



**NOT
ALONE**

WEEK 10

MEMORY VERSES

W : WAIT PATIENTLY

Psalm 40:1-2

*I waited patiently for the Lord to help me, and He turned to me and heard my cry.
He lifted me out of the pit of despair, out of the mud and the mire.
He set my feet on solid ground and steadied me as I walked along.*

X : eXHAUSTED BUT...

Isaiah 40:28-31

Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of His understanding. He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

DAY 1

TRUTH: God will rescue us from our despair!

W- Psalm 40:1-2: I waited patiently for the Lord to help me, and He turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along.

What is the 2nd word in the verse?

What does it mean to wait for something?

Have you ever had to wait to get something that you really wanted? What was it?

What about having to wait while being sad or hurting, like having a broken bone or your grandmother being sick?

Sometimes the “fix” for our problem doesn’t come immediately and we have to wait patiently. Waiting patiently means we aren’t worried or anxious because we trust the One that is going to bring us the help. God promises us that He will never leave us or forsake us, that He is always with us, that He will give us what we need. It might not be in our desired timing, but He is trustworthy to keep His promises. Do you remember what verse that is?

What in your life is hard right now? Where are you waiting for God to lift you out of a hard time?

How can you wait patiently for Him to help you?

Now spend some time praying... tell God what you are desiring from Him and ask Him to give you the belief to trust Him and the strength to wait for Him to help you. Write your prayer below.

DAY 2

TRUTH: God watches over us!

Psalm 121: I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth! He will not let you stumble; the one who watches over you will not slumber. Indeed, He who watches over Israel never slumbers or sleeps. The Lord Himself watches over you! The Lord stands beside you as your protective shade. The sun will not harm you by day, nor the moon at night. The Lord keeps you from all harm and watches over your life. The Lord keeps watch over you as you come and go, both now and forever.

What's the latest you have ever stayed up?

Have you ever tried to stay up all night long? When you stayed up really late, was it hard to wake up the next morning?

Our bodies need sleep to refuel and to be strengthened for the next day. What does this verse say about the Lord?

Does He ever sleep? NEVER! He actually doesn't need sleep! He is always awake and not only is He awake but He is actually watching over you. And He isn't just watching over you. What does it say He is doing?

He is the protector of your life. This doesn't mean you won't ever be sick or hurt, but it does mean that nothing can happen in your life that God doesn't allow. So when you are feeling alone or wondering if God sees you or knows what's going on in your life, you can be assured that He does and that He cares about you.

Think about things going on in your life. In what areas are you really glad that God sees you, He never slumbers, and that He is your protective shade?

DAY 3

TRUTH: God is our source for strength!

X- Isaiah 40:28-31: Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of His understanding. He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

If you played 4 soccer games in a row in the blazing sun, what would happen?

What if you went out and tried to run 10 miles, what would happen?

What else makes you really tired?

Everyone gets tired because they don't have endless strength and power; only God never gets tired or weak. In Isaiah 40:31 it says that those who trust in the Lord will find new strength. They will be able to soar on wings like eagles. Do you think that this means if we trust in the Lord enough we will really be able to fly like an eagle?

Nope, it doesn't. What it means is that when we trust the Lord, He is going to give us His strength to do the thing He is calling us to do and to walk through the circumstance He has allowed to come into our life. It means we will be able to endure with more strength than we would ever have on our own.

What is going on in your life right now that is making you tired? Where in your life are you needing God's strength to endure?

Trust that God's power will be enough to carry you through and then wait... His strength will be yours!

DAY 4

TRUTH: God can be trusted!

John 14:1: Don't let your hearts be troubled. Trust in God, and trust also in me.

In John 14:1 Jesus says, "Don't let your hearts be troubled." What do you think it means for your heart to be troubled?

When you look up synonyms (words that mean the same thing) for troubled you find words like anxious, distressed, fearful, irritated, and worried stiff! Are you experiencing any of those feelings?

What circumstance in your life is causing your heart to be troubled?

This verse is so great! Jesus doesn't just tell you to not have a troubled heart, He actually tells you what to do instead. What was that?

Trust! Trust in God and Jesus. When you trust someone what do you do?

Trusting in someone means you believe that they can take care of you and that they will help you with your situation.

Let's look these verses up and see what they say about God. Write what you learn about God next to each one.

Psalm 9:10:

Psalm 18:30:

Job 42:2:

Matthew 6:25-34:

Aren't those awesome!!! What sweet truths about God. He is trustworthy (Psalm 9:10). He will keep His promises (Psalm 18:30). He is in control of all things (Job 42:2). He will take care of you (Matthew 6:25-34).

When you look up the antonyms (words that mean the opposite) for the word troubled you find words like calm, comforted, peaceful, unconcerned, and unworried. When we trust God we will have hearts that are at rest and untroubled, we will be able to stand firm in His truth no matter our circumstances.

ACTIVITY: PREPARE AND WAIT!

Items needed: 2 glasses or jars (at least 8 oz), a cookie sheet, a small plate, baking soda or Epsom salt, yarn, scissors, 2 paper clips, hot water, a spoon, food coloring (optional)

This week we read Psalm 40:1-2 and the very first words say... "I waited patiently for the Lord to help me..." Waiting can be hard, especially when we are feeling fearful, worried, or anxious.

Today we are doing an experiment that will require some preparation and a lot of waiting.

1. Pour hot water into one of the glasses, filling almost to the top. Next pour in a spoonful of baking soda and mix. Continue adding the baking soda or salt until it won't dissolve any more. Repeat in the other glass. If you are using food coloring, now is the time to add it. We suggest putting only one color in each glass, but make them different colors.
2. Set the two glasses on the cookie sheet, about 8 inches apart. Place the small plate between them.
3. Cut a piece of yarn about 36 inches long. Fold the yarn in half and twist it. Get the yarn wet and then attach one paper clip to each end on the yarn. Then place each paper clip into each jar and allow the yarn to dip a little bit between the two glasses, but don't let it touch the plate.
4. Wait and watch for the surprise to form.

As you wait for the surprise to happen, what do you think you will probably do each day or multiple times a day? Will you go check on the string to see if anything has happened? Will you maybe even think about it when you can't check on it? Waiting on the Lord should be just like that. We should be going to Him in prayer and reading His Word while we wait on Him to help us. We should be talking with Him constantly, sharing with Him how we feel, and learning about what He has to say about our situation. Once your experiment has finished, take a picture of it. If you can, print it out. Write Psalm 40:1-2 on it and be reminded that waiting for the Lord is WORTH IT!

NOT ALONE

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