



**NOT  
ALONE**



# WEEK 9

## MEMORY VERSES

### T : TRUST THE LORD

*Proverbs 3:5-6*

*Trust in the Lord with all your heart; do not depend on your own understanding.  
Seek His will in all you do, and He will show you which path to take.*

### U : UNDERSTANDING PRIEST

*Hebrews 4:14-16*

*So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for He faced all of the same testings we do, yet He did not sin. So let us come boldly to the throne of our gracious God. There we will receive His mercy, and we will find grace to help us when we need it most.*

### V : VICTORIOUS HAND

*Isaiah 41:10*

*Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with My victorious right hand.*

# DAY 1

TRUTH: God can be trusted!

*T- Proverbs 3:5-6: Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.*

Is there anything in your life right now that is going on that you don't understand?  
Maybe a situation you are asking "why me?"

---

---

Is it something that you are worried about?

---

---

In Proverbs 3:5-6 it tells us that we can trust God even when we don't understand.  
What do you think the word trust means?

---

---

What are some things that you trust?

---

---

For example, go stand on a chair in your house. Did you do it? Were you worried that it would collapse? Why did you choose that chair?

---

---

I bet you chose that chair because you knew that it would hold you, either because you have trusted it before to hold you or because you believe it is sturdy and able to hold you. This is exactly what it means to put your trust in God. We believe that He will take care of us. That He will hold us.

Now let's think about people that you trust. Who are they? Why do you trust them?

---

---

I bet it's because they have proven themselves to be trustworthy. They have probably done things to show that they are trustworthy, either for you specifically or for someone else. This is the same with the Lord. Look up the following verses, what do these verses tell you about God and what makes Him trustworthy?

Psalm 119:68:

---

---

1 Corinthians 1:9:

---

---

Hebrews 10:23:

---

---

Hebrews 13:8:

---

---

Now go back to that thing going on in your life that you don't understand, and remember the verse for letter J, Romans 15:13. Make the choice to trust the Lord and see what He will give you!

# DAY 2

TRUTH: Jesus understands our weaknesses!

*U- Hebrews 4:14-16: So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for He faced all of the same testings we do, yet He did not sin. So let us come boldly to the throne of our gracious God. There we will receive His mercy, and we will find grace to help us when we need it most.*

What is the opposite of strong?

---

---

When was a time that you felt physically weak?

---

---

When was a time that you felt fear or anxiety?

---

---

Did you feel weak or strong in that moment?

---

---

Fear or anxiety usually shows us an area of weakness that we have, a place in our life where we don't feel strong. Now think about Jesus. Would you consider Him to be strong or weak?

---

---

Jesus was strong, but did you know that He also understands our weakness. Look back at the verse. What does it tell us is the reason that Jesus understands us?

---

---

It's because He has been tempted, just like you, to be scared, to be worried, to feel anxious about different situations. Isn't that awesome! Jesus understands us, and when we feel understood, it is so much easier to go to someone and share with them how we are feeling. Hebrews 4:16 says we can go boldly to the throne of God, which means we can talk to Him and tell Him our fears and worries and He will give us what we need to face the hard things.

Spend some time talking with Jesus about areas in your life where you are feeling weak and thank Him for being your High Priest who understands. Write your prayer below.

---

---

---

---

# DAY 3

**TRUTH: God is always with us!**

*V- Isaiah 41:10: Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with My victorious right hand.*

Is there anyone in your life that is with you ALL THE TIME? And when I mean all the time, I mean literally with you every second of every day!!

Of course no one is. No one can be with us everywhere we go. We change buildings or events. We even go to different rooms in our home and who's there changes. But there is one person who is with us everywhere we go and that's God! Look up these verses that tell us this truth: Deuteronomy 31:6, Joshua 1:9, and Matthew 28:20.

Write out Joshua 1:9:

---

---

How do you feel knowing that God is with you always?

---

---

Does it help you to not be afraid? Does it give you comfort knowing that He sees everything going on with you?

---

---



You don't have to fear anyone or anything because God is right there with you. Then do you see what He says He will do for you? He says He will strengthen you and help you. That means, whatever the hard thing is that you are tempted to feel discouraged about or tempted to be afraid of, He is going to give you what you need to walk through it. He will help you to endure the hard thing.

What is going on in your life right now that you are tempted to feel afraid or discouraged?

---

---

---

---

What can you do to remind yourself that God is with you, that He will strengthen and help you?

---

---

---

---

# DAY 4

TRUTH: God cares about us!

*1 Peter 5:6-7 (ESV): Humble yourselves, therefore, under the mighty hand of God so that at the proper time He may exalt you, casting all your anxieties on Him, because He cares for you.*

Have you ever gone fishing? Do you know what it means to cast the bait?

---

---

When you cast the bait you are literally flinging it as far away from you as possible. You want to give yourself lots of space to drag that bait through the water and hopefully a fish will grab ahold of it! What does this verse tell you to do with your anxieties?

---

---

It says to cast them onto the Lord. This means to throw them onto Him and allow Him to hold them for you instead of you trying to carry them. Isn't that a great picture? Why should you cast your anxieties on Him?

---

---

Because He cares for you! God cares about the things that are troubling you, the things that are worrying you. He wants you to talk to Him about them. He wants you to trust Him with them. When you do that, when you cast them onto Him, unlike in fishing, you should let go. Let Him hold them. Let Him be in control of them. Let Him give you His peace and rest, instead of the weight of your anxiety and fears.

What are some things that you need to cast onto the Lord and allow Him to carry for you?

---

---

---

---

# ACTIVITY: VICTORIOUS RIGHT HAND!

**Items Needed:** paper, marker, scissors

Isaiah 41:10 tells us that God will hold us up with His victorious right hand. Isn't that a cool picture! Find the person in your house that has the biggest hands and ask if you can trace their right hand on a piece of paper. Afterwards, cut out the hand. At the top of the thumb write the letter T. On the pointer finger write R. Write U on the middle finger, S on the ring finger, and T on the pinkie. You have just spelled TRUST! God can be trusted to hold us!

Now, let's put some other words with each of those letters and look up the verses from God's Word that tell us these things are true about our God that has a victorious right hand. Look up Psalm 9:10. This verse tells us that God is trustworthy. Write both "trustworthy" and "Psalm 9:10" on the thumb. Look up the following verses and write the verse and the word on the rest of the fingers.

R is for righteous, Psalm 145:17.

U is for understanding, Hebrews 4:14-17.

S is for sovereign, Deuteronomy 3:24.

T is for terrific, 1 Chronicles 29:11. (Did you read each verse?)

Finally, draw a cross on the palm of the hand. This will remind you that Jesus died on the cross for you so that you can be in relationship with God, the One with the victorious right hand! Put the hand somewhere where you will see it when you are struggling so you can be reminded of who God is.

## **NOT ALONE**

Copyright© 2019 Watermark Community Church. All rights reserved.

No part of this product may be reproduced, stored in a retrieval system, or transmitted in any form or by any means – electronic, mechanical, photocopying, recording, or otherwise – without prior permission of Watermark Community Church.

Scripture quotations are taken from the Holy Bible: New Living Translation. Wheaton, Ill: Tyndale House Publishers, 2004. Unless otherwise specified.

Watermark Community Church | 7540 LBJ Freeway | Dallas, Texas 75251 | 214-361-2275