

# FAMILY DEVOTION

## I'M IN TROUBLE: "I'm Not Alone"



"When I'm In Trouble, God's There On The Double!"



"The righteous person faces many troubles, but the Lord comes to the rescue each time." – Psalm 34:19

### SAY:

Trouble is a part of life. When trouble comes, it can have a very big effect on the way we feel. Sometimes we may find ourselves being overwhelmed with sadness when things are going wrong.

### RECAP THE BIBLE STORY:

David, the kid who defeated the giant enemy, Goliath, was a local hero! That made King Saul very jealous - so much that he decided to kill David! Of course, David was terrified and ran away - he literally ran for his life! While he was on the run he spent some time hiding in the cave of Adullam out in the wilderness. While David was afraid, sad, and lonely, David learned how to "encourage himself in the Lord." He wrote Psalm 39 - a song of joy!

### DISCUSS:

- Who was on the run? Who was he running from?
- Why did King Saul want to kill David?
- Where did David hide?
- Even though he was sad, did David have joy?
- What did David do while he was in the cave?

### SAY:

God does not want us to be overwhelmed with sadness and negative emotions. Jesus said that He came to give us full and abundant life. He wants to restore our joy when we are sad and depressed. When we are in trouble, God will remind us that we are not alone.

### PRAY:

Pray for your children who may feel like they are all alone in their trouble. Pray that God will fill them with His joy and strength as He reminds them that they are not alone!