



# FAMILY DEVOTION!

**“Sadness”**



“When I Am Down, God Can Lift Me Up!”



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

This week, we continue the series called, “Emotions”. In this lesson, we learn from David’s time in the cave of Adullam. Running for his life, even in the cave hiding from King Saul, David learned how to “encourage himself in the Lord.” We learn that when we need joy, we can call on God for help! He will help us deal with the emotion of sadness.

**Read:**

1 Samuel 17-24

**Ask:**

- Where was David in the story? What was he doing there?
- Was David able to have joy in his time of sadness? How do you think he was able to have joy?
- How did David show his joy? What was he doing while in the cave?

**Say:**

Trouble is a part of life. When trouble comes, it can have a very big effect on our spirits. Sometimes we may find ourselves being overwhelmed with sadness when things are going wrong. God does not want us to be overwhelmed with sadness and negative emotion. Jesus said that He came to give us life, full and abundant. He wants to restore our joy when we are sad and depressed.

**Ask/Discuss:**

- Has there ever been a time you felt sad?
- What do you usually do when you feel sad and alone?
- What do you think you should do when you feel sad?

**Pray:**

Pray for your child if they have been struggling with sadness and depression. Pray that God will fill them with His joy so they will have the strength they need to handle depression and sadness. Pray that in future times of sadness God will fill them with joy.