



**NOT
ALONE**

WEEK 8

MEMORY VERSES

R : REJOICE OVER YOU

Zephaniah 3:17

For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With His love, He will calm all your fears. He will rejoice over you with joyful songs.

S : SET YOUR MIND

Colossians 3:1-2 (ESV)

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.

DAY 1

TRUTH: Trusting God calms our fears!

R- Zephaniah 3:17: For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With His love, He will calm all your fears. He will rejoice over you with joyful songs.

Have you ever heard someone “squeal with delight”? What do you think the person who was “squealing with delight” was feeling?

They were probably really excited or overjoyed for the person or things they were seeing or experiencing. Did you catch that word delight in the verse above? It says God will take delight in you! He loves you!

And then did you see what He will do with His love? He will calm your fears! How cool is that? So when you are afraid or worried, you can run to the Lord to experience His peace.

Now notice also what else the Lord is called... Mighty Savior. What does the word mighty mean?

What does savior mean?

Mighty is strong and powerful and a savior is one who saves someone from something. God saved us from the penalty of our sins by sending Jesus to die on the cross in our

place. When you trust in His work on the cross He becomes your savior. ([CLICK HERE](#))
Your Mighty Savior.

In moments when you are scared of someone or something, you can run to the Lord. God is always with you and He will delight in you. He will calm you with His love and He will sing over you!

Let's go check out words to another song. Look up "You Say" by Lauren Daigle. Read all the lyrics. Notice what the chorus tells you about the difference God makes in our lives. Look up the four verses below. Next to each verse write which part of the chorus that verse is talking about.

Isaiah 41:10:

Isaiah 43:1:

Jeremiah 31:3:

2 Corinthians 12:9-10:

Tonight, before you go to bed, play "You Say" by Lauren Daigle and think about God singing His love over you!

DAY 2

TRUTH: God is my protection!

Proverbs 29:25: Fearing people is a dangerous trap, but trusting the Lord means safety.

Have you ever felt fearful, worried, or anxious because of what someone else thought about you?

In this Proverb Solomon is telling us that fearing people leads to a dangerous trap. People can change their minds about us. They can have bad days. They can also be downright mean. If we put our worth or our happiness in other people we will find ourselves disappointed and maybe even hurt. Instead he is telling us that to be safe, we must put our trust in the Lord. Psalm 18:2 says, "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." We should not put any other person in the place of being our rock or savior, only Jesus can be that for us.

Another way to not be fearful of people and experience the Lord's safety is to know what God says about His children. (His children are those who have put their trust in Jesus as their Savior. [CLICK HERE](#)) The best place to go to find out what He says is to go to His Word. Look up these verses and write what God says about His children.

Romans 8:31:

Galatians 4:6-7:

Ephesians 2:10:

Hebrews 13:5:

2 Timothy 1:7:

Aren't those great?! When we trust God we will be protected from the arrows of others. That doesn't mean we won't be hurt by what they think or say, but we will know the truth about what God says about us. He is worthy of your trust... no one else can be a god like Him!

DAY 3

TRUTH: God can be trusted!

S- Colossians 3:1-2 (ESV): If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.

What do you think it means to be raised with Christ?

Have you accepted God's saving grace through Jesus' death on the cross?

When we acknowledge that we are a sinner and trust in Jesus' sacrifice for the forgiveness of our sins we are raised from the death of our sins to a new life in Him. Once we have accepted Jesus as our Savior we are guaranteed to be with Him forever. But what do we do with the things that are on this earth that are hard... the hurt, stress, and worries of this life?

In Colossians 3:1-2 Paul reminds us to seek the things above. What do you think that means?

It means that we must work to focus on the truths that God has promised us, to remember who God is and what He will do for us. We must fight in the moments that this world seems to be bigger than God, and to take our thoughts back to Him and His truth.

Let's look at some verses that will help us set our minds on things above, instead of the things of the earth. Write next to each verse what it says about "the things above."

Psalms 147:5:

Zephaniah 3:17:

Romans 8:35-39:

Colossians 1:17:

The next time you are overwhelmed by the things of this earth, remember that Jesus Christ has secured your place in heaven with Him and God is bigger and more powerful than anything here!

DAY 4

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

1 Corinthians 10:13: The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, He will show you a way out so that you can endure.

What does it mean to be tempted?

Temptation comes when we want to do something that we know is wrong or won't be good for us. In Matthew 6:25-34 God tells us to not worry, in fact He commands it. That means if we do it, we are disobeying God. The verse above tells us that everything you are tempted to do, even worrying, is no different than what others experience. That means everyone gets tempted to do something that they shouldn't do. But the great news in this verse is that God is faithful. He knows you are going to get tempted. He knows that you are going to want to worry. But what does He promise you?

He tells you that He will provide a way out for you, a way for you to endure the situation without breaking His command. What are some ways that God might provide for you when you are tempted to worry? What is a "way out" from that worry?

Think about scripture, worship music, family, friends, prayer. How can all of these things help you to obey God's command to not worry, even when you are tempted to?

All of those things can remind us of God's truth, remind us that God is going to take care of us, remind us to look to Him for strength, and remind us to trust Him for whatever we need in that moment. Stop and thank God that He has provided for you what you need to endure the temptations of this world, even the temptation to worry.

ACTIVITY: TRUTH ABOVE!

Items needed: markers, paper (optional: tape, string)

Look back at day 3 and read Colossians 3:1-2. It tells us to not be focused on the things of this earth but to set your mind on things above. Go back and reread the verses that you looked up on day 3. Also look up and read these verses: Psalm 91:14-15, Psalm 123:2, Psalm 119:6, Jonah 2:7, Matthew 6:33, Philippians 4:8, Hebrews 12:1-2. Pick 4 of your favorite verses from all the ones you just read and write each of them on a different piece of paper.

Now, since we are called to set our mind on things above, let's find a way to hang them above your bed. **FIRST, GRAB YOUR MOM OR DAD AND ASK THEM IF THEY ARE OK WITH YOU HANGING THEM IN YOUR ROOM AND HOW THEY WANT YOU TO DO IT.** You can either hang them on the wall above your bed or hang string above your bed and attach the verses to the string. You could even hang them on the ceiling above your bed. But whatever you do... **BE SURE** you get your parent's permission before you do it! Having God's truth above you can help remind you to set your mind on God and His truths and not to fix your eyes and thoughts on the hard things of this world!

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