



**NOT
ALONE**

WEEK 2

MEMORY VERSES

C : COVER YOU

Psalm 91:4-5

*He will cover you with His feathers. He will shelter you with His wings.
His faithful promises are your armor and protection. Do not be afraid of
the terrors of the night, nor the arrow that flies in the day.*

D : DO NOT WORRY

Philippians 4:6-7

*Don't worry about anything; instead, pray about everything.
Tell God what you need, and thank Him for all He has done. Then you will
experience God's peace, which exceeds anything we can understand.
His peace will guard your hearts and minds as you live in Christ Jesus.*

E : EVERLASTING ARMS

Deuteronomy 33:26-27a

*There is no one like the God of Israel.
He rides across the heavens to help you, across the skies in majestic splendor.
The eternal God is your refuge, and His everlasting arms are under you.*

DAY 1

TRUTH: God is my protection!

C- Psalm 91:4-5: He will cover you with His feathers. He will shelter you with His wings. His faithful promises are your armor and protection. Do not be afraid of the terrors of the night, nor the arrow that flies in the day.

Have you ever seen a mother bird sitting in a nest with her baby birds underneath her? Did you know that she uses her wings to protect them from wind and rain? She covers them, keeping them safe and warm. Why do you think the writer is saying that God is going to cover you with His feathers, that under His wings you will find shelter?

Often times writers will use pictures of things that we see in nature to explain something else. In this case the psalmist is using the beautiful picture of a mother bird protecting her babies to show us how God protects us. Isn't that cool?

You will also see in the last sentence the psalmist talk about the terrors of the night and arrows that will fly in the day. Do you have arrows that usually fly in your day? Me either. But you know what I do have? Hard things that happen. Sometimes nighttime can be especially scary. It can be scary because I am afraid of the dark, because I have nightmares or because that's when I actually stop and think about the hard things going on in my life. Based on this verse, what can we remember when the "arrows of hard things" or the "terrors of the night" are happening?

What a sweet gift from the Lord that we can remember His faithfulness, His protection, and His shield of love. (Psalm 5:11-12)

What “arrows of hard things” or “terrors of the night” are in your life right now?

Who in your life can you share these things with?

Now go share it with them!

DAY 2

TRUTH: God can be trusted!

Psalm 56:10-11: I praise God for what He has promised; yes, I praise the Lord for what He has promised. I trust in God, so why should I be afraid? What can mere mortals do to me?

What does it mean to make a promise?

Have you ever made a promise and not kept it?

How do you feel if someone breaks their promise to you?

Scripture tells us that God always keeps His promises. Remember Psalm 145:13b? The fact that He always keeps His promises means that He is 100% trustworthy! In Psalm 56:10-11 above David tells us that he praises God for His promises and because he trusts God, he doesn't have to be afraid. Knowing God's promises can also help us to not be afraid. What promises of God do you already know?

How can you go about learning more of His promises?

When was the last time you thanked God for His promises? Write a short prayer thanking God for His promises.

Here's a few more of our favorite promises. Look them up and see if they are ones you already know! (See Isaiah 41:10, John 14:1-3, 1 John 1:9)

DAY 3

TRUTH: Trusting God gives us peace!

D- Philippians 4:6-7: Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

What are some things that you worry about?

What do you usually do about the things that you worry about? (Do you think about them all the time? Do you talk to other people about them?)

Most of us think about the things we worry about all the time throughout the day. Some of us will share them with others and some of us will keep them locked up inside of us. Here God is telling us to not worry.

What does He tell us to do instead?

What is prayer?

Prayer is talking to God, spending time with Him, thanking Him for what He has done and trusting Him with all the things in our lives. When we are worried, if we stop and go to God with what it is that we are worried about we will experience a peace in our hearts. How do you usually feel when you are worried?

Usually you don't feel very peaceful. In fact you probably feel anxious, but with the Lord, your heart and mind can be guarded by His peace. We can trust Him to be in charge and to know everything that is happening in our lives. He even sees the outcome; He sees the future. He wants to be the one you go to when you are feeling worried. He wants you to share everything with Him!

Take some time to write down the things that you are worried about and then take time to pray about each of them and give them to God. Don't forget to be thankful for the gift of Jesus and His payment for your sins.

DAY 4

TRUTH: God is our protection and strength!

E- Deuteronomy 33:26-27a: There is no one like the God of Israel. He rides across the heavens to help you, across the skies in majestic splendor. The eternal God is your refuge, and His everlasting arms are under you.

Do you know what a refuge is?

It's a place you go to seek shelter when there is danger or trouble. So many places in scripture God is called a refuge, a place for us to go in times of fear, worry, or anxiety. Did you see what the word before God is in the verse? Eternal! Eternal God means He always was and always will be, so that means His refuge for you will never run out!

Now take a break for a minute and go find something pretty heavy in your house that you can actually pick up and hold. Have someone time you holding it.

How long were you able to hold it? Did your arms get tired?

What does the verse say about God's arms?

First, it tells us they are everlasting. What do you think that word means?

Do you think God's arms are weak or strong? Look at Jeremiah 32:17 for the answer.

This verse is telling you that God's arms are everlasting which means they will never wear out. They will never get tired so therefore they can hold you forever. Isn't that awesome? God is not only your refuge, a safe place for you to go, but He is also holding you with His forever strong arms! Next time you are carrying something heavy like your backpack, grocery bags, or even your puppy and your arms get tired... stop and thank God that His arms never get tired of holding you!

ACTIVITY: A RAINBOW OF PROMISES!

Items Needed: markers (specifically red, orange, yellow, green, blue, & purple), paper

Do you remember the story of Noah and the ark? (Read Genesis 6-9 if you need a refresher.) What happened after the flood? What did God put in the sky to remind Noah of His promise to never flood the whole earth? (Genesis 9:13-17) The rainbow is a beautiful reminder to us that God always keeps His promises. Look up these verses below and then use your colored markers to create a rainbow using the words of God's promises.

In red, write out Lamentations 3:22-23.

In orange, write out Psalm 84:12.

In yellow, write out Psalm 145:16.

In green, write out Romans 6:23.

In blue, write out Deuteronomy 31:6.

In purple, write out Psalm 103:2-5.

Any time you are feeling worried or fearful, running to God's promises is so helpful. And what a great gift that every time you see a rainbow you can be reminded... God always keeps His promises! (Psalm 145:13b)

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Watermark Community Church | 7540 LBJ Freeway | Dallas, Texas 75251 | 214-361-2275