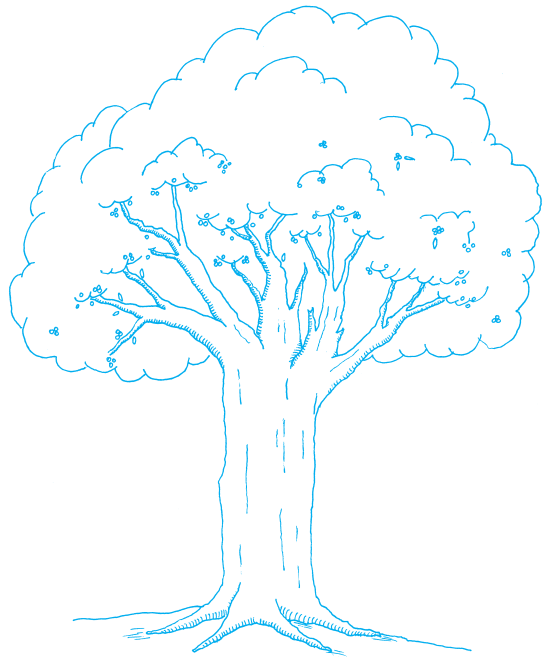
Isaiah 3:16 NKJV



Tighten and stretch your neck while pushing forward and then release.

“For if you were cut out of the olive tree which is wild by nature, and were grafted contrary to nature into a cultivated olive tree, how much more will these, who are natural branches, be grafted into their own olive tree?”

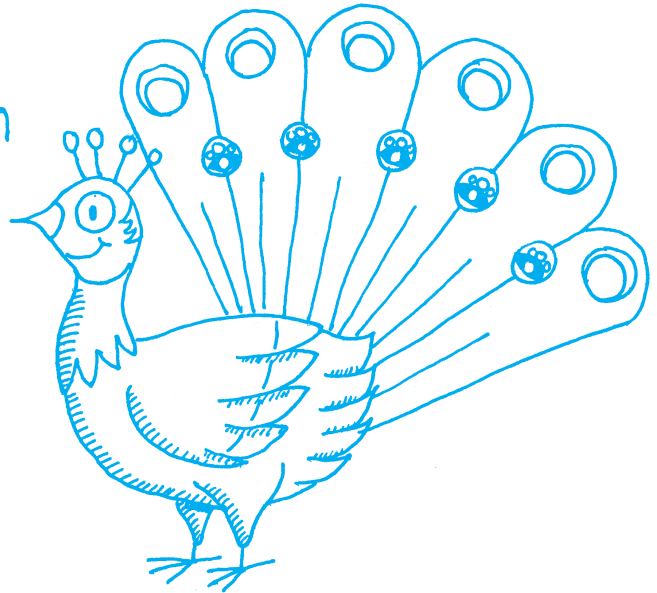
Romans 11:24 NKJV



Pretend to be an olive tree, waving and bending as the wind blows through your branches. While you stretch, your feet must stay in one place on the floor just like the roots of a tree.

“King Solomon’s merchant fleet was in partnership with King Hiram’s, and once every three years a great load of gold, silver, ivory, apes, and peacocks arrived at the Israeli ports.”

1 Kings 10:22



Bring your hands together in front of your chest. Then push them upward and outward into a large circle, and bring your arms and hands down to your side. Repeat several times.

“And the whole mountain quaked greatly.”

Exodus 19:18 NKJV



To quake means to shake or tremble. Shake your entire body and feel the stress leave your body.

“They will run and not grow weary.”

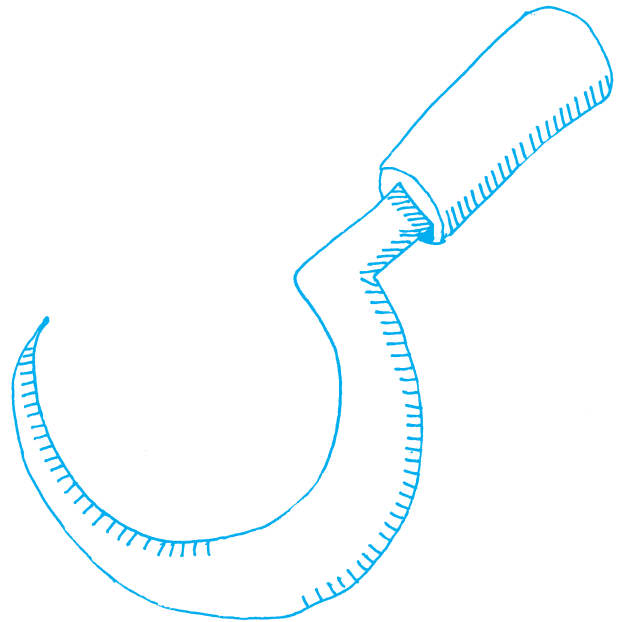
Isaiah 40:31 NIV



Run in place as hard as you can.

“Now let the sickle do
its work; the harvest is
ripe and waiting.”

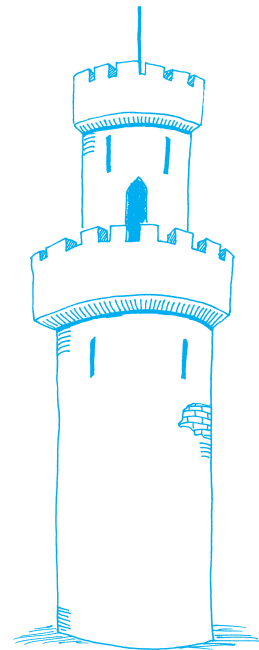
Joel 3:13



Hold one fist in the other and swing your hands back and
forth from right to left.

“He is always kind and
loving to me; he is my
fortress, my tower of
strength and safety, my
deliverer.”

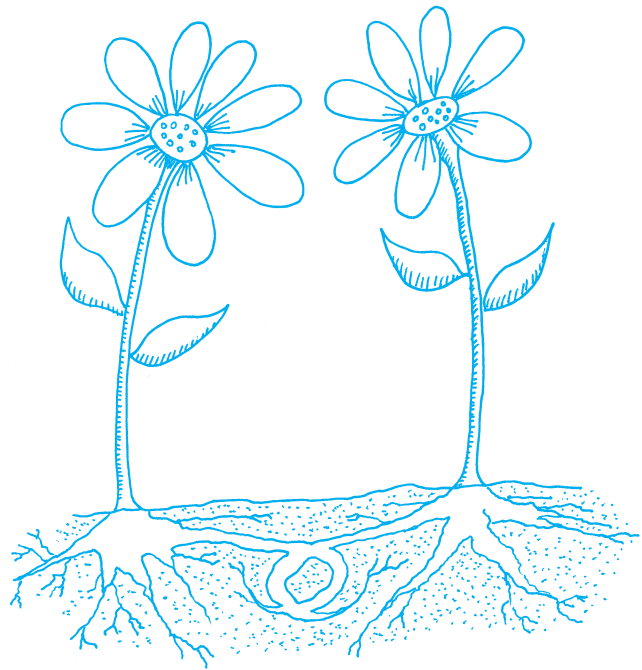
Psalms 144:2



Stand with your feet shoulder-width apart.
Clasp your hands together and reach as high as you can reach.
Stand tall and straight like a high tower.

“Lest while you gather up the tares you also uproot the wheat with them.”

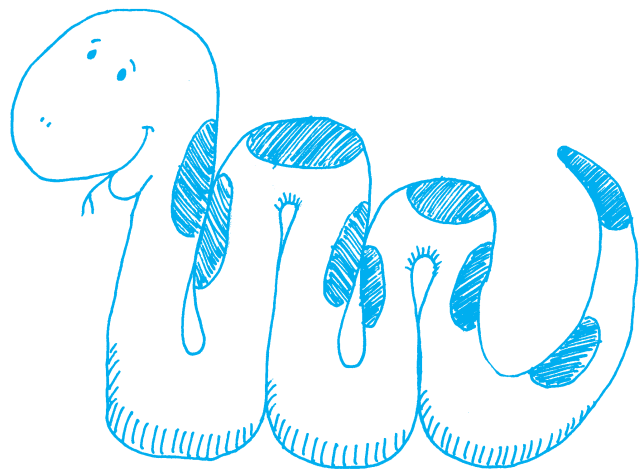
Matthew 13:29 NKJV



Bend over and pretend to pull out a plant from the ground.
Now switch hands to uproot another pretend plant.

“At the last it bites like a serpent, and stings like a viper.”

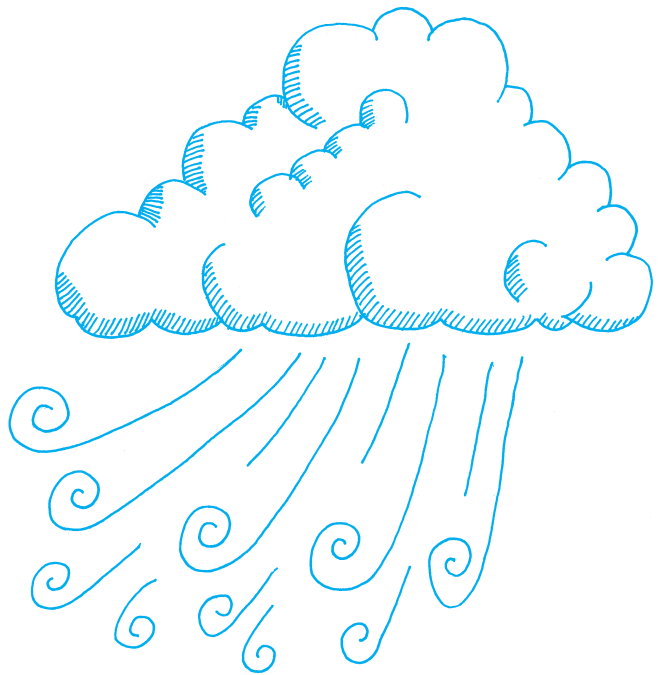
Proverbs 23:32 NKJV



With your left hand, pretend your arm is a snake weaving through the air from the left side of your body to as far as you can stretch over to the right side, while saying “ssitz.” Now repeat with your right hand.

“I looked, and I saw a windstorm coming out of the north—an immense cloud with flashing lightning and surrounded by brilliant light.”

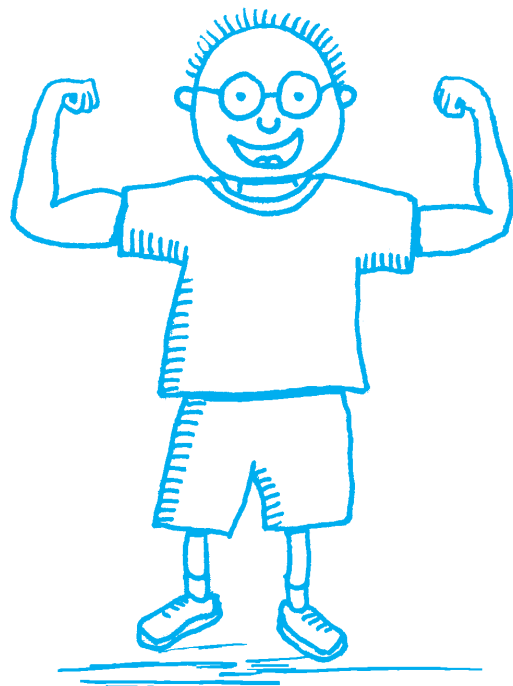
Ezekiel 1:4 NIV



Use your hands and arms to show a strong wind blowing from the left side and then from the right side. Blow gusts of wind with your mouth.

“King Xerxes imposed tribute throughout the empire, to its distant shores. And all his acts of power and might . . . are written in the book of the annals of the kings.”

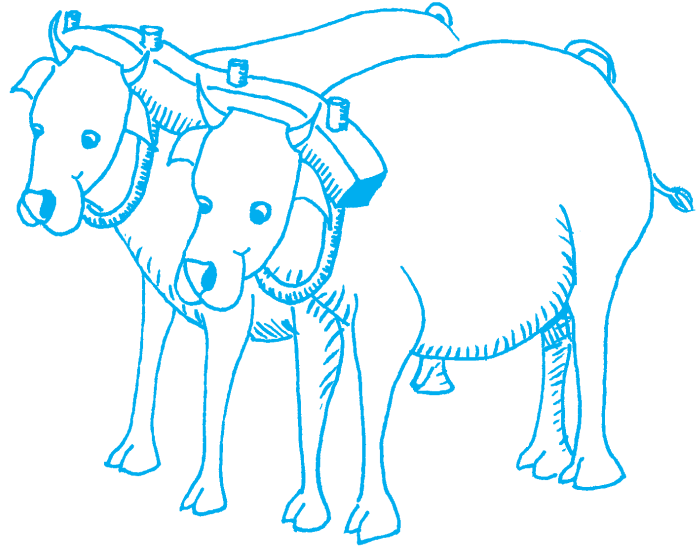
Esther 10:1-2 NIV



On the words “power and might,” raise both arms with hands in closed fists, and flex the muscles in your upper arms. Hold this position for a few seconds and then release.

“Do not be yoked together with unbelievers.”

2 Corinthians 6:14 NIV



A yoke is a wooden frame that fits across a person's or an animal's shoulders and helps to balance a heavy load. Pretend a heavy wooden yoke is lying across your shoulders.

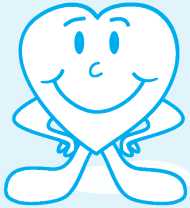
“Zacchaeus, come down immediately. I must stay at your house today.”

Luke 19:5 NIV

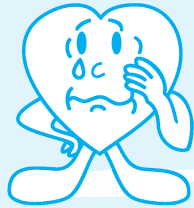


When Jesus came to Jericho, Zacchaeus wanted to see Him, but he was too short. He climbed up a tree. Pretend to climb a tree, and stretch your body like you are trying to see something. Then climb down.

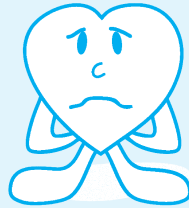
Herby's Feelings



Happy



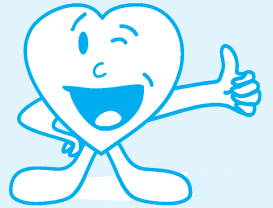
Sad



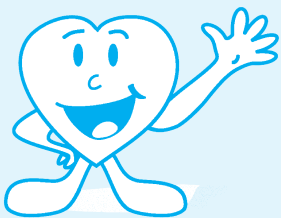
Lonely



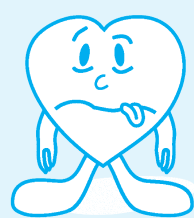
Bored



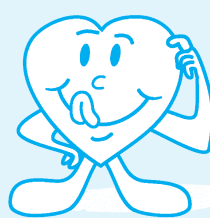
Confident



Joyful



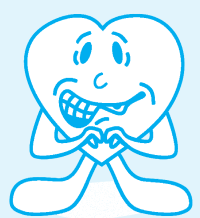
Discouraged



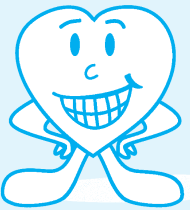
Thoughtful



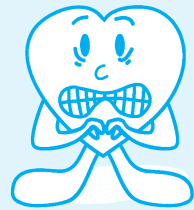
Guilty



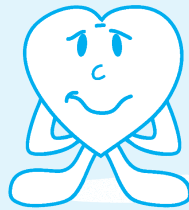
Ashamed



Proud



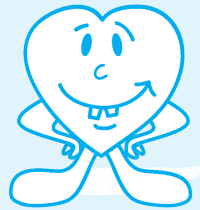
Scared



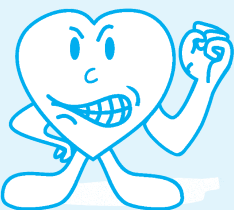
Shy



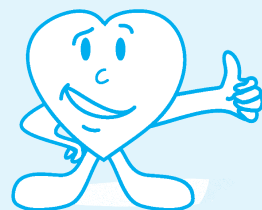
Loved



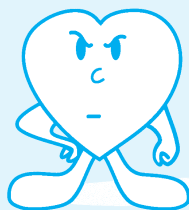
Silly



Angry



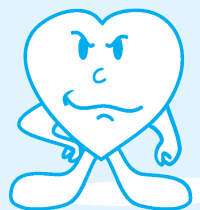
Cool



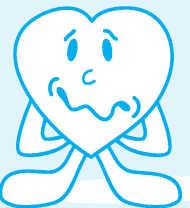
Frustrated



Surprised



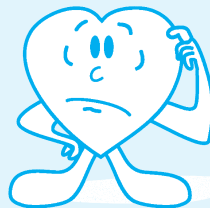
Jealous



Overwhelmed



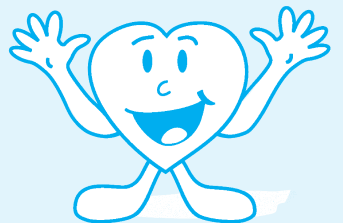
Hurt



Confused



Peaceful



Excited

DC4K Music CD DC4K Storybook

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Hey Kids!

Do you like the stories you've been hearing in DC4K and the music you've been listening to?

These stories and songs have been written especially for children whose parents are going through a divorce. If you'd like to order a copy of the book *Stories for Kids in Divorce* or the *Kids Like Me* CDs, have your parent call

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