

D6 EveryDay™ Parent Page

Date | **December 12, 2021** Family Theme | **Hope for Anxious Hearts**
Study Text | **1 Kings 19:1-21; James 1:2-4; 1 Peter 5:7; Revelation 21:4**

Objective: Family members understand that God is always with us and will help us cope with depression and anxiety. They choose to take steps that help them deal with anxiety.

How This Lesson Fits in the Story of the Bible: This lesson addresses principles from the Old Testament and The New Testament that help all people deal with depression and anxiety.

Bible Basics: Memorize the names and order of books nine through twelve of the New Testament (Galatians, Ephesians; Philippians, and Colossians) this week and work with family members to do so as well.

Read the Word: 1 Kings 19:1-21; James 1:2-4; 1 Peter 5:7; Revelation 21:4

Disciple Your Kids

Talk with your children about how God can make good come from trials and difficulties. He uses them to help us grow in our faith. We can go to God for help when we feel anxious.



Key Truth: Trials and Difficulties Can Push Us Toward Depression and Anxiety
(1 Kings 19:1-21)

Any person, even a Christian, can experience depression and anxiety when encountering the trials of life. Consider Elijah. Though he was a godly man, he panicked when threatened by Jezebel and engaged in some behaviors that exacerbated his situation. He ran. He isolated himself. He became exhausted. Elijah quit. He stopped ministering. He dwelt upon how he had been mistreated. Lastly, he hid in a cave. God addressed Elijah's physical needs by having him get up and eat. God asked Elijah open ended questions to get him thinking about his situation. Eventually God gently confronted Elijah and pointed out that his thoughts were not correct. God then coached Elijah on how to address the threat that triggered his depression. God did not quit on Elijah and He does not quit on us.



Key Truth: God Can Use Trials and Difficulties to Help Us Grow (James 1:2-4)

Sometimes people who struggle with depression or anxiety or any number of other problems wonder why God does not just take their problem away. James told us we would have trials. However, he noted that these trials have a purpose. The purpose is to help us grow and mature in our faith. And though God did not promise to take our problems away, He did promise to give us the wisdom we need to deal with what we face.



Key Truth: God Invites Us to Cast Our Cares on Him
(1 Peter 5:7; Revelation 21:4)

It must have been difficult for Elijah as he headed back toward Ahab and Jezebel, but he obeyed the Lord and went back. He must have cast his anxiety upon the Lord and become focused upon the task at hand. At some point, we too must cast our fears upon the Lord and become outwardly focused. All of us can rejoice that we can cast those anxieties upon Christ and know that He cares about us. We can also rest in the knowledge that one day all of this difficulty will pass away.

Discussion Starters

Use one or more of the following questions as discussion starters with your kids this week.

- What are some problems or circumstances that can lead to depression and anxiety?
- What are some helpful ways we can respond when facing depression and anxiety?
- What are some unhealthy ways we can respond when facing depression and anxiety?
- How does God use trials and difficulties in our lives?
- What does it mean to cast our cares and anxieties on Christ?
- Whom could you encourage who is facing depression or anxiety?
- **For Elementary:** God was always with Naomi, even in her darkest time. How can you use her story to give you hope in difficult times?
- **For Elementary:** What does it mean to cast our cares and anxieties on Christ?
- **For Elementary:** Whom could you encourage who is facing depression or anxiety?

Everyday Extras

All of us feel anxiety and sadness from time to time. With your older children, talk about ways to identify whether these feelings have spiraled out of control and should be addressed with a new level of resources. Work for open communication about feelings. All of the family can benefit from some strategies to address anxiety. Challenge each family member to find a smooth rock, small enough to fit in a pocket, but not so small that it is easily lost or forgotten. Scrub the rocks and decide whether you might like to paint them. Then choose a calming word or phrase to write on each rock. You can use a sharpie marker or tiny paint brush. If you can, write a Scripture reference on the back. When they are dry, spray or paint a protective coat of shellac, varnish, or even clear nail polish over the rocks. Then encourage your family members to hold onto the rock when they feel anxious — just like we hold onto our Rock of Ages. Focus on the calming word and remember the Scripture verse. Here are some suggestions for words and verses, but enjoy the search for your own! Why not make some other rocks to add to Christmas gifts?

Peace – John 14:27

Wisdom – Proverbs 2:6

Rest – Exodus 33:14

Be Still – Psalm 46:10

Be Brave – 1 Corinthians 16:13

Preschool Highlights for &

Today your child learned Mary and Joseph had to travel to Bethlehem to be counted by the government. It was very crowded, but God provided a place for Mary and Joseph to stay. While they were there, Mary gave birth to Baby Jesus. She wrapped Him in cloths and placed Him in a manger. **Jesus Is a Special Gift from God.**