

Open with prayer

Review Bible memorization verses:

Review: What are some things you've learned in your Bible reading this week?

### **Depression**

- A group who had justification for being depressed

**Jeremiah 29:8–14** *"For thus says Yahweh of hosts, the God of Israel, 'Do not let your prophets who are in your midst and your diviners deceive you, and do not listen to your dreams which you dream. 'For they prophesy a lie to you in My name; I have not sent them,' declares Yahweh. "For thus says Yahweh, 'When seventy years have been fulfilled for Babylon, I will visit you and establish My good word to you, to return you to this place. 'For I know the plans that I have for you,' declares Yahweh, 'plans for peace and not for calamity, to give you a future and a hope. 'Then you will call upon Me and come and pray to Me, and I will listen to you. 'You will seek Me and find Me when you search for Me with all your heart. 'I will be found by you,' declares Yahweh, 'and I will return your fortunes and will gather you from all the nations and from all the places where I have banished you,' declares Yahweh, 'and I will cause you to return to the place from where I sent you into exile.'"*

- Context for today

**John 16:32–33** *"Behold, an hour is coming, and has already come, for you to be scattered, each to his own home, and to leave Me alone; and yet I am not alone, because the Father is with Me. "These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."*

- In the face of dark times and despair

**Josuah 1:1–9** *Now it came about after the death of Moses the servant of Yahweh, that Yahweh spoke to Joshua the son of Nun, Moses' attendant, saying, "Moses My servant is dead; so now arise, cross this Jordan, you and all this people, to the land which I am giving to them, to the sons of Israel. "Every place on which the sole of your foot treads, I have given it to you, just as I spoke to Moses. "From the wilderness and this Lebanon, even as far as the great river, the river Euphrates, all the land of the Hittites, and as far as the Great Sea toward the setting of the sun will be your territory. "No man will be able to stand before you all the days of your life. Just as I have been with Moses, I will be with you; I will not fail you or forsake you. "Be strong and courageous, for you shall cause this people to inherit the land which I swore to their fathers to give them. "Only be strong and very courageous to be careful to do according to all the law which Moses My servant commanded you; do not turn aside from it to the right or to the left, so that you may be prosperous wherever you go. "This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way successful, and then you will be prosperous. "Have I not commanded you? Be strong and courageous! Do not be in dread or be dismayed, for Yahweh your God is with you wherever you go."*

- We must be reminded of all that God has done for us, and that the Words He has spoken to us, He will repeat, for our benefit. He knows that we need to hear them again, and again, and again (Deuteronomy 6, 11).

**Bible Memory verse for this week:**

**Joshua 1:9** *Have I not commanded you? Be strong and courageous! Do not be in dread or be dismayed, for Yahweh your God is with you wherever you go.*

Close with prayer