



**NOT  
ALONE**



# WEEK 4

## MEMORY VERSES

**I : I WILL**

*Psalm 32:8*

*The Lord says, "I will guide you along the best pathway for your life.  
I will advise you and watch over you."*

**J : JOY & PEACE**

*Romans 15:13*

*I pray that God, the source of hope, will fill you completely with joy  
and peace because you trust in Him. Then you will overflow with  
confident hope through the power of the Holy Spirit.*

# DAY 1

**TRUTH: God is always with us!**

*Psalm 139:7-10: I can never escape from Your Spirit! I can never get away from Your presence! If I go up to heaven, You are there; if I go down to the grave, You are there. If I ride the wings of the morning, if I dwell by the farthest oceans, even there Your hand will guide me, and Your strength will support me.*

David tried to run away from God and figured out very quickly that He can't! There is literally nowhere David can go that God is not with him. David also realized that is a really good thing. Sometimes when things are going really well in our lives we forget to include God. Since things are going well, we do what we want to do, how we want to do it. Other times, when things are going bad, we run away from the Lord, angry that He seems to have forgotten us.

Just like David, we can't get away from the Lord. He is always with us. The verse also tells us that God is ready and willing to guide us and strengthen us in the good times and the bad times. The truths of Psalm 139:7-10 are great ones for us to learn and to remember.

Have you ever wanted to run away from God? Write about that time.

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How often do you forget that God is with you?

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Write a prayer below thanking God that there is no place you can go and no circumstance you can be in that God doesn't know about and that He isn't with you! Be specific about things currently going on in your life where you are thankful that God is always with you.

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# DAY 2

**TRUTH:** God can be trusted to give us what we need!

*I- Psalm 32:8: The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you."*

When you are feeling anxious or worried, what is typically happening in your mind and heart?

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Do you find yourself thinking about all the bad things that might happen or playing a situation over and over again in your mind?

What are the 3 things this verse tells us that God will do for us?

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What does it mean for God to advise you and how does He do it?

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His Word is the number one place that we can go to for His advice. He gives us so many promises and shows us the way to live! Another way that He guides us is through the Holy Spirit that we receive when we trust in Jesus as our Savior ([CLICK HERE](#)) . And lastly, He gives us people in our lives that can give us counsel (hopefully straight from God's Word)!

Who are the people you can go to that will give you godly advice when you are feeling anxious or worried?

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What is something going on in your life right now that is causing you to feel anxious, fearful or worried that you could share with them?

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# DAY 3

TRUTH: God is worth waiting for!

*Psalm 27:1,14 (ESV): The Lord is my light and my salvation; whom shall I fear?  
The Lord is the stronghold of my life; of whom shall I be afraid?... Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!*

Worry and anxiety often times come when we are fearing something, whether that is a person or a circumstance we think might happen. David, as the king, is the one writing these verses and at this point in his life David is running from his enemies, people who are wanting to kill him! You would think he has some pretty good reasons to worry and fear. Instead, David reminds himself of who God is- his light and salvation- and because of that he does not need to fear anyone or anything. And then David says to wait on the Lord. He knows that God is going to take care of him.

We see Moses tell the people in Exodus 14:14, "The Lord Himself will fight for you. Just stay calm." In Psalm 27 David is telling himself... self: be strong, trust the Lord, heart: take courage, God has promised to take care of you... WAIT FOR HIM! We see David telling himself exactly what Moses was telling the people... God is in control, we can trust Him!

Is there something that you are fearing? What is it?

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How is it making you feel?

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Where in your life are you waiting for God to work?

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When Jesus is your Savior, you can trust Him to fight for you and you don't have to fear anything in this world! Pray that God would give you the courage and trust to wait for Him to move.

(For a little extra study, go back and read Exodus 14 and remind yourself what God did for the Israelites as they left Egypt. And check out another great verse on trusting and waiting on God, Deuteronomy 1:30, which also refers back to what God did for the Israelites in Egypt.)



# DAY 4

**TRUTH:** Trusting God gives us hope, joy, and peace!

*J- Romans 15:13: I pray that God, the source of hope, will fill you completely with joy and peace because you trust in Him. Then you will overflow with confident hope through the power of the Holy Spirit.*

Read Romans 15:13. What do you think the 5 most important words are in this verse?

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We would say they are “because you trust in Him.” God is going to give us hope, joy, and peace when we trust Him, when we believe that He will do what He promises to do. Let’s spend some time defining the words hope, joy, and peace.

Hope is a confident expectation. Those are some big words. What that means is that you are sure that what someone said they would do, they will do, and you are just waiting for them to do it. Like, Jesus is going to come back to take those who believe in Him to heaven and one day there will be no more tears. Those are things that God has promised that we can be sure He will do (confidence), we are just waiting with expectation for it... this is called hope.

Joy is grace recognized. Again, those are some big words, so let’s break it down. Grace is God’s kindness to us. For example: His kindness in sending Jesus to die for our sins, His kindness in adopting us to be His children when we believe in Jesus, and His kindness is Him always being with us. When we recognize, or you could say remember God’s grace, we will be able to have joy, a contentment in our heart no matter our circumstances. (Grace is a gift or blessing that we don’t deserve.)

Peace is a calm heart and mind. This one’s a little easier, because we all understand what peace looks like versus chaos. The peace this verse talks about is a calm in your mind and heart no matter what circumstances are swirling around you. No matter the uncertainty of what might come.

So those three things come when we trust the Lord and all 3 of those are the opposite of fear, worry, or anxiety. Now look back at those 5 important words... “because we trust in Him.” They remind us how we can combat fear, worry, and anxiety.

List the 3 things that you are most worried about...

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Now write a prayer to the Lord telling Him that you want to trust Him with the things above. Remember to also thank Him for the gifts of hope, joy, and peace that will come as you trust Him.

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# ACTIVITY: A PENNY FOR YOUR THOUGHTS!

**Items Needed:** a penny, a marker, a piece of paper

Have you ever heard the phrase, “a penny for your thoughts?” It’s a phrase people say to someone who looked like they were lost in a thought or deeply thinking about something. Sometimes, things we worry about or cause us fear can take us into some deep thoughts, and at times we can get stuck there. So today, we are going to look at a “penny for our thoughts!”

Let’s study a penny. Whose face is on the penny? Do you know what Abraham Lincoln is famous for doing? He wrote the law that forever freed the slaves. How is that similar to what Jesus did for us? Jesus died to pay for our sins and when we trust in Him we are free from the penalty of our sins. What else are we free from when we trust in the Lord? (refer back to Romans 15:13 on Day 4) When we trust the Lord we receive joy and peace which takes the place of fear, worry, and anxiety.

Now, look at the words on the front of the penny. What do you see? Liberty! Do you know what that word means? It means freedom. What other words are on the penny? Did you see it? Right across the top... “IN GOD WE TRUST!” Isn’t that cool?

Get your piece of paper and marker and let’s make a new penny. Draw a circle. Across the top of the circle write the words, “IN GOD WE TRUST.” Put the word “liberty” on your penny in the same place it is on the real penny. Now, where Lincoln’s head is, put a cross and then add today’s date in the date spot. Hang your new penny up in your bathroom AND commit to carrying the real penny around with you for the next week.

Each time you see your pennies, allow them to “impact your thoughts.” Allow them to remind you that God is always with you and, when we trust in Jesus, the one who gives us liberty from our sins, we can experience His joy and peace.

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