

# Devotional for parents



In a video game, you expect to face challenges and make mistakes, but there's always a way out. If things get too difficult, you can just turn it off and start over. In real life, it's not so easy for us to recover from mistakes or start over when we face challenges, but Jesus gives us a chance to restart— no matter how difficult our circumstances.

In this 4-week devotional from the Old and New Testaments, we'll look at a few people who needed God's help to give them a restart. From their stories, we'll discover four promises from God we can trust: **when we feel like a failure, God helps us restart**, and at times in our lives, **when we feel overwhelmed, God takes care of us**. If you ever **feel stuck**, God gives you **guidance**, and if you ever **feel unwanted**, God says you **belong**.

## Week 1 When you feel like a failure, God helps you restart.

2 Samuel 11:26–12:13; Psalm 51:1,2,10–12; 145:8,9

### Study

Take a moment to read the passages. What stands out to you in the passages and why?

### Pray

This week, ask God to restart when you make a mistake.

### Grow

**So what's your next step?** Do you need to be honest about a mistake you've made? Is there a conversation you need to have with someone close to you? Can you ask someone to help you restart? Whatever your next step is right now, take it.

## Week 2 When you feel overwhelmed, God takes care of you.

1 Kings 19:1–9; Psalm 4:8; Matthew 11:28–30

### Study

Take a moment to read the passages. What stands out to you in the passages and why?

### Pray

This week, ask God to help you stay close when you feel overwhelmed.

### Grow

**So what's your next step?** Do you need help with seeing how God cares for you? Do you need to unplug for a few hours and reconnect with God? Do you need to ask someone for help with what's overwhelming you? Whatever your next step is right now, take it.

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## Week 3 When you feel stuck, God gives you guidance.

Matthew 20:29–34; Psalm 34:4–8; 24:4,5

### Study

Take a moment to read the passages. What stands out to you in the passages and why?

### Pray

This week, talk to God about a situation where you feel stuck.

### Grow

**So what's your next step?** Do you need to release control of a situation into God's hands? Do you need to develop your trust in God? Can you make a visual reminder of how God is working with you? Whatever your next step is right now, take it.

## Week 4 When you feel unwanted, God says you belong.

Mark 5:1–20; Psalm 34:17–20; John 15:15

### Study

Take a moment to read the passages. What stands out to you in the passages and why?

### Pray

This week, ask God to give you chances to help others belong.

### Grow

**So what's your next step?** Is there someone you could thank for helping you feel like you belong? Are there people in your life you could make a connection with? Is there someone you have been leaving out? Whatever your next step is right now, take it.