



MON 9-26

- ▼ **SCRIPTURE** **Hebrews 13:8**
- ▼ **THOUGHT** "Jesus Christ is the same yesterday, today, and forever." [NLT] Unlike the upheaval and chaos we can experience in the world, we are assured that Christ will remain. No matter the heaviness of what we face in our lives, Jesus stays compassionate, trustworthy, and full of grace and truth.
- ▼ **PRAYER** **Precious Jesus, your unchangeable nature gives me comfort. Thank you for the many assurances I find in scripture about your love for me. Help me to see beyond my current circumstances and experience hope for what is to come. Amen.**

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TUES 9-27

- ▼ **SCRIPTURE** **Deuteronomy 4:31**
- ▼ **THOUGHT** "God, your God, is above all a compassionate God. In the end he will not abandon you, he won't bring you to ruin, he won't forget the covenant with your ancestors which he swore to them." [MSG] Our Heavenly Father has great compassion toward us. God can be counted on, even in our darkest times, so we can confidently trust and hope in what is to come.
- ▼ **PRAYER** **God of compassion, at times, my problems feel so heavy. When I am overcome by the weight, help me to rest in your love for me. I am so grateful for your faithfulness in my life. Amen.**

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WED 9-28

- ▼ **SCRIPTURE** **Hebrews 4:16**
- ▼ **THOUGHT** "So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most." [NLT] The image of a throne reminds us of the power and authority of our God. How incredible it is to think that one so powerful cares so deeply about each and every one of us simply because we exist.
- ▼ **PRAYER** **God of grace, sometimes my failures and flaws are magnified in my mind to the point that I don't feel worth your grace. Help me put things into proper perspective seeing myself and others as you do. Thank you for your tender mercy and forgiveness. Amen.**

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THURS 9-29

▼ **SCRIPTURE** Joshua 1:9

▼ **THOUGHT** "This is my command—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go." [NLT] You have a constant companion! Do you ever forget that as a believer in Christ you have God's spirit living in you? Human companionship is so crucial to our health, and God provided us a community of believers for that reason, but when they aren't physically with you, you can know you aren't alone!

▼ **PRAYER** **Loving God, your presence in my life is such a gift. I am grateful to experience your love through the people in my life as well as when I connect to you in times of solitude. You are my source of hope! Amen.**

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FRI 9-30

▼ **SCRIPTURE** Psalm 91:4

▼ **THOUGHT** "He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection." [NLT] Like a bird protecting its young, we are covered with promises of joy, peace, and hope as we walk through life with God close by. God is our safe place.

▼ **PRAYER** **Loving Father, your protection brings me rest and renewal. Today, I choose to embrace the comfort you offer me. I pray you would restore my perspective and heal my hurts. Amen.**

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SAT 10-1

▼ **SCRIPTURE** Psalm 111:7-8

▼ **THOUGHT** "The works of his hands are faithful and just; all his precepts are trustworthy. They are established for ever and ever, enacted in faithfulness and uprightness." [NIV] God can always be trusted to do what is right and good. We aren't always able to understand why things go the way they do, but we can remember that God is eternal, never-changing, and faithful.

▼ **PRAYER** **Faithful One, I know my mind is limited in its understanding of your work in the world, so I release my need to understand and control. Thank you that I can trust in your character. Amen.**

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DIGGING DEEPER

▼ Intro

Mental health is one of those topics we are often uncomfortable discussing. We might feel at a loss for words or embarrassed to admit our struggles. However, God has given us a community of believers to share the weight of our burdens. We are not meant to walk through anything alone. The Spirit of God is with all of God's children, and we also have been given each other as a source of care and support.

▼ Reflect

- Reflect on your personal experience with depression, whether in your life or in the life of someone you know. Aside from necessary medical treatment, was there anything specific that provided hope in the situation?
- Psalm 77:1-5 says, "I cry out loud to God—out loud to God so that he can hear me! During the day when I'm in trouble I look for my Lord. At night my hands are still outstretched and don't grow numb; my whole being refuses to be comforted. I remember God and I moan. I complain, and my spirit grows tired. You've kept my eyelids from closing. I'm so upset I can't even speak. I think about days long past; I remember years that seem an eternity in the past." [CEB]
 - What stands out to you in this passage?
 - Describe the emotions David may have been feeling as he wrote this Psalm.
 - When we feel defeated or sad, why is it important to remember "the days long past"?
- Isolation can be a big factor in depression and the struggle with suicidal thoughts. We have people in our social circles, in our churches, and in our workplaces who care for us, but often times we hesitate to reach out. What do you think contributes to our tendency to self-isolate when we are struggling?
- Sometimes, feelings of helplessness or hopelessness are so strong that it is difficult to even tackle the day. What are some ways we can be a light for people who might be experiencing these feelings?

▼ Prayer

God of mercy, I pray that those who are feeling helpless or hopeless would know you are with them. Help me to become more aware of those around me who I might be able to encourage so I can be your hands and feet. Help me to always remember you are near when I am going through times like these. Amen.

