

10 Precious Promises for Parents of Prodigals

Drug overdoses and addiction. Self-harm and suicide attempts. They're both at an all-time high. Mental health diagnoses are rampant, with the majority of individuals refusing treatment. Jails and prisons are full. The list of issues is long. Teens and adults of all ages struggle with hopelessness and despair. Just hearing about these things is depressing. Everywhere you go, families are hurting. Is yours one of them?

"I feel so down. I don't think I can take it anymore." "I can't believe what's happening." "This generation is going to hell in a handbasket." "I'm more fearful now than ever for my child." "I want to go to sleep and never wake up. I just want the pain to end." I frequently hear comments like these from weary moms and dads.

In America and abroad, millions of families have been impacted by the issues I mentioned. These problems do not discriminate. No race, religion or socio-economic group is left untouched. As parents of struggling sons and daughters, fear seizes our hearts. We worry and fret about their future.

Some of our children live in dangerous ways, threatening their lives on a regular basis. We watch the evening news and think, *That could have been my child*. Our illusion of control has been yanked out from under our feet.

As hard as we try, we can't stop bad things from happening to our sons and daughters.

One day, we could face a tragedy. What a hard reality to live with. The anticipation can lead to depression. What could help?

As a believer in Jesus, I turn to the Bible. God's Word helps

me face any tragedy.

10 Promises for Depressed Parents

- 1. God is with me.** I am not alone. Others who have walked this path can help me, too.

“And remember, I am with you always, even to the end of the age” (Matt. 28:20b).

- 2. God always hears my prayers.**

“On the day I called, You answered me; and strengthened me in my soul” (Psalm 138:3).

- 3. God will give me the endurance I need.**

“He gives power to the faint, and to those who have no might He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall” (Isa. 40:29-30).

- 4. God’s love will never leave me.**

“For I am persuaded that neither death nor life, neither angels nor principalities nor powers, neither things present nor things to come, neither height nor depth, nor any other created thing, shall be able to separate us from the love of God, which is in Christ Jesus our Lord” (Rom. 8:38-39).

- 5. God cares about my pain.**

“Cast all your care upon Him, because He cares for you” (1 Pet. 5:7).

- 6. I can survive any situation because the Lord is my help and strength.**

“God is our refuge and strength, a well-proven help in trouble. Therefore we will not fear, though the earth be removed, and though the mountains be carried into the midst of the sea” (Ps. 46:1-2).

7. God is loving, trustworthy, and faithful.

“For his merciful kindness is great toward us, and the faithfulness of the Lord endures forever” (Ps. 117:2).

8. God is my source of hope.

“My soul, wait silently for God, for my hope is from Him” (Ps. 62:5).

9. God will sustain me in my hard times.

“God is my helper; the Lord is with those who support my life” (Ps. 54:4).

10. God is near when my heart is broken.

“The Lord is near to the broken-hearted, and saves the contrite of spirit” (Ps. 34:18).

Prayer: God of compassion, restore us through the power of Your word and Your presence. Bless us with faith to believe Your promises are true. Thank You for each one. Oh, how we need them. We're desperate for You. Help us keep our sanity in the face of tragedy. In Jesus' name. Amen.

“Cast all your care upon Him, because He cares for you” (1 Pet. 5:7). {eoa}

Dena Yohe is the author of *You Are Not Alone: Hope for Hurting Parents of Troubled Kids* (2017). Co-founder of *Hope for Hurting Parents*, she is a blogger, former pastor's wife and CRU affiliate staff. She and her husband, Tom, have been guests on “Family Talk With Dr. James Dobson,” “Family Life” with Dennis Rainey” and “Focus on the Family” with Jim Daly. A proud mom of three adult children, she loves being Mimi to her grandchildren. Find out more at .

This article originally appeared at .