

## Here are some Bible verses for you to read.

### When you are feeling lonely

*God has said, "Never will I leave you; never will I forsake you.  
So we say with confidence, "The LORD is my helper;  
I will not be afraid."  
Hebrews 13:5*

### When you are feeling sad

*Praise be to the God and Father of our Lord Jesus Christ, the  
Father of compassion and the God of all comfort, who comforts  
us in all our troubles.  
2 Corinthians 1:3-4;*

*Jesus said "I am the way and the truth and the life. No-one  
comes to the Father except through me."  
John 14 v6*

### When you are feeling at your wits end

*My soul finds rest in God alone; my salvation comes from Him.  
He alone is my rock and my salvation; He is my fortress, I shall  
never be shaken.  
Psalm 62:1 & 2*

*Do not be anxious about anything, but in everything, by prayer  
and petition, with thanksgiving, present your requests to God.  
And the peace of God which transcends all understanding, will  
guard your hearts and your minds in Christ Jesus.  
Philippians 4:6 & 7*

### When you are feeling that you can't take anymore

*Jesus says, "Come to me, all you who are weary and burdened,  
and I will give you rest. Take my yoke upon you and learn from  
me, for I am gentle and humble in heart and you will find rest for  
your souls. For my yoke is easy and my burden is light."  
Matthew 11:28 – 30*

# Supporting our Farming Families

Practical and pastoral support  
from the Presbytery of Ballymena  
for farmers and their families

*This leaflet has been produced by the Presbyterian Church in  
Ireland's Presbytery of Ballymena [www.ballymenapresbytery.org](http://www.ballymenapresbytery.org)  
or contact [info@ballymenapresbytery.org](mailto:info@ballymenapresbytery.org)*



The Presbytery of Ballymena wants to reassure all farmers and their families of our on-going pastoral and prayerful support. As a Presbytery we recognise that the resolve of our farmers has been severely tested in recent years due to falling farm-gate prices, delayed subsidy payments and other external pressures. Sadly in many instances these circumstances have produced high levels of anxiety and uncertainty which have unfortunately led to feelings of isolation and despair.

The Presbytery of Ballymena has produced this leaflet with the prayerful desire that it will provide comfort, encouragement, reassurance and help from God's Word for all those who have been impacted by the trying and difficult times currently affecting all sectors of the agri-food industry. We will continue to pray for green shoots of recovery and better days ahead.

**Here is a prayer you might pray**

O God thank you for your care this night, for a new day and the promise of your presence with me; for the comfort of knowing you will help me. Give me strength to do what has to be done, patience to bear what cannot be altered, courage to accept disappointment without complaining. Help me put sad thoughts away this day, to think on pure and lovely things, and remember good things about others. Amen.

## There are a number of places you can go for help and support.

Firstly, it's good to talk. We would encourage you to talk through how you feel with another member of your family, maybe a close and trusted friend, or your doctor.

Your local minister will always be ready and willing to listen in confidence and offer prayerful support and friendship.

A directory of ministers in the Ballymena area is available at **[www.ballymenapresbytery.org](http://www.ballymenapresbytery.org)**

### *Ulster Farmer's Union*

We would strongly encourage you to attend local UFU Focus on the Farm Family and other events in your area. For details see [www.ufuni.org](http://www.ufuni.org) or call 028 9037 0222.

### *Rural Support*

An organisation that can listen and advise, offer face-to-face support and help you source information, especially if you're feeling worried or stressed is Rural Support. They can be contacted on 0845 606 7 607 or [www.ruralsupport.org.uk](http://www.ruralsupport.org.uk).

### *God's Word*

The Bible is full of wonderful assurances and promises, not only for this life, but for the life to come. To experience these, each of us need to believe in the Lord Jesus Christ, the Son of God, and accept Him as our own personal Saviour.

