



**NOT  
ALONE**

# WEEK 5

## MEMORY VERSES

### K : KNOW TRUTH

*John 8:31-32*

*Jesus said to the people who believed in Him,  
"You are truly my disciples if you remain faithful to my teachings.  
And you will know the truth, and the truth will set you free."*

### L : LEADS ME

*Psalms 139:23-24*

*Search me, O God, and know my heart; test me and know my anxious thoughts.  
Point out anything in me that offends You,  
and lead me along the path of everlasting life.*

### M : MORE THAN ANYTHING

*Psalms 73:23-26*

*Yet I still belong to You; You hold my right hand. You guide me with Your counsel,  
leading me to a glorious destiny. Whom have I in heaven but You? I desire  
You more than anything on earth. My health may fail, and my spirit may grow weak,  
but God remains the strength of my heart; He is mine forever.*

# DAY 1

TRUTH: Freedom comes from knowing truth!

*K- John 8:31-32: Jesus said to the people who believed in Him, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free."*

What does it mean to be free?

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What is the opposite of being free?

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When you are consumed with worry or fear, do you feel free?

What does Jesus say will set you free?

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Where do you find truth? Look up John 17:17, what does Jesus say is truth?

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So just like the verses above tell us, when we are faithful to learn Jesus' teachings, we will be learning truth and in learning the truth we will be set free. What do you think we will be set free from?

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First, let's think about the Gospel. ([CLICK HERE](#))  
What did Jesus' death, burial, and resurrection set us free from?

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Now, think about God's truth. How can knowing it help you when you are tempted to worry or fear?

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Did you know that memorizing God's word is part of remaining faithful to His teaching? How are you doing at committing the ABC's of fear, worry, and anxiety to memory? If you haven't started yet, it's not too late. Go back and look at "A" and get started. If you are memorizing as you go... great job!

# DAY 2

**TRUTH: God is my protection!**

*Psalm 18:30: God's way is perfect. All the Lord's promises prove true. He is a shield for all who look to Him for protection.*

Have you ever seen a real shield? What are shields used for?

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Shields are used to protect soldiers from the weapons of the enemy. When you read Psalm 18:30 what do you think David meant when he said God would be a shield for you?

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What weapons do you think God would be shielding you from?

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God is your protection from the lies (weapons) of the enemy. (The enemy is Satan who is the father of lies and he is against everything that God is for, see John 8:44.) When you are worried, fearful, or anxious, that might be the enemy trying to convince you that God is not trustworthy, that following Him is not good for you (just like the serpent lied to Eve in the Garden of Eden).

The opposite of a lie is the truth! In the second sentence of the verse, what did David say always proves true? God's promises! God's promises are truth and when God promises something you can be 100% sure it will happen. List some of the promises of God that you know.

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Can you find the scriptures in the Bible for the promises that you listed? Write them up next to the promises.

Looking at the promises you listed above, how can those promises be a shield for you?

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Next time you are feeling worried, anxious, or fearful take some time to think through what lie you might be believing and see what promise of God will help shield you from that lie.

Below are some of our favorite promises of God. Take some time to look them up.

Psalms 84:11

Isaiah 54:10

Lamentations 3:22-24

James 1:5

1 John 1:9

# DAY 3

**TRUTH:** God knows what we think and feel!

*L- Psalm 139:23-24: Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends You, and lead me along the path of everlasting life.*

What does God tell us in the verse above that He knows about us?

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God knows our hearts (the things that motivate us, the things we care deeply about) and our thoughts (everything that we think, the good and the bad). How do you feel about the fact that God knows everything you think?

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It might be amazing and a little scary, but what's really awesome is that God loves us and wants to help us with our thoughts. He wants to help us move our thoughts and hearts to be fully fixed on Him and His ways so that we can have peace.

What do you think you can do to fix your thoughts on Him?

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How about reading your Bible? What about prayer? What about memorizing scripture?

When we read God's Word, memorize it, and pray, He is kind to point out ways in us that don't line up with what He wants for us... like when we worry we aren't trusting Him so we miss out on the peace and joy that He wants for us (see Romans 15:13).

What in your life are you feeling anxious or worried about? Confess to the Lord that you are feeling this way and that you want to trust Him instead of being worried or fearful about your circumstances.

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Go back and read Psalm 34:4,8-9 to be reminded of God's promise!

# DAY 4

TRUTH: God is our source for strength!

*M- Psalm 73:23-26: Yet I still belong to You; You hold my right hand. You guide me with Your counsel, leading me to a glorious destiny. Whom have I in heaven but You? I desire You more than anything on earth. My health may fail, and my spirit may grow weak, but God remains the strength of my heart; He is mine forever.*

Have you ever been sick? When you were sick how did your body feel, weak or strong?

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Have you ever been really worried about something or someone?

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When you were really worried or anxious did you feel weak or strong?

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There can be different reasons that we feel weak. Sometimes it's because our bodies are sick and all of the energy we have is going towards fighting the illness. Other times we can feel weak because our minds and hearts are really focused on something we are worried or anxious about. In both cases our hearts need to be strengthened to walk through the weakness we are experiencing. This verse tells us that we can look to someone to be our strength. Who is that?

In what ways can God be your strength?

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What are truths about Him that would bring strength to your heart? Look up these verses for some hints... Isaiah 40:29, Isaiah 41:10, Romans 8:37-39, 2 Corinthians 12:9-10, Hebrews 4:16, 1 Peter 5:7

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# ACTIVITY: A SHIELD OF PROTECTION!

**Items Needed:** a piece of cardboard or thick paper, scissors, markers

Look back at Psalm 18:30, on Day 2. What does it say God is for us? He is a shield of protection. One of the ways He helps protect us is through His truth. Do you remember when Satan tried to tempt Jesus in the desert? Every time Satan tried to tempt Him, Jesus answered back with scripture (God's truth). (Read Matthew 4:1-11 for a refresher on this story.) Let's follow Jesus' example and make a shield of truth for protection from fear, worry, and anxiety.

First, draw a shield on the cardboard or thick paper.  
Then, take some scissors and cut out the shield.

Now, go look at all the verses that we have talked about so far. What are some of your favorite ones? Which ones help you most when you are feeling fearful, worried, or anxious? Talk about how they help you. Now, write them on your shield.

Any time you are feeling worried or anxious you can picture a shield in your mind and remember that God is your protector. Let His truth remind you of who He is and what He has done for you. Put your shield somewhere you will see it and be reminded... feel free to add to it any new promises you find throughout the rest of the study.

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