

5-17-26 Consumer - What's Consuming You?

Overview

God made YOU super special and has a big, awesome plan just for you! Sometimes yucky feelings from family stuff, sneaky wrong choices, or being too comfy and lazy can “eat up” your joy and make you feel stuck or sad inside. This message shows how Jesus helps us let go of the bad stuff so we can be happy, brave, and live the fun life God planned!

Big Ideas

- God’s plan is one-of-a-kind—just for YOU! You don’t have to stay stuck with old yucky patterns.
- Some things “consume” us (steal our happiness): grumpy thoughts and fears, little bad choices that grow bigger, or being too lazy and comfortable.
- King Saul: Let angry and “I’m not good enough” feelings boss him around.
- King David: One small wrong choice (staying home when he should’ve been working) led to bigger trouble.
- King Solomon: Had everything easy but felt bored and wondered, “What’s the point?” because he forgot God.
- Best news ever: Jesus helps us say “No!” to the yucky stuff and “Yes!” to His awesome plan by praying, saying sorry, and getting brave!

Fun Questions to Think About

1. What things sometimes make me feel worried, grumpy, or “not good enough”?
2. Which story feels a little like me—Saul’s grumpy feelings, David’s oops choices, or Solomon’s too-easy life?
3. What little choices do I make that might not be the best?
4. When do I feel too comfy or lazy to try new things or help others?
5. What do I think God’s super fun plan for ME might look like?

Things You Can Do This Week

- Tell Jesus about anything yucky that’s bothering you and ask Him to help you let it go.
- Say sorry for any wrong choices and try one “brave and kind” thing (help at home, share toys, try something new).
- Do one generous thing every day—like giving a hug, sharing a snack, or being extra nice.
- Pray a simple prayer: “Jesus, I love You! Help me follow Your plan today!”

Fun Group or Family Talk Ideas

1. Share a time you felt worried or stuck. How can Jesus help make it better?
2. What’s one small bad habit we can work on stopping together as a family?
3. What does “getting brave and uncomfortable” look like for kids (helping at church, being kind to someone new, trying a new chore)?
4. How can we help each other live God’s awesome plan every day?
5. What’s one fun thing we can do this week to be generous and make someone smile?