



## Staying Out of the Pit

Personal introduction around tables.

Welcome and Christian Caregiver Opening

Question for group discussion:

Have you ever felt your mood falling down, down, down for days at a time? The stress of caregiving and the day to day responsibilities can be very wearing. One negative incident can stir thoughts of many things that can go wrong. We can get trapped in our thoughts. What brings you down?

Readings for today: David says in Psalm 30:8-10, *"To you, O Lord, I called; to the Lord I cried for mercy: What gain is there in my destruction, if I go down into the Pit? Will the dust praise you? Will it proclaim your faithfulness? Hear, O Lord, and be merciful to me; O Lord, be my help."*

Teaching time on going down to the "Pit"

1. Literal Pit
2. The pit like hell and the grave - the forever pit
3. The lonely place of despair, hopelessness, and constant rumination. (Depression)
4. Hope for those in the 'Pit'

There is hope. David says in Psalm 40:2, *"He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings."*

In depth group discussion:

Where are you on a scale of 1-10 where 1 is living in darkness and losing hope and 10 is conquerer of the world?

What are some ways you try to cope?

What brings you down?

What helps you get out of the 'Pit'?

Thought for the week:

I worked with a wonderful pastor, Dr. Forrest Haggard who taught it is not our circumstances that define us, but our stance.

**Principle: God can set my feet upon a rock, and established my goings**

Assignment: Read this verse every day.

**Trust in the Lord with all thy heart and lean not on your own understanding, acknowledge Him in all your ways and He will straighten your path. Proverbs 3:5-6**

The Christian Caregiver Closing

Prayer, The Lord's Prayer and Benediction

*“When we are no longer able to change a situation, we are challenged to change ourselves.” -Victor Frankl*