



**NOT
ALONE**

WEEK 6

MEMORY VERSES

N : NO NEEDS

Psalm 23:1

The Lord is my shepherd; I have all that I need.

O : OUR REFUGE

Psalm 46:1

God is our refuge and strength, always ready to help in times of trouble.

DAY 1

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

N- Psalm 23:1-4: The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; He leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to His name. Even when I walk through the darkest valley, I will not be afraid, for You are close beside me. Your rod and Your staff protect and comfort me.

What does a shepherd do for his sheep?

In this verse David says that God is his shepherd, his very own, personal shepherd. This means that David trusts God. He trusts Him to be his guide and protector. Look at the verses and list out all that God, as David's shepherd, does for him.

Did you find things like comforter, giver of strength, and that God is with David in hard times? Is God your shepherd?

Write Psalm 23 below...

[illegible]

DAY 2

TRUTH: God always keeps His promises!

Philippians 1:6: And I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Christ Jesus returns.

When this verse talks about the “good work within you,” what do you think that means?

When we confess with our mouth that Jesus is Lord and believe in our heart that God raised Him from the dead we are saved (Romans 10:9), and at that moment God starts a good work in us. And that good work is changing us... helping us to think like Him and be like Him, to desire the good things He has for us. He is molding us to be like Jesus.

Do you always feel good?

Do you always obey?

Do you always do what God would want you to do?

Of course not, none of us do, which is why this verse is so important to remember. Sometimes we can feel anxious or worried that we aren't perfect, that we still make mistakes, that we still do wrong things. This verse is here to remind us that God is still at work. He absolutely will complete the work He began in you on the day that you trusted Him.

Have you put your trust in Jesus?

Have you confessed with your mouth that He is Lord? (Romans 10:9)

If you have never put your trust in Jesus, go read the Gospel Pages ([CLICK HERE](#)) and then talk with an adult about it.

If you have put your trust in Jesus, what are some ways you are different because of trusting and following Him?

Next time you are worried or anxious that you aren't perfect thank the Lord that He isn't finished with you yet and will complete what He started.

DAY 3

TRUTH: God is our source for strength!

O- Psalm 46:1: God is our refuge and strength, always ready to help in times of trouble.

Have you ever been caught outside when there was a storm and the rain was beating down really hard? What did you want to do?

Find shelter, right? Well, a refuge is a shelter, a place where you can go that keeps you safe from the trouble that is around you. Psalm 46:1 tells us that God is our refuge. He is the place that we can go to be safe and secure no matter what trouble is in our lives.

It also tells us that God is our source for strength. That means He has what we need to be strong in the midst of hard things. Being strong in the midst of hard things doesn't mean that we don't feel scared or worried, but it does mean that we can trust God with whatever our circumstances are and know that He will provide for us what we need to walk through them.

See if you can find other scriptures that talk about God being our source for strength and write them below. (Hint: look in the back of your Bible and see if there is an index. If there is, look for the word strength and see if any verses talk about God being your source of strength.)

If you need a little help, here are some of our favorites you can look up and write down... Exodus 15:2, Psalm 59:9, Isaiah 40:29.

DAY 4

TRUTH: God is my protection!

Nahum 1:7 (NET): The Lord is good—indeed, He is a fortress in time of distress, and He protects those who seek refuge in Him.

Have you ever been inside of a building or shelter that you weren't sure would stay standing if strong wind blew on it? Doesn't feel very safe does it?

What is a fortress?

A fortress is a building that is strong and ready for attack, very opposite from a weak building that can be blown over! Here God is said to be a fortress! Do you think that means God is a building?

You're right, that's not what it means. What it does mean is that He is a strong place that we can run to for protection from the enemies of this world. It means when we seek refuge, or protection and comfort in Him, He will always provide for us.

Notice what the very first part of the verse says. It says, "He is good." That means that God will always do the right thing; He is always looking out for what's best for you. It might not always feel like it when hard things are happening, but He can be trusted and He cannot be defeated! He is a fortress for all who believe in Him.

Spend some time looking up these verses and write down what they promise for those who trust the Lord.

Psalm 5:11-12

Psalm 9:9-10

Psalm 13:5-6

Psalm 16:2

Psalm 18:30

Psalm 84:11

Zephaniah 3:17

ACTIVITY: A STAFF OF TRUTH!

Items Needed: a big stick, paper, pen, thumb tacks

What does a shepherd use to guide his sheep? A staff! Read Psalm 23. What is David saying comes when God guides him? (Hint: look at verse 4.) David feels God's protection and comfort as He guides him and is close to him.

Go outside and look for a big stick. See if you can find one that would be a great staff! Now sit down with some strips of paper and a pen. Think about different ways that God protects you, guides you, and comforts you. Write each of the different ways on small pieces of paper.

Now look up these verses: Psalm 5:11, Psalm 25:5, Psalm 48:14, Psalm 91:1-2, Psalm 119:50, Isaiah 30:21. Read them and then write each one on a different strip of paper.

Next, take your thumb tacks and pin the papers all over your staff. Put the staff somewhere in your house where you will see it often. Pray that God will remind you each time you see it that He is with you, He will guide you, He will comfort you, and He will protect you.

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