

Family TableTalk

Mind Matters Sermon Series

Read

2 Corinthians 1:8-11 & 2 Corinthians 4:6-18

Think

Week 4—May 23, 2021 “Mind Matters-I Don’t Want to Go On—You Have a Choice: ”

We all carry brokenness though it may look different for each of us. Whether it’s a friendship that ended poorly, a failure that still haunts us, or something someone did that hurt us, we all have experienced setbacks and experienced pain. When the brokenness we feel is so overwhelming, it can lead us to feeling like we don’t matter or that we don’t want to get out of bed. When we feel the weight of despair, we can turn to others for help and put our lives in the hands of God as God never abandons us. Think about being in a dark room, it can be scary because you can’t see anything, but if you turn on a flash light, now you can see in the darkness. That light can be God or another adult that you confide in.

Discuss

- Did you know that life in Bible Times people used clay pots to store valuable and precious things. In the same way, YOU ARE precious to God! How can you share the light of Christ with others when they are sad?
- What are some situations where a friend or an adult have been that light when you were scared?
- How has God’s light been there for you during those dark times?

Pray

Lord God, we give You thanks for promising to always be there for us and for bringing people into our lives to help carry our burdens. When the weight of despair feels crushing, help us turn to You and others in our lives to support us. Guide us to help others that are feeling broken and need to be reminded of Your love. Amen.

Go Deeper:

Share family blessings, bummers and how you have seen God at work this week.

Listen to your favorite worship song and have a dance party

Ask your child “what was the best part of your day today? Or what was the most difficult thing you faced today?”

Read 2 Corinthians 4:6-18. Show your child a vase that is old. Ask if that is something they think is valuable? God uses us even if we don’t always feel valuable. What are some of your favorite treasures you have kept? Where have you stored them?

