

WEEKLY *Family* DEVOTIONAL

July 7, 2019

Bible Point: Turn to God when you're sad.

Key Verse: "Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my savior and my God" (Psalm 42:11).

Hannah prayed and cried out to God when she was sad about not having a child. And we learned that God wants us to turn to him when we're hurting, as Hannah did (1 Samuel 1:1-28). Strengthen your family's faith learning and growth at home with this easy idea.

1. Describe a time you felt sad and talked to God about the situation. Maybe you lost a job, a family pet, or even a close friend. Talk to your children about the sadness you felt and the things you said to God about the situation. Ask your children to share anything they're sad about right now. Then as a family, turn to God in prayer about the things family members shared.
2. Then as a family, turn to God in prayer about the things family members shared.



PRAYER

God, You know the things we're struggling with and what makes us sad. Teach us to turn to You and listen to what You have to say when we're sad. In Jesus' name, amen.

Feedback to Susan: seasttom@stlukesokc.org or text (580) 243-8964