

FAMILY DEVOTION

DEAL WITH IT! "Stress"



"I Will Come To God's Presence When I Feel Stressed Out!"



"Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest...' - Matthew 11:28

SAY:

Have you ever felt tired and overworked? Do you know what stress is? It's when we feel overwhelmed and worried about many things. Sometimes we make ourselves stressed by being busy with lots of activities, like sports, school, dance, gymnastics, band, and more. Sometimes our bodies, minds, and spirits need rest. Rest is something that most people want and need.

READ:

Luke 10:38-42

DISCUSS:

- Who were the sisters?
- Which sister was focused on "doing"?
- Where was Mary while Martha was working?

SAY:

When we are feeling stressed, we can always go to God for rest. He will bring his peace to us and help us feel better. He will help us feel better and give us the strength we need.

DISCUSS:

- Have you ever felt tired or stressed?
- Does God want us to live stressed out?
- How do you think God can help us when we feel tired or stressed?
- How can we take time to rest and find peace in our lives?

PRAY:

Pray with your children and ask God to help them find rest and peace when they need it. Thank Him for always being there for us, especially when we are tired or stressed.