

FAMILY DEVOTION

RUNNING FOR YOUR LIFE "The Caveman Blues"



"When I'm Feeling Down, God Can Lift Me Up!"



"...Don't be dejected and sad, for the joy of the Lord is your strength!"
- Nehemiah 8:10

SAY:

Jesus told his disciples that in this world they would have trouble. That goes for us too. It's just a normal part of life - everyone faces hard times in life. But for Christians, it's how we handle our troubles and hard times that makes a big difference.

In 1 Samuel, David faced some big troubles and hard times. Let's look at how he handled them!

READ:

1 Samuel 17-24

DISCUSS:

- Where was David?
- How was David feeling?
- Even though he was sad, did David still have joy?
- What did David do while he was in the cave?

SAY:

David learned that God doesn't want us to be overwhelmed with sadness in our hard times. God wants us to have joy! Even in the middle of sadness, we can have joy. All we need to do is trust God!

You can find joy when you remember that no matter what is going on in life, you are not alone and God hears when you call for help! He will give you the joy you need to make it through!

PRAY:

Pray for your children who may be struggling with sadness and depression. Pray that God will fill your children with His joy so they will have the strength they need to handle depression and sadness.