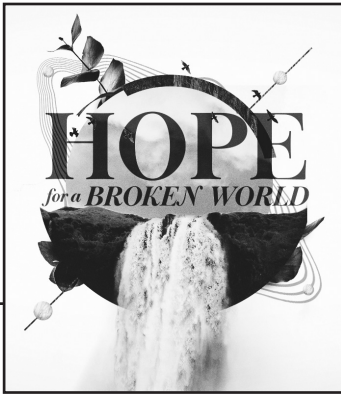




The Lord Stands Beside Me

October 12-18, 2025

QUESTIONS TO CONSIDER:

1. What thoughts or images come to mind when you hear the word “depression”? Explain.

READ [JEREMIAH 20:11-18](#).

2. What are some key differences between [verses 7-10](#) and [11-13](#)? Why do you think Jeremiah’s mood changed?

3. What changes again in [verses 14-18](#)? Where are Jeremiah’s cries?

4. How does Jeremiah’s experiences give you permission to feel deep, sad, bitter, or “wrong” feelings?

PRAYER:

In a time of silent prayer, simply list some words that you’ve been wanting to give to God. Those words could be hard feelings to express like “depressed,” “worried,” “anxious,” “lonely,” or “tired.” Or, they could be words of praise such as “thankful,” “blessed,” “joyful,” “trusting.” Whatever the word, trust that God is big enough to hear you. Trust that He is big enough to handle your emotions, no matter how dark they may be.