

FAMILY DEVOTION

DEAL WITH IT! "Depression"



"Even In My Hard Times, God Can Bring Me Joy!"



"The Lord is close to the brokenhearted; he rescues those whose spirits are crushed." - Psalm 34:18

SAY:

Have you ever been sad before? Sometimes when things don't go our way or we get hurt, we get upset and we might even cry! But most of the time, after a little while, we feel better and are no longer sad. However, there are some times when people can become sad and it doesn't go away like normal. That's called depression. There are lots of ways we can deal with depression, but no matter what we do, we need God's help!

READ:

Luke 15:11-32

DISCUSS:

- What did the son want early from his father?
- What did the son do with his inheritance?
- What job did the son end up working?
- How did the father feel while his son was away, sinning?
- Was the father excited to see his son return home?

READ:

Psalm 126:5

SAY:

When you plant - or pray - and ask God through your tears - or your hard times - He will give you a harvest - or a blessing - of joy! When you are sad and going through a season of depression, just ask God for help and He will!

PRAY:

Pray with your children who may be experiencing hard times. Pray that God will help them through their hard times.