



**NOT
ALONE**

WEEK 7

MEMORY VERSES

P : PERFECT PEACE

Isaiah 26:3

You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You!

Q : QUIT WORRYING

Matthew 6:34

*So don't worry about tomorrow, for tomorrow will bring its own worries.
Today's trouble is enough for today.*

DAY 1

TRUTH: Peace comes from trusting God!

P- Isaiah 26:3: You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You!

There's that word again, peace. When you think about the word peace, what comes to mind?

Let's think about water for a minute. If you were to describe water being "at peace" or "not at peace", what would it look like?

What does a peaceful pond of water look like?

How would you describe a rainstorm with lots of wind?

What about an ocean with really big waves?

What about a small puddle of water after it rains? What are different words that you would use?

Our minds can be a lot like the waters that are “not at peace.” When we are consumed with our worries or fears, it can be like a storm or waves in our mind. The fears and worries constantly crashing down on us. But when we anchor our thoughts to Jesus and remember His promises and truth, our minds will be like a calm sea... totally at peace.

Write down some truths from God’s Word that would help you when you are feeling stormy in your mind.

Next time the storms of worry and fear swirl up in your mind, practice fixing your mind on these truths and trusting God to fulfill them so that you can have the peace that God offers you.

DAY 2

TRUTH: God is our protection and strength!

2 Samuel 22:2-3: He sang: "The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. He is my refuge, my savior, the one who saves me from violence."

Here, in 2 Samuel, David is singing a song of praise to God because of who He is and what He had done for him. Looking back at the verse, list all the different characteristics of God that David sings about?

Which one of those characteristics is most comforting to you?

Here David reminds us that God is our protection and strength. What area of your life do you need to be reminded that God is the One who provides you with strength?

What area of your life do you need His protection?

Now go look up the lyrics for the song "*No One Like Our God*" by Lincoln Brewster. (Ask an adult for help if you need to.) What does this song tell you about who God is and what He has done for you?

What is your favorite part of that song?

What is your favorite worship song? Why do you like it?

Spend some time with your family or friends thinking about different worship songs and what they tell you about God. Maybe even build a playlist of those songs.

And be like David! When you are feeling fearful or worried, sing songs about the Lord that remind you of who He is and what He promises to do!

DAY 3

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

Q- Matthew 6:34: So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

Read Matthew 6:25-34. What did Jesus say that the people were worried about?

They were worried about what they would eat, drink, and wear! What was Jesus' response to them? (verse 26)

What things around them did He use as examples of how God would care for them?

Have you ever stopped and looked at the birds that fly and wonder where they get their food from? Have you ever wondered how they stay warm in the winter?

God is the one caring for them. In these verses Jesus is reminding the disciples that God cares much more for them than the birds and so He is going to take care of them. He can be trusted. In verse 34 He reminds us that we also don't need to worry about tomorrow, that today has enough to think about.

Do you find yourself worrying a lot about what might happen in the future? List below some future things that you are currently worried about? List things that you know are going to happen in the future and things that you are scared might happen.

Sometimes we get so caught up worrying about things that haven't happened yet that we miss out on what is happening today. What are things from today that you can thank God for?

God tells us that He will be with us always and that includes tomorrow. The next time you start to worry about tomorrow, stop and look around you... what is God taking care of right now that can remind you He will always take care of you too?

DAY 4

TRUTH: Trusting God gives us peace!

Exodus 14:14: The Lord Himself will fight for you. Just stay calm.

In Exodus 14:14 notice the word “calm.” What does it mean?

What are some words that mean the opposite of calm? How about agitated, anxious, chaotic, fearful, frenzied, nervous, mad, or worried?

What are some situations in your life that have made you feel the opposite of calm?

Let’s get some context for what’s happening in Exodus 14:14. Moses and the Israelites have just left Egypt, a place that held them captive and treated them horribly for many years. They are walking and they come upon the Red Sea, a body of water that they can’t get across. Then, they turn around and see Pharaoh and his men coming after them. Pharaoh is ANGRY.

How do you think the Israelites are feeling? Do you think they feel calm or some of those other words above?

They are literally trapped between the Red Sea and an angry army. Write down what Moses says to them...

What an amazing statement... "The Lord Himself will fight for you." Now, how would you expect God to fight for them? Maybe pour down some fire from heaven or allow them to be strong enough to fight the Egyptians?

What does He do instead?

Now that is awesome!! He parts the Red Sea for them to WALK THROUGH on dry land and then swallows Pharaoh and his men up in it after all the Israelites are through safely.

Most of us are not needing God to part a Red Sea or completely take out our enemy, but we are needing Him to care for us in some way. Where in your life are you needing God to "fight for you"?

Are you feeling calm and at peace, knowing that God will take care of you?

Sometimes, in the midst of the hard things, it's difficult to stay calm. It's hard to trust that God can take care of us, but just like Moses told the Israelites... stay calm and trust God to work. He doesn't always "fight for you" in the way that you want or understand, but He will take care of you. And since He said He would, you can trust Him and be at peace.

ACTIVITY: A SONG OF COMFORT!

Items needed: paper, pencil

Think for a little while about some of your favorite songs you sing that are about God. What is it that you like so much about them? What do they teach you or remind you about God? Did you know that all the psalms in the Bible are songs that people would sing to remind themselves of who God is and what He had done for them? Did you know that is why we sing songs when we gather together for church? When we are struggling with fear, worry, or anxiety singing songs and listening to songs about God's truth can be a great way to refocus our minds.

Grab a pencil and some paper and write your own song. Think about things that you know about God, things that are a comfort to you, and truths that you have learned about Him. Work them together, maybe even making the sentences rhyme. You could even put the words to the tune of another song that you know. Once you get done with your song, make sure that everything you put in your song is absolutely true! (You can do this by asking an older believer or finding verses in the Bible that back up what you say.) Finally, be sure to find someone to share your song with!

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