

WHEN I FEEL SAD

Part 1 of When

The Cornerstone Youth Group. November 5, 2025.

PRAYERS

Psalms 51

Be gracious to me, God, according to your faithful love; according to your abundant compassion, blot out my rebellion. Completely wash away my guilt and cleanse me from my sin.

The Lord's Prayer - Matthew 6

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven.

Give us today our daily bread.

And forgive us our sins, as we also have forgiven those who sin against us.

And lead us not into temptation, but deliver us from the evil one.

Prayer Groups

- One thing about God to praise.
- One thing to thank the Lord for.
- One thing to ask the Lord for.

BIBLE STUDY: INTRODUCTION

We're having a beautiful November so far. But I remember many Novembers that were cold, wet, and dark. The clouds were grey and the sun did not appear for days or weeks.

I feel sad on dark days. My thoughts grow negative, and I lose my energy and optimism. I have to fight to feel positive and happy. But those dark feelings eventually pass. I feel better. BUT ...

For some people, those sad days go on for a long time. There is no sunshine in their hearts. Their thoughts stay negative. There's no happiness or energy for life. They may feel irritable or sick.

When that happens, we realize that the moody blues everyone experiences from time to time may actually be a medical condition called **depression**. Depression is quite common:

- About 20% of U.S. teens (ages 12–17) report symptoms of depression.
- Over 40% of high school students report persistent feelings of sadness or hopelessness.
- Depression is more common in girls (57%) compared to boys (31%).

Imagine trying to run a race with a heavy backpack full of rocks. You know you should move forward, but every step feels difficult and exhausting. That's what living with depression can feel like: everything takes extra effort, and even things you once enjoyed may no longer

bring happiness. Depression affects thoughts (“I’ll never get better”), feelings (sadness, emptiness), and physical health (being tired, trouble sleeping or eating).

PRACTICAL STEPS TO COPE WITH SADNESS

No one knows us better than God. He knows what we’re going through, and he cares. His compassion means that we are never alone and we never need to feel hopeless. The Lord has provided resources to help us cope with sadness and depression.

For example:

1. Gratitude

I’ve found that saying “thank you” to God every day helps me fight my sadness. There are so many things to thank God for. List some here:

A great tool is a gratitude list. One way to make a gratitude list is to use the Notes app on your phone to list everything you are grateful for. Then, turn the list into a prayer every day.

Philippians 4:6-7 (CSB) Don’t worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

When I give thanks to God, my anxiety levels go down. And anxiety is linked to sadness and depression. “Lord, I thank you for ...”

2. Biblical Comfort

Life can get tough, and the Lord may allow us to experience trouble. However, we are never alone. God cares about us, so he helps, guides, and provides for us through our dark days.

Psalms 23:4 (CSB) Even when I go through the darkest valley, I fear no danger, for you are with me; your rod and your staff — they comfort me.

Psalms 34:15, 17-20 (CSB) The eyes of the LORD are on the righteous, and his ears are open to their cry for help. 17 The righteous cry out, and the LORD hears, and rescues them from all their troubles. 18 The LORD is near the brokenhearted; he saves those crushed in spirit. 19 One who is righteous has many adversities, but the LORD rescues him from them all. 20 He protects all his bones; not one of them is broken.

Spend a few minutes reading encouragement from the Bible every day.

3. Gospel Assurance

Hebrews 4:14-16 (CSB) Therefore, since we have a great high priest who has passed through the heavens — Jesus the Son of God — let us hold fast to our confession. 15 For we do not have a high priest who is unable to sympathize with our weaknesses, but one who has been tempted in every way as we are, yet without sin. 16 Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need.

Gospel assurance gives us confidence about two things:

- **God knows what we're going through:** Because the Son of God became one of us in Jesus, and experienced what it is like to be human, he sympathizes with us. He understands and cares.
- **God hears our prayers and helps us:** Because Jesus is our great high priest who has taken away our sin and guilt, we can confidently approach God for help. So, when we feel down and out, we can pray, knowing that the Lord loves us and hears when we talk to him.

4. Family and Friends

Sometimes, we're ashamed to admit that we have a problem we need help with. But we wouldn't be embarrassed if we had a broken leg and needed some help, so we should not hide our struggles with sadness.

Talk to family and friends and ask for their support. The church family can also be a great source of help.

Ephesians 4:32 (CSB) And be kind and compassionate to one another ...

Colossians 3:12 (CSB) Therefore, as God's chosen ones, holy and dearly loved, put on compassion, kindness, humility, gentleness, and patience,

5. Daily Choices

When we're feeling sad or depressed, it helps to do something positive, whether we feel like it or not. These daily choices have great benefits and can lift our mood:

- Go for a walk, work out, or play sports.

- Eat good food.
- Sleep 8-10 hours a night.
- Journal your thoughts.
- Get off your phone.

6. Skilled Helpers

Talk to someone older and more experienced than yourself. Don't be afraid or ashamed; depression is not a defect, sin, or lack of faith.

It's wise and brave to seek help. Reach out—for yourself, or to stand with others. If you know someone who is in immediate danger, call 911 or go to the nearest emergency room.

24/7 NATIONAL CRISIS HOTLINES

- 988 Suicide & Crisis Lifeline: Call or text 988.
- Teen Line: Call 800-852-8336 or text "TEEN" to 839863.
- Boys Town Hotline: 800-448-3000, text VOICE to 20121.
- Crisis Text Line: Text "HOME" to 741741.
- NAMI Helpline for Teens: 1-800-950-NAMI (6264).
- Your Life Your Voice: Call 800-448-3000, text VOICE to 20121.