




Family Devotional: Trusting God When You Feel Like Giving Up

Main Theme:

Even when we feel like quitting, God is with us—and His plans for us are still good.

Scripture Focus:

 “But if I say, ‘I will not mention him or speak any more in his name,’ his word is in my heart like a fire, a fire shut up in my bones. I am weary of holding it in; indeed, I cannot.”

—Jeremiah 20:9 (NIV)



Gather Together

Find a cozy spot to sit as a family. You can light a candle to represent God’s presence, or take a moment to breathe deeply and settle your hearts.



Start with This Question:

“Have you ever wanted to give up on something—even though you knew it was important?”

Let each family member share a time they felt discouraged. It could be something big (like a difficult school year or tough family moment) or small (like a frustrating sports practice or hard homework assignment).



Read Together:

- Jeremiah 20:7–13 (for older kids)
 - Or summarize: *Jeremiah obeyed God but was hurt and laughed at for doing the right thing. He told God how upset he was. But even when he wanted to quit, he said he couldn’t stop speaking God’s truth—it burned in his bones!*
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Talk About It:

1. **What did Jeremiah feel?**
(Sad, angry, confused, tired—but still close to God.)



2. **Is it okay to feel like quitting?**
(Yes! Even faithful people in the Bible had hard moments.)
 3. **What did Jeremiah do when he was overwhelmed?**
(He talked to God honestly and kept trusting Him.)
 4. **How can we trust God when we're tired or discouraged?**
(We can pray, talk to someone we trust, rest, and remember that God is still working.)
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Family Activity: “Fire in Our Bones” Jar

Create a family “Don’t Give Up” prayer jar.

You’ll need:

- A jar or box
- Slips of paper
- Pens or markers

Each person writes down something they want to keep trusting God for, even if it’s hard right now. These can be:

- A friendship that feels broken
- A family goal (like buying a house or finding a new job)
- A dream or calling
- A struggle with emotions or health

Put the slips in the jar. Pray over them together, asking God to keep His fire burning in your hearts just like Jeremiah.

Close in Prayer:

God, thank You for never giving up on us. Even when we feel tired, afraid, or unsure, You are still with us. Help us keep going when we feel like quitting. Remind us of Your love and Your purpose for our lives. Amen.

Weekly Family Challenge:

Whenever someone in your family feels discouraged this week, encourage each other by saying:

“You don’t have to be strong. God is strong for you.”