

Teens Facing Depression

The LORD is near the brokenhearted; he saves those crushed in spirit. *Psalm 34:18*

Take heart in the wisdom found in Psalm 34:18: “The LORD is near the brokenhearted; he saves those crushed in spirit.” As you witness teens grappling with their emotions, remember that God is near, extending love and comfort to both you and your teens. Emphasize the power of prayer and encourage teens to turn to God in this time. Remind teens of the hope found in God’s promises and assure them of your unwavering support. Don’t hesitate to seek professional help when necessary. Help and support is important for you and your teens.

➤ conversation starter

I’ve noticed that you seem to be going through a tough time lately. I’m here for you, and I care about you. Can you help me understand what you’re feeling?

I’ve been thinking about you a lot. Is there anything specific that you find helpful when you’re feeling down, or anything you’d like from me during these times?

➤ navigating the conversation:

- **Prayerful Preparation:** Before engaging in a conversation, take some time for prayerful reflection. Ask for guidance, wisdom, and the Holy Spirit’s presence to help you approach the conversation with love and empathy.
- **Use Scripture for Comfort:** Integrate relevant biblical passages into your conversation to offer comfort and hope. Share verses that emphasize God’s love, His promise to be with us in difficult times, and the hope found in Christ (see Isa. 41:10; Phil. 4:6-7; Rom. 8:38-39).
- **Encourage Professional Help:** While relying on our faith is essential, encourage seeking professional help. Mental health professionals can provide valuable insights and therapeutic support. Emphasize that seeking help is not a sign of weakness but a courageous step toward healing.
- **Help Them Feel Loved and Safe:** Create an environment where teens feel safe expressing their emotions without fear of judgment. Reinforce your love for them regardless of their struggles, and reassure them that you are there to support, not criticize.
- **Express Unconditional Love:** Remind teens of God’s unconditional love and your unwavering love and support. Reinforce that their worth is not determined by their struggles, and you are committed to walking alongside them through thick and thin.
- **Establish a Routine of Connection:** Set regular times to check in with your teens. Consistent communication fosters trust and provides them with the assurance that they are not alone in their journey. Use these moments to share encouragement, pray together, and discuss any challenges they may be facing.

