



**NOT  
ALONE**



# WEEK 11

## MEMORY VERSES

**Y : YET I WILL REJOICE**

*Habakkuk 3:17-19*

*Even though the fig trees have no blossoms, and there are no grapes on the vines;  
even though the olive crop fails, and the fields lie empty and barren; even though the  
flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord!  
I will be joyful in the God of my salvation! The Sovereign Lord is my strength!  
He makes me as surefooted as a deer, able to tread upon the heights.*

**Z : ZZZZZZZ (REST)**

*Matthew 11:28*

*Then Jesus said, "Come to me, all of you who are weary  
and carry heavy burdens, and I will give you rest."*

# DAY 1

TRUTH: God is our source for strength!

*Y- Habakkuk 3:17-19: Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation! The Sovereign Lord is my strength! He makes me as surefooted as a deer, able to tread upon the heights.*

Look at the verses above and list all the references to a plant or animal.

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If a fig tree has no blossoms, an olive crop fails, or your flocks die... do those sound like good circumstances or bad circumstances?

If you said "bad" you are right! The people Habakkuk is writing about were farmers. They relied on their crops or their flocks to be their source of income and food. If the crop failed or the flock died, they would not make money and they wouldn't have food to eat. A farmer being in those circumstances would usually feel very sad, worried, and fearful. But here Habakkuk is saying you can still trust the Lord! You can rejoice in Him because He has saved you and you are His! He is saying that you can trust Him to give you the strength to walk through the hard circumstance, just like a deer who has feet made to climb up really high on the rocks. You can walk through hard times firmly planted in God's love and care for you. It doesn't mean your circumstances will be easy, but it does mean God will give you what you need to walk through them.

What in your life right now feels like your “crops have failed or your flock has died?”

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If you don't have something hard going on, can you think of someone that you know that has something hard going on in their life? Who is it and what are they going through?

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What can you do to remind yourself and them that God is your strength and you will be able to walk through this hard time “surefooted” in His love?

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# DAY 2

**TRUTH: God is our protection and strength!**

*2 Corinthians 4:8-9: We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.*

WOW, there are a lot of hard things in these verses, let's talk about them. Hard pressed on every side, there's hard stuff happening all around you! Being perplexed, not understanding why all those hard things are happening. Hunted down, feeling like others are against you. And then finally getting knocked down, actually being hurt by those hunting you down.

BUT did you notice the word that is repeated 4 times? Did you see it?

Every single time the writer used the word "but" to bring to your attention a reminder, a reminder of God's truth. Now let's look at those!

Even when you are pressed by troubles, you are not crushed. God will give you the \_\_\_\_\_ you need to withstand them. (see Isaiah 41:10)

When you are confused and don't understand the troubles, God will give you His \_\_\_\_\_ and \_\_\_\_\_ as you trust Him so you won't be driven to despair. (see Romans 15:13)

Even when others are against you, God is \_\_\_\_\_. (see Romans 8:31)

When you are knocked down, God tells us many \_\_\_\_\_ and \_\_\_\_\_ will happen (see John 16:33), but you will not be destroyed by them.

If you \_\_\_\_\_ in Jesus (John 1:12) and trust Him then you are His, no one can \_\_\_\_\_ you from His \_\_\_\_\_ (John 10:28-30), nothing can happen to you that is outside of His plan for you (Genesis 50:20), and you are guaranteed \_\_\_\_\_ (John 3:16).

So although hard will come, you can be guaranteed that God will give you what you need to persevere through it and He will be with you through it all.

# DAY 3

TRUTH: God is always with us!

*Deuteronomy 31:8 : Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; He will neither fail you nor abandon you.*

Write about a time when you felt afraid or discouraged. What was happening? Who was with you during that time? Did you think about the fact that God was with you?

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When you read Deuteronomy 31:8 what do you learn about the Lord?

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What was His command at the beginning of the verse?

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Did you know in scripture God tells us to not to be afraid over 365 times? What else do you know has 365 things?

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Isn't it crazy and awesome that God would tell us one time for every day of the year to not be afraid?! And one of the main reasons we don't have to be afraid is because He is with us, ALWAYS!

Next time you are afraid, what can you do to remind yourself that God is with you?

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# DAY 4

**TRUTH:** Rest comes from trusting God!

*Z- Matthew 11:28: Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."*

Physical weariness comes when we have done something strenuous for a long time. It might even be like carrying something heavy. Have you ever experienced physical weariness?

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What do you need to do when you are physically weary?

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Get some rest, right? Our bodies need rest, they need a break from doing hard things so they can recuperate, they can be refueled, and strengthened. In this verse Jesus is actually talking about emotional or mental weariness. Weariness that comes when we are tired or worn down from carrying the burdens of this life or when hard things are happening to us or people around us.

What do you think we need to do when we are mentally weary?

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Look back at the verse and see what Jesus tells us to do. He calls us to go to Him and He will give us rest. What in your life is a heavy burden? What is causing you to be weary?

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Have you taken it to the Lord and trusted Him to carry it for you? Write a prayer now asking Jesus to carry your burden(s) for you.

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The only place for real rest for our hearts and minds is safe in Jesus' arms!

# ACTIVITY: CARRY YOUR BURDENS!

**Items needed:** backpack, 5-10 smooth rocks (at least the size of your hand), a sharpie (or 5-10 pieces of paper, 5-10 heavy-ish objects like books or full water bottles)

This week we learned life is hard but God is always with us! Rest comes from trusting God! We also learned that He wants us to bring Him our burdens. Think back to Day 4 and some of the heavy burdens that you wrote about. Are there any that you would add to that list? We are going to experience what it feels like to carry around our burdens in a very physical, tangible way.

First, find 5-10 smooth rocks that you can write on. (If you don't have rocks, get 5-10 water bottles or heavy books and 5-10 pieces of paper.) Write one of the burdens you are feeling on each of the rocks. (If you are using paper, write one on each paper and then attach each piece to a book or unopened water bottle.) Fill a backpack with "your burdens."

For a whole day you will carry this backpack of "burdens" with you... everywhere you go. If you sit down for lunch or something, you can take the backpack off but be sure to pick it up and carry it with you to your next activity.

At the end of the day, take the backpack off... lay those burdens down! How does it feel to not carry those burden around anymore? How did it feel every time you picked up the backpack throughout the day?

Remove each "burden" from the backpack and read it. Think about all the verses you have memorized the last 11 weeks and pick out which verse would help you with that specific burden. Turn the rock or paper over and write that verse on the back of the burden. Repeat this for all of your burdens. Put these somewhere that you can go back to them so they can help you remember Who has you, Who you can trust, and Who wants to carry your burdens!

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