

# S Sing

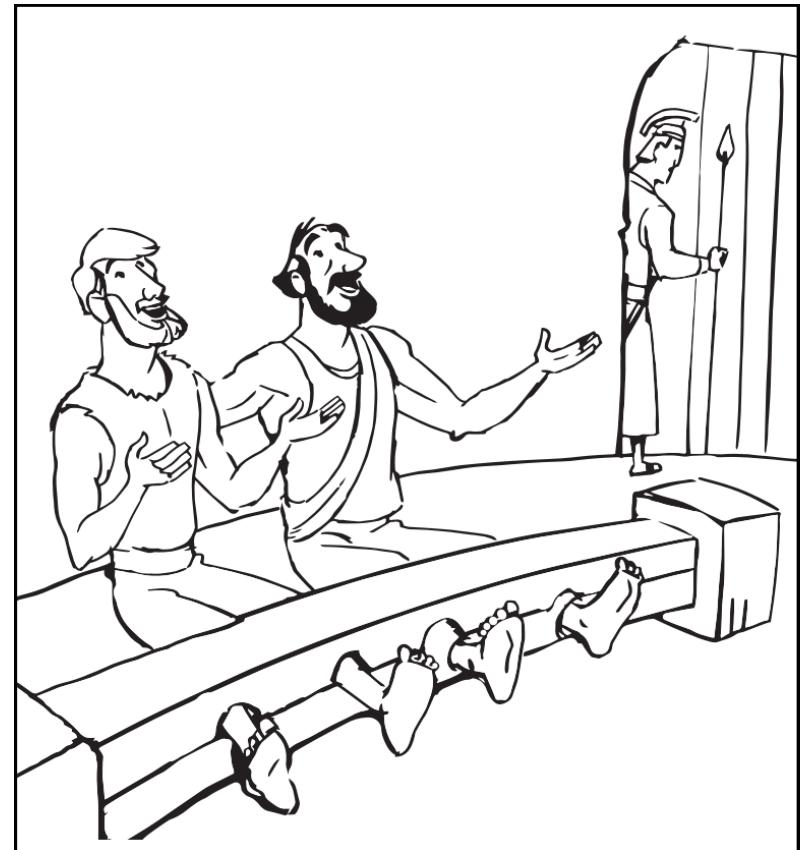
Have you ever had a hard day when you didn't feel like singing or smiling?

What kind of songs help you feel close to God when you're upset?

How can you help someone else see God by showing a thankful heart?

### Let's say this prayer:

*God, thank You for being with me—even on the hard days. Help me to sing to You and be thankful like Paul and Silas. Let my heart always praise You, no matter what. Amen!*



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**“Sing...songs to God with thankful hearts.”**

“**Sing** ... songs to God with thankful hearts.”

**Instructions:** Read the story, then go back and reread the story and answer the questions.

### Acts 16:22–26, NLT

Paul and Silas were beaten and thrown into jail for telling people about Jesus.

*“A mob quickly formed against Paul and Silas, and the city officials ordered them stripped and beaten with wooden rods.” (Acts 16:22) (?1)*

*“They were severely beaten, and then they were thrown into prison... The jailer put them into the inner dungeon and clamped their feet in the stocks.” (Acts 16:23–24) (?2)*

Now, Paul and Silas were locked up in the deepest part of the prison. Their backs were sore. Their feet were trapped. But what did they do? Paul and Silas didn’t complain.

*“Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening.” (Acts 16:25) (?3, ?4)*

Suddenly, something amazing happened.

*“There was a massive earthquake... All the doors immediately flew open, and the chains of every prisoner fell off!” (Acts 16:26) (?5)*

Takeaway:

Even when Paul and Silas were hurt and stuck in prison, they chose to sing to God. Their **thankful hearts and songs** helped others find joy and meet Jesus.

### QUESTIONS

**1.** What happened to Paul and Silas before they were put in prison? (*Acts 16:22*)

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**2.** Where did the jailer put them, and what did he do to their feet? (*Acts 16:24*)

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**3.** What were Paul and Silas doing at midnight in the prison? (*Acts 16:25*)

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**4.** Who was listening to Paul and Silas while they were singing? (*Acts 16:25*)

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**5.** What happened after they prayed and sang to God? (*Acts 16:26*)

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### APPLICATION

Paul and Silas could have been upset. Instead of being angry or sad, they **chose to sing songs to God**. They didn’t wait until everything was better—they praised God right where they were.

Sometimes we have bad days, too. Maybe we feel left out, hurt, or things just don’t go our way. But just like Paul and Silas, we can **choose to be thankful** and sing to God. When we do, it brings us peace—and others might see God through us!