



**NOT  
ALONE**



# WEEK 1

## MEMORY VERSES

### A : ALWAYS KEEPS PROMISES

*Psalm 145:13b,18*

*The Lord always keeps His promises; He is gracious in all He does.  
The Lord is close to all who call on Him, yes, to all who call on Him in truth.*

### B : BE STRONG & COURAGEOUS

*Joshua 1:9*

*This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.*

# DAY 1

**TRUTH: God always keeps His promises!**

*A- Psalm 145:13b,18: The Lord always keeps His promises; He is gracious in all He does. The Lord is close to all who call on Him, yes, to all who call on Him in truth.*

Can you believe that? God always keeps His promises, ALWAYS! Do you always do everything you say you will do?

Me either! But knowing that God does is such a great source of strength. Do you know some of God's promises? Write down ones that you know. If you know where they are found in the Bible, write the verse down as well. (If you aren't sure where they are found, ask someone to help you find them.)

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Sometimes we can think something is a promise from God and it isn't actually what He said. Like, does God tell us that if we love Him then life will be easy? (Check out John 16:33 for the answer.) What does He actually tell us it will be like?

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It is important to be sure that you understand what the Bible says. Why?  
So that you can...

1) call on Him in truth and know He will be close to you

AND

2) knowing what His promises are allows you to see that He always keeps them

When you are scared or fearful it is really helpful to be able to go back to God's truths. Remember that He will always keep His promises. Now go check out a few of our favorites and write them below:

Isaiah 26:3:

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Zephaniah 3:17:

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Romans 8:35-39:

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Hebrews 13:5:

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# DAY 2

**TRUTH:** God is our source of strength!

*2 Chronicles 16:9a: The eyes of the Lord search the whole earth in order to strengthen those whose hearts are fully committed to Him.*

What does it mean to be fully committed to something?

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What in your life would you say you are fully committed to?

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To be “fully committed” means that you are all in, with your whole heart you believe in it, and you put your action towards it. In this verse it says that the Lord will strengthen those whose hearts are fully committed to Him. What do you think it means to be fully committed to the Lord?

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What actions in your life show that you are fully committed to Him?

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Have you placed your trust in Jesus’ work on the cross? (To place your trust in His work on the cross means that you acknowledge that you are a sinner in need of forgiveness and you know that Jesus is the only one who can rescue you from your sin. If you haven’t placed your trust in Him, go read the Gospel Pages ([CLICK HERE](#)) and then talk with an adult about it. It’s impossible to be fully committed to Him without it.)

Do you learn God's Word and obey His commands? Do you trust Him that He will take care of you?

When you trust that He is going to take care of you, what do you think happens to your fear and worry?

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This verse tells us that our full commitment to God will lead to Him strengthening us, which will give us what we need to face anything. What's an area in your life where you are needing God's strength?

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What are things you can do to show that you are fully committed to God?

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# DAY 3

TRUTH: God is always with us!

*B- Joshua 1:9: This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.*

What does it mean to be strong and courageous?

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Strong in this instance means being able to withstand great force, being strong in the midst of adversity or something hard. Courageous means you aren't deterred or swayed by the hard things that come into your life. God also says do not be afraid or discouraged. What do those two words mean?

afraid:

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discouraged:

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Did you catch it? Those are exactly the opposite of strong and courageous! Also take note of the word at the beginning of the verse that starts with a "c". He isn't just suggesting it. He's commanding it. He's telling us to be strong and courageous and not afraid or discouraged.

Did you know that in the Bible God tells us over 50 times to not be afraid? Why do you think He says it that many times?

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It's because He knows us. He knows that we are going to struggle with looking at our world and circumstances and that we will probably be afraid or discouraged. He also gives us the answer on how we can obey this command, what is it?

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I bet you got it... HE IS WITH YOU WHEREVER YOU GO! How amazing is that? The God of the Universe, the Creator of all things, the One who raised Jesus from the dead is with you ALWAYS! Now that's a reason to feel strong and courageous all the time.

What's an area in your life where you are struggling with being afraid or discouraged?

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Where in your life are you really glad that God is "with you wherever you go?"

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# DAY 4

TRUTH: God is our source for life!

*John 15:5: Yes, I am the vine; you are the branches. Those who remain in Me, and I in them, will produce much fruit. For apart from Me you can do nothing.*

When God says you will produce much fruit, do you have any idea what that means? Look up Galatians 5:22-23 for a list of the fruit and write them here.

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When you are anxious or worried, which of those words is probably not happening in your life?

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Worry and anxiety mean we are not at rest, we don't have peace. We are stirred up about something that we are fearful of or worried about. If we want to have the peace that passes all understanding (see Philippians 4:6-7) then we have to lean in and remain in Jesus. What do you think it looks like to remain in Him?

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What is something you can do each day that keeps you connected to THE vine, the only ONE who can provide you peace in tough circumstances?

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Note: Remaining in Jesus and Him remaining in you means that you have accepted Jesus as your Savior. We cannot produce the fruit that Jesus is talking about without accepting His saving grace. See the Gospel Pages if you haven't done that yet. (pg 6)

# ACTIVITY: DO NOT BE AFRAID!

**Items Needed:** sticky notes (or paper and tape), markers, a Bible

This week we learned that over 50 times in the Bible God tells us “do not fear” or “do not be afraid.” If you have an adult that can help you, go to [biblegateway.com](http://biblegateway.com) and type “don’t be afraid” in the search bar. When the verses come up, read through them and choose at least 7 of them. Write out each one on a sticky note. Then, go through your house, find places that you see often, and hang up the verses (be sure and get permission). These will remind you to keep your eyes focused on the Lord, who is always with you, and to trust Him with all of your circumstances.

If you don’t have access to a computer... look up the following verses.

Choose at least 5 of them and write them out:

Deuteronomy 20:3

Deuteronomy 31:6

Joshua 10:25

2 Chronicles 20:15

Isaiah 43:1

Jeremiah 1:8

Matthew 10:31

Mark 5:36

John 14:27

Don’t forget, in the future, when you are feeling afraid or fearful, you can go back to the verses you wrote or find new ones to put around your room and house.

Remembering God’s truth is a great way to fight fear and worry.

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