

# CHECK UP

**WE HAVE ALL FELT DOWN BEFORE. WHAT IS SOMETHING YOU DO TO HELP LIFT YOU UP?**

**WHY DO YOU THINK WE FEEL THIS WAY SOMETIMES?**

**WHO ARE SOME ADULTS YOU KNOW YOU CAN TRUST?**

**OPEN YOUR BIBLE TO MATTHEW 11:25-30. WHAT DO YOU THINK IT LOOKS LIKE IN YOUR LIFE TO COME TO JESUS WITH YOUR TROUBLES?**

**WHAT DO YOU THINK IT MEANS FOR YOUR SOUL TO BE WEARY?**

**WHAT SHOULD YOU DO IF YOU, OR SOMEONE YOU KNOW IS SHOWING SIGNS OF DEPRESSION, OR TELLING YOU THEY ARE DEPRESSED?**

**PRAY**

**\*LEADER NOTE: PLEASE BRING ANY CONCERNS TO OUR YOUTH STAFF/PASTORS**

**\*PLEASE REMEMBER TO CLEAN UP YOUR SMALL GROUP SPACE**

# Other Verses To Look At

If you Have Time

Psalms 9:9-10

Psalms 23

Psalms 34:17-18

Psalms 55:22

2 Corinthians 4:18

2 Corinthians 12:9

Isaiah 40:27-31

John 1:1-5