

# Finding Strength in God's comfort,



## Finding Strength in God's Comfort - Lessons from 2 Corinthians 1:1-11

By Ariel

2 Corinthians 1:3-4 - "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

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## Setting the Scene

**Key Concept:** God is the ultimate source of comfort. When we face difficulties, He strengthens and comforts us, equipping us to share His comfort with others. This divine comfort reminds us that we are never alone, even in our hardest moments.

### Engaging Analogy:

"Imagine a cozy blanket on a cold day. When you're feeling chilly, a blanket wraps you up and makes you feel warm and safe. That's what God's comfort is like—it surrounds us and gives us peace during hard times. And just like we might share a blanket with someone who's cold, we can share God's comfort with others who are hurting. This act of sharing turns God's love into something visible and tangible."

**Invitation:** Encourage participants to reflect on how they can turn to God for comfort and how they can share His peace and love with others who are struggling. Remind them that comforting others is a way to show the love of Christ.

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## Section 1: Reflect and Discuss

### Reflection Questions

1. What does it mean to feel comforted?
2. Can you think of a time when God gave you peace during a hard situation?
3. Why do you think it's important to comfort others when they are struggling?
4. How can we share God's comfort with friends or family who are feeling sad or scared?

### Family or Group Discussion

- Share examples of times when God's comfort was especially meaningful to you or someone you know. For example, talk about how a specific scripture or a kind word helped during a tough time.
  - Discuss how comforting others reflects God's love and compassion. Brainstorm practical ways to comfort those around us, such as offering a kind word, a hug, or a prayer. Share stories of people who showed remarkable compassion in times of need.
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## Section 2: Hands-On Activities

### Activity 1: God's Comfort Blanket Craft

**Objective:** Create a comforting "blanket" as a visual reminder of God's love and care.

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## Materials Needed:

- Large sheets of paper or fabric scraps
- Markers or crayons
- Stickers, glue, and decorative items
- Optional: Pre-printed phrases like "God's Love" or "Peace."

## Instructions:

1. Decorate the paper or fabric with symbols and words that represent God's comfort, such as "Peace," "Love," "Strength," or "Hope."
  2. Draw or write ways God has comforted you or how you can comfort others.
  3. Add embellishments like hearts, crosses, or doves to symbolize peace and compassion.
  4. Hang the blanket in a special place as a reminder of God's comforting presence.
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## Activity 2: Comfort Card Exchange

**Objective:** Practice comforting others through kind and thoughtful messages.

## Materials Needed:

- Blank cards or paper
- Markers, crayons, and stickers
- Envelopes

## Instructions:

1. Write or draw encouraging messages on the cards (e.g., "God loves you," "You are not alone," "I am here for you").
  2. Decorate the cards with cheerful designs or uplifting words.
  3. Share the cards with friends, family, or members of the community who might need comfort.
  4. Reflect on how your message of comfort can bring hope and joy to someone in need. Encourage participants to pray over their cards before giving them away.
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## Activity 3: Sharing the Comfort Chain

**Objective:** Create a chain representing acts of comforting others.

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## Materials Needed:

- Strips of colored paper
- Markers
- Glue or tape

## Instructions:

1. Write ways you can comfort someone (e.g., "Pray for a friend," "Give someone a hug," "Listen when someone is sad") on the paper strips.
  2. Link the strips together to form a chain.
  3. Discuss how each action represents sharing God's comfort with others.
  4. Display the chain as a reminder of the many ways we can reflect God's love and peace. Talk about how the chain will grow as we add more acts of kindness.
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## Section 3: Music and Creativity

### Memory Verse Song

Set 2 Corinthians 1:3-4 to the tune of a familiar children's song, such as "Row, Row, Row Your Boat":

*"Praise to the God of love,  
The Father of all care.  
He comforts us in our troubles,  
To help others everywhere."*

Encourage participants to sing along and create simple hand motions to make the song more interactive. Add a challenge to remember and share the verse with a family member or friend.

### Creative Writing Prompt

Ask participants to write or draw a story about a time when someone was sad and another person comforted them with God's love. What happened, and how did it make both people feel? Reflect on how sharing God's comfort brings peace and joy. Encourage them to include a moment where they felt God's presence while offering comfort.

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## Section 4: Closing Reflection and Prayer

### Reflection:

- What is one way I can turn to God for comfort this week?
- What is one way I can share God's comfort with someone else?
- Discuss the importance of noticing when others are in need and offering support.

### Prayer:

Lead a prayer thanking God for His unfailing comfort and asking for His strength to comfort others. Pray for those who are hurting and ask for God's peace to surround them. Include a moment of silent prayer for participants to reflect on specific ways they can comfort others.