

FAMILY DEVOTION

GAME OVER: “Down In The Dumps”



“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 8:10b

SAY:

Depression is a very serious struggle for people - even kids. God did not design us to live life depressed and sad. Depression is NOT a sin, but that doesn’t mean we have to just sit by and let it control our lives. We can bring our depression to God and allow God’s joy to fill our lives.

READ:

1 Kings 18-19

DISCUSS:

- What did Queen Jezebel promise to do to Elijah?
- What did Elijah tell God he was ready to do?
- How did God speak to Elijah at the mouth of the cave?
- Was Elijah the only prophet left serving God?
- Can God heal you of depression?

SAY:

Elijah dealt with depression when it seemed like everything was going wrong in his life. He thought it was “GAME OVER” for his ministry, but God had other plans. It’s an amazing comeback story for Elijah, and it’s a reminder that you and I can have an amazing comeback from depression and sadness too! If you get in God’s presence and ask for His help, He will help you!

PRAY:

Pray for your children if they have been battling depression and/or that they would be able to avoid battling depression. Pray that they will get in God’s presence every chance they get. Allow God to speak to them and comfort them. Remind them that they are NEVER alone! Then, turn on some worship music and spend some time in God’s presence together.