



Reflections *journal*

I am Held.

— Chapter Five —

WRITTEN BY LINSEY DRISKILL

Heart  treasure

Lord, Thank You
that I am
Held.





Reflections journal

-Chapter Five-

Week one day 1

IS THERE A TIME YOU WERE AFRAID? Maybe it was walking into a classroom or lunchroom, or maybe you were in your bedroom and it was dark. In these moments of fear, there is great news for believers—God is with us and holds us. We do not need to fear.

*“So do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with My righteous
right hand.*

ISAIAH 41:10

Heart  treasure

Lord, Thank You that I am Held.

When I am afraid, help me trust in You.

In Jesus' name, amen.



When is a time you were afraid?

.....

.....

In Psalm 41:10, why does God say we do not need to fear?

.....

What three things does God say He will do as your God in the Scripture?

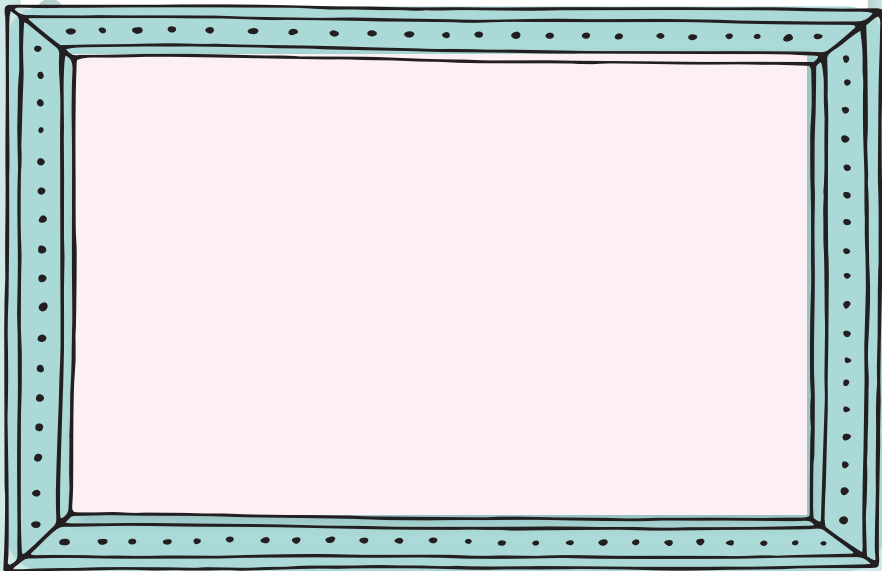
s _____ you.

h _____ you.

u _____ you.

Draw a picture of God upholding you with His righteous right hand.

WHEN YOU'RE AFRAID, REMEMBER THAT HE HOLDS YOU
AND STRENGTHENS YOU.



Week one day 2

HAVE YOU HEARD THE POEM, FOOTPRINTS IN THE SAND? It goes like this:

One night I dreamed I was walking along the beach with the Lord. Scenes from my life flashed across the sky. In each, I noticed footprints in the sand. Sometimes there were two sets of footprints; other times there was only one. During the low periods of my life I could see only one set of footprints, so I said, "You promised me, Lord, that You would walk with me always. Why, when I have needed You most, have You not been there for me?" The Lord replied, "The times when you have seen only one set of footprints, My child, is when I carried you."

*"I have made you and I will carry you;
I will sustain you and I will rescue you."*

ISAIAH 46:4

Heart



treasure

Lord, Thank You that I am Held.

Thank you for always carrying me.

In Jesus' name, amen.

Have you ever felt alone when you were going through something hard?

In our weaknesses and difficulties, God carries us. You are never on your own. Tell God what you think about that.

IN ISAIAH 46:4, GOD SAID THAT HE MADE YOU—CHOOSING TO CREATE YOU SHOWS HOW MUCH HE LOVES YOU!

He said, I have made you and I will _____ you.
I will sustain you and I will _____ you.

What truth can we believe about God when we go through difficulty based on this verse?

Read Isaiah 46:4 again and check all the ways below that God responds when you go through difficulty.
Put an X for the ways God does not respond.

- A. ____ GOD SEES YOU, BUT DOESN'T HELP YOU.
- B. ____ GOD CARRIES YOU.
- C. ____ GOD THINKS YOU SHOULD FIGURE IT OUT ON YOUR OWN.
- D. ____ GOD LEAVES YOU THERE TO FIND A WAY OUT OF THE DIFFICULTY.
- E. ____ GOD RESCUES YOU.
- F. ____ GOD IS ALWAYS WITH YOU AND HELPING YOU.

*God is always there for you and carries you,
so b, e, and f are correct.*



Week one day 3

HAVE YOU DOODLED ON YOUR HAND BEFORE?

Well, guess what! God has doodled YOU on His hand. In fact, He has engraved you on the palms of His hands! You are so special to Him and are loved by Him.

*“See, I have engraved you on
the palms of My hands.”*

ISAIAH 49:16

Heart



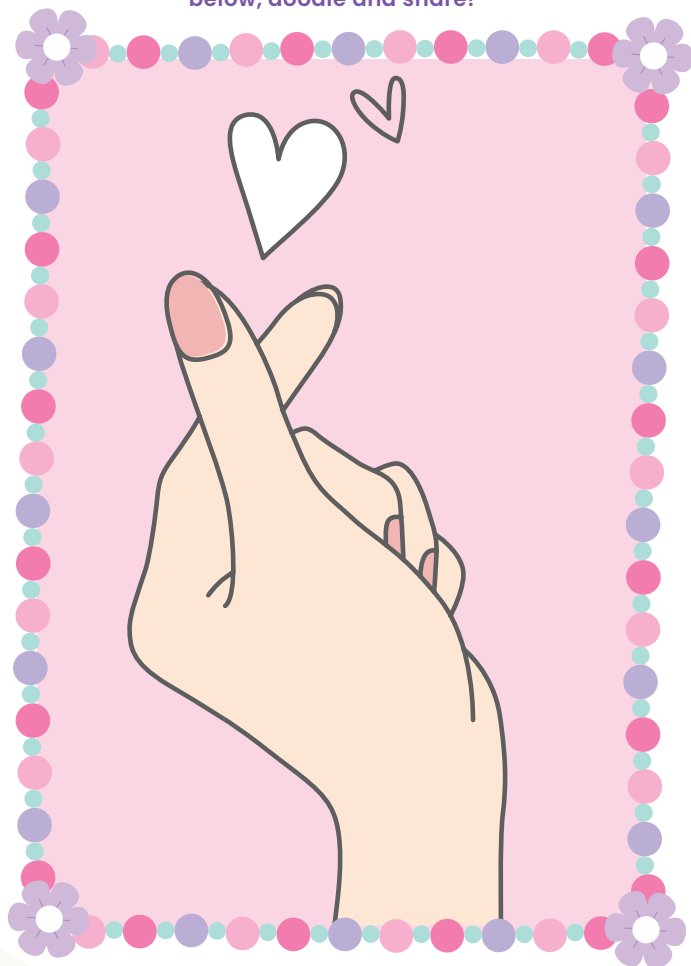
treasure

Lord, Thank You that I am Held.

When I feel low, remind me that You have engraved me on the palms of Your hands.

In Jesus' name, amen.

Reflect on who God has made you to be.
What do you like to do—what gets you excited? What's your
personality like? What about God do you love? On the hand
below, doodle and share!



Week one *day* 4

WHAT COMES TO YOUR MIND WHEN YOU THINK OF CHANGE? I think of simple things like leaves, or milkshake flavors from Chick-fil-a. And, then bigger things like seasons, people, and sometimes where we live. One of the wonderful things about God and His love is that He is unchanging. We can have confidence and trust in the God who holds us because He remains the same.

“Jesus Christ is the same yesterday and today and forever.”

HEBREWS 13:8

Heart  treasure

Lord, Thank You that I am Held.

I praise You that You are always the same
and always hold me.

In Jesus' name, amen.

REFLECT ON THESE WORDS ABOUT GOD'S UNCHANGING LOVE
AS YOU LOOK FOR THEM IN THE WORD SEARCH.

CONSTANT
SAME
UNCHANGING
YESTERDAY
TODAY
FOREVER

S
I S V
P R A V S
Q C V M S D Y
A P Y P E A T G E
U H B N J V X U H P G
Z C U V J E C U C R V R Q
K Q A F I J G I C P X Y S R L
I K Z G W T V O L O Q E V D R B Y
U D M Z U A J O A D K Q Y Q Z K J T A
U N H R G N Q C P D A W O Q D S H P X T F
M B W S M N E F Y V R A E B R F N Z G J O Q M
P Q G K C X K O M N C N M Y G O Q A R S J U J F V
I V D O B Z T X U U R K Z O Z Y H Y A D R F T S F Y K
H W C L S F F C J O P O M C R R H O N H R L T J M C H Z Q
U P Q U I Q A P I S I G I
E G D L S L M N D U R D
K U I V N Q X S T I D F T
I C Y B O C S J Q J A B Q
B J Y Q T B M G X E K R E
A K A E I K X E I G F M Q Z D N S H D D P
P C R I V W I D M U C J S R N Q F Y V C I
A D Y L G P H S U D J N C H A N G I N G U
L E K P C G Y A P C V Z D B S Y Z L R H H
W F H V U C O N S T A N T J Q B V
W M Z N S A S M I R S Q O I V C
I U S N C K F K R H K J Z
H U A S O Q H F M S B I
S R F V R F I C H R L Y G
I C Q D L Y P E A A X P D A U R L
R V D D R O V S T Q M Q P D V D I H
Z I J X I E N N E V B I I V C S A F
C L A N R A P W E F W K V I L E G
J U B N Z K O D B X F R M P L H D
C G Z Z M F Q Q I F A Y Y C C J F

Week one day 5

THINK ABOUT THE DIFFERENCE BETWEEN SOMEONE WATCHING OVER YOU WHO DOESN'T KNOW YOU WELL, and someone watching over you who loves you dearly. Who would you feel most safe and secure with? You'd feel safest with the one who dearly loves you, right? God not only watches over you, but has GREAT love for you. Rest in His love.

"Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness."

NEHEMIAH 8:10

Heart  treasure

Lord, Thank You that I am Held.

I feel comforted that You have great love for me and that Your mercies are new every morning.

In Jesus' name, amen.

I am
Held
by God and His

Love.

Week two day 1

AS YOU GROW IN YOUR FAITH, it's important to know that God is always with you and knows you. God is *omniscient* which means He knows everything, including us. *Omni* means all, and *scient* means *knowledge*, so He knows everything. This truth can comfort us when we are struggling or experiencing the growing pains of growing up.

*“You have searched me, Lord,
and You know me.
You know when I sit and when I rise;
You perceive my thoughts from afar.”*

PSALM 139:1-2

Heart  treasure

Lord, Thank You that I am Held.
And thank You that You know me so well
and love me.
In Jesus' name, amen.

For each letter in the word omniscient, write one thing God knows about you by finishing the following sentence (a few examples have been done for you): God knows when you are ...



VER THE MOON HAPPY



RYING



Week two day 2

NO ONE IS PERFECT LIKE JESUS IS. We love well sometimes, and other times, not so well. He is familiar with all our ways. And even though God knows that we fall short sometimes, He still loves us.

*“You discern my going out and my lying down;
You are familiar with all my ways.
Before a word is on my tongue
You, Lord, know it completely.”*

PSALM 139:3-4

Heart  treasure

Lord, Thank You that I am Held.

It amazes me that You know me so well
and love me always.

In Jesus' name, amen.

Verse 3 says, “You discern my _____ out and my _____ down. You are familiar with _____ my ways.”

What do you think this verse means?

1. Which correctly finishes the Scripture:

_____ a word is on my tongue, You, Lord, know it completely.



MINUTES AFTER



YEARS AFTER



BEFORE

2. Since God knows what we’re thinking and the words we’ll say before we say them, we should:



TRY TO TRICK GOD AND ACT LIKE WE ARE ONLY THINKING AND SAYING GOOD THINGS.



BE HONEST SINCE HE KNOWS WHAT WE’RE THINKING ANYWAY AND BECAUSE WE LOVE HIM.



LIE BECAUSE GOD WON’T KNOW.

The answer is **B** because God wants us to be honest and He knows our thoughts anyway.

3. When we have a sinful thought, we should:



JUST KEEP THINKING THOSE THOUGHTS SINCE WE’VE SINNED ANYWAY.



CONFESS IT TO THE LORD AND HE WILL FORGIVE US.

GOD WANTS OUR HEARTS TO BE CHANGED AND TO BECOME LIKE HIM. SO, WHEN WE SIN, HE WANTS US TO CONFESS OUR SINS TO HIM. AND HE PROMISES TO FORGIVE US.

Week two day 3

IN PSALM 139:5-6, THE NIV BIBLE VERSION USES **THE WORD HEM**, while another version uses the word *encircle* and another uses the word *cover* to describe God's presence with us. So God surrounds us, encircles us, and covers us. God is not on one side of us, He encircles us, and takes care of us always.

*"You hem me in behind and before,
and You lay Your hand upon me.
Such knowledge is too wonderful for me,
too lofty for me to attain."*

PSALM 139:5-6

Heart  treasure

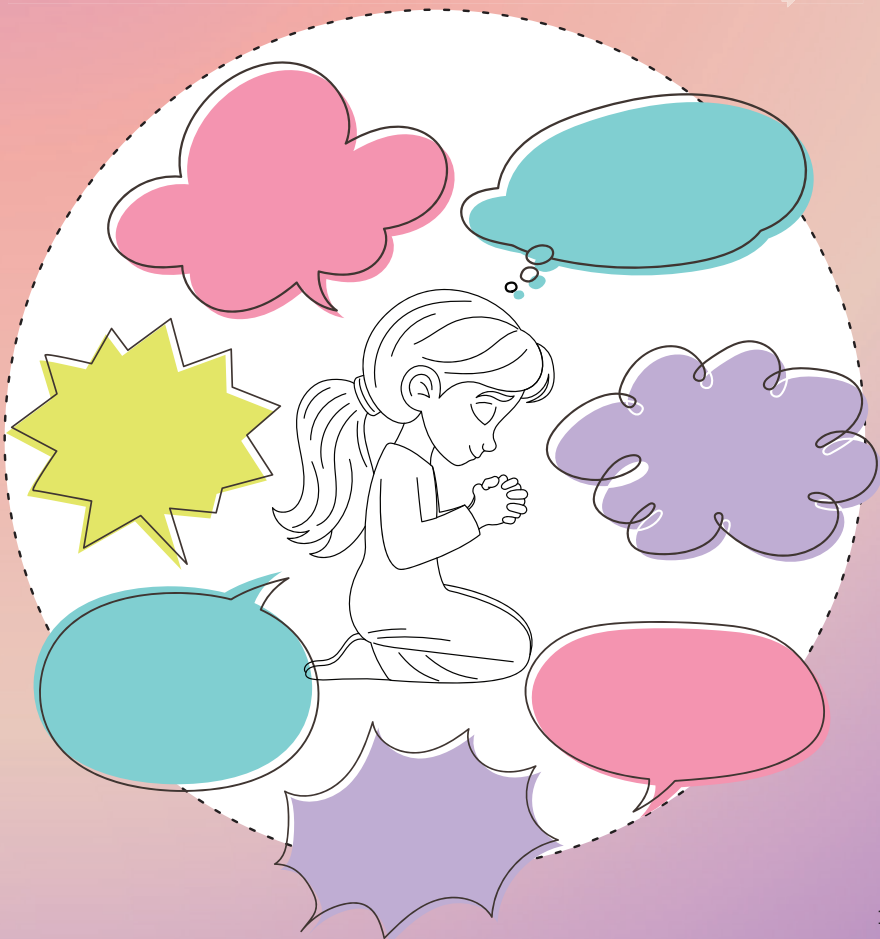
Lord, Thank You that I am Held.

Thank you that You surround me,
encircle me and cover me.

In Jesus' name, amen.

WRITE THINGS IN YOUR LIFE THAT MAKE YOU FEEL WORRIED, STRESSED, EXCITED, SAD, OR OTHER FEELINGS, IN THE BUBBLES.

Examples: hard things (missing someone), great things (like a birthday), things you're worried about (like try outs for a sport or friend problems), or anything else. Then trace the big circle around the picture as a reminder that God encircles you and will take care of you.



Week two day 4

HAVE YOU EVER WALKED THROUGH A CORNMAZE—

you're not able to see where you're going and it can be confusing. Life can be like that sometimes, but thankfully, we have God to lead us and guide us! There is nowhere we can go that God will not be with us.

*“Where can I go from Your Spirit?
Where can I flee from Your presence?
If I go up to the heavens, You are there;
if I make my bed in the depths,
You are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there Your hand will guide me,
Your right hand will hold me fast.”*

PSALM 139:7-10

Heart  treasure

Lord, Thank You that I am Held.

Thank You that when I feel like my life is a maze, You still hold me and guide me.

In Jesus' name, amen.

Fill in the blanks based on Psalm 139:7-10:

If I go up to the heavens, _____ are there.
if I make my bed in the depths, _____ are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea.

Even _____ Your hand will _____ me,
Your right hand will _____ me fast.

What truth do we learn about God from Psalm 139?

A IF WE TRAVEL FAR, GOD WILL NOT BE WITH US.

B IF WE MAKE MISTAKES, GOD IS NOT WITH US.

C NO MATTER WHERE WE GO, GOD IS THERE WITH US.

There is another awesome truth in this Scripture—
two things that God will do for us, no matter where we are.
Unscramble the words to find out what they are.

1. _____ us
UIGDE

2. _____ us
DLOH

How does knowing that God supports us in these two ways help you
when you feel uncertain?

.....

.....

.....



Week two day 5

DAVID WROTE PSALM 139. He was in awe of God and how His thoughts outnumber the grains of sand—that’s a whole lot. And you are someone who takes up many of those thoughts! He cares deeply for you.

*“How precious to me are Your thoughts, God!
How vast is the sum of them!
Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with You.”*

PSALM 139:17-18

Heart



treasure

Lord, Thank You that I am Held.

Thank You that during the day I am with You, when I go to sleep, I am with You, and when I awake, I am still with You.

In Jesus’ name, amen.

The Psalmist says in Psalm 139 that if we were to count all God's thoughts, they would _____ the grains of _____.

How amazing that God has even more thoughts than all the grains of sand! Let's reflect on God and His heart and thoughts. *In the sands below, write some of the thoughts you think God has. They could be about you, His creation, what's going on in the world or anything else.*



Week three day 1

GOING THROUGH PAINFUL THINGS IS A HARD PART OF LIFE. Your heart might be hurting because of someone being mean or leaving you out. Or maybe you're in pain because a loved one is sick, or you have lost someone you love. A lot of people have gone through these painful things too, so you're not alone.

We don't know why these things happen. We do know there is sin in the world, so sometimes hard things happen in life. But, we also know that God promises you something really great in the middle of the pain—God holds you, is close to you, and saves you.

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

PSALM 34:18

Heart  treasure

Lord, Thank You that I am Held.

My heart is hurting. Please comfort me.

In Jesus' name, amen.



What is something causing you pain or hurt?

Fill in the blank to remember some great news:

The Lord is _____ to the brokenhearted.

How can knowing that God is close to you when you are brokenhearted help you?

Here's another piece of great news:

God _____ those who are crushed in spirit.

What is something that has discouraged you or crushed your spirit?

How does knowing God will save you when you are sad give you hope?

Week three day 2

ONE OF THE BEAUTIFUL WAYS GOD LOVES US IS

BY COMFORTING US. He comforts us because He loves us, but also so we can relate to others who go through similar things, so we can comfort them too.

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”

2 CORINTHIANS

Heart  treasure

Lord, Thank You that I am Held.

I praise You for comforting me.
Help me to also comfort others with
the comfort You have given me.

In Jesus' name, amen.



There are a few titles this verse uses to describe God.
What are they?

The Father of _____

The God of all _____

What does God want us to do with the comfort we receive from Him?

.....

Who is someone who needs comfort or encouragement right now?

.....

How can you be there for that person, just as God has been there for you?

.....

.....

What does the beginning of the verse say:

_____ **be to the God and Father of our
Lord Jesus Christ.**

**PRAISING GOD IS ONE OF THE BEST THINGS WE CAN DO WHEN WE'RE
STRUGGLING. IN THE HEARTS, WRITE SOME QUALITIES OF GOD YOU
CAN PRAISE HIM FOR.**

Week three day 3

WE NOW KNOW GOD IS THE FATHER OF COMPASSION AND THE GOD OF ALL COMFORT. And, today, we will

learn that He is the God of hope. My friend, God cares deeply for you. Let His awesome love bring you joy and peace as you trust in Him.

“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.”

ROMANS 15:13

Heart



treasure

Lord, Thank You that I am Held.

Remind me when I go through hard things that I can still have joy and peace in You.

In Jesus' name, amen.

Today we learned another title describing who God is.

He is the God of _____.

What two things does Romans 15:13 say the God of hope will fill you with?

All _____ and _____ as you
_____ in Him.

So, the verse says that joy and peace will come to us when:

 **A WE EAT OUR FAVORITE DESSERT.**

 **B ALL IS GOING JUST HOW WE WANT IT TO.**

 **C WE TRUST IN HIM.**



Romans 15:13 says that when we trust in the Lord,
we will _____ with hope by the
power of the _____.

So, we get hope through the power of the Holy Spirit. That means:

 **A WE HAVE TO COME UP WITH HOPE OURSELVES.**

 **B GOD IS WITH US AND HELPS US WITH HIS POWER AND HOLY SPIRIT.**

 **C GOD WANTS US TO FIGURE IT OUT ON OUR OWN.**



**B IS THE CORRECT ANSWER
BECAUSE GOD'S POWER AND
HOLY SPIRIT FILL US WITH
HOPE, JOY, AND PEACE!**



Week three day 4

SOMETHING BEAUTIFUL ABOUT KNOWING JESUS AS OUR SAVIOR IS THAT HE IS OUR ANCHOR. Just like an anchor holds a boat in place and keeps it from getting lost, the Lord does the same for us. So even when we face difficulty, we can stand strong because the Lord is the One who is steadfast, secure, and holds us up.”

“We have this hope as an anchor for the soul, firm and secure.”

HEBREWS 6:19

Heart  treasure

Lord, Thank You that I am Held.

Thank You for being my anchor, and
the one who makes me secure.

In Jesus' name, amen.

DECODE A TRUTH THAT WILL HELP US
BE STRONG IN DIFFICULT TIMES!



Week three day 5

WHEN THERE IS A BATTLE OR COMPETITION, there is someone who wins and conquers, and someone who loses. When we know God, we are not only held up by Him, but we are also victorious through Him, even when we doubt, struggle, and go through hard things. Romans 8:37 tells us that because of Jesus' strength, we are winners and can conquer anything.

"We are more than conquerors through Him who loved us."

ROMANS 8:37

Heart  treasure

Lord, Thank You that I am Held.

I praise You that I am victorious
through You, Jesus!

In Jesus' name, amen.

Everyone has weak times when they struggle with things or go through something hard.

God says we are _____ than
_____ through _____ who loved us.

What do you think it means that we're not only conquerors, but MORE than conquerors?

In Romans 8:37, what makes us more than conquerors?

- A. GOD'S LOVE THROUGH JESUS B. OUR OWN STRENGTH
C. HAVING SUPER STRONG MUSCLES

Yes, we are MORE than conquerors because of God's love through Jesus!

We are more than
CONQUERORS
THROUGH
CHRIST!



Week four *day 1*

IN LAST WEEK'S DEVOTIONS, WE LEARNED THAT GOD HOLDS US IN PAIN, GRIEF, AND DOUBT.

Be comforted that the Lord knows we have times like these and promises to be with us through them all. Even when we might not feel like He's here, we can have faith and believe He is because He tells us He is.

*"Yet I am always with You;
You hold me by my right hand.
You guide me with Your counsel,
and afterward You will take me into glory."*

PSALM 73:23-24

Heart



treasure

Lord, Thank You that I am Held

Even in my doubts and hurts,
I am grateful that You love me.

In Jesus' name, amen.

There are four wonderful promises God gives us in Psalm 73:23-24.
Fill in the hearts with what they are:



YOU

ME WITH
YOUR COUNSEL.



YOU WILL TAKE
ME INTO
_____.



YOU

ME
BY MY RIGHT
HAND.



YOU ARE

WITH ME.

When we believe in Jesus, we know that after this life, we will be held forever by God and taken into glory. There is nothing to fear because He will always take care of us.

Week four day 2

WHEN WE BELIEVE IN GOD AND FOLLOW HIM, GOD'S SPIRIT AND LOVE LIVES IN US. We can depend on His love and trust Him. Just like if you do a trust fall and someone stands behind you to catch you, it's the same with God. We can rely on His love because He is right there, holding us with His love, both now and forever.

"If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them."

1 JOHN 4:15-16

Heart



treasure

Lord, Thank You that I am Held.
Help me to rely and rest in Your love.
In Jesus' name, amen.

AS YOU COLOR IN THE PICTURE,
REST IN KNOWING THAT YOU ARE HELD IN GOD'S LOVE.

God is

LOVE

Week four day 3

AS YOU GET OLDER, YOU LEARN MORE AND MORE THAT THE WORLD IS NOT PERFECT. Hard things happen sometimes. This verse talks about earthquakes and other natural disasters. It's really important to know that you do not need to fear, because God will help you. When you believe, you have the security and comfort of knowing that you will be with God now and forever.

*"God is our refuge and strength,
an ever-present help in trouble.*

*Therefore we will not fear, though the earth give
way and the mountains fall into the heart of the
sea, though its waters roar and foam
and the mountains quake with their surging.*

*There is a river whose streams make glad the
city of God, the holy place where the Most High
dwells. God is within her, she will not fall;
God will help her at break of day.
Nations are in uproar, kingdoms fall;
He lifts His voice, the earth melts.*

PSALM 46:1-7

Heart



treasure

Lord, Thank You that I am Held.

I praise You that no matter what happens
here, I do not need to fear because
You are my refuge.
In Jesus' name, amen.

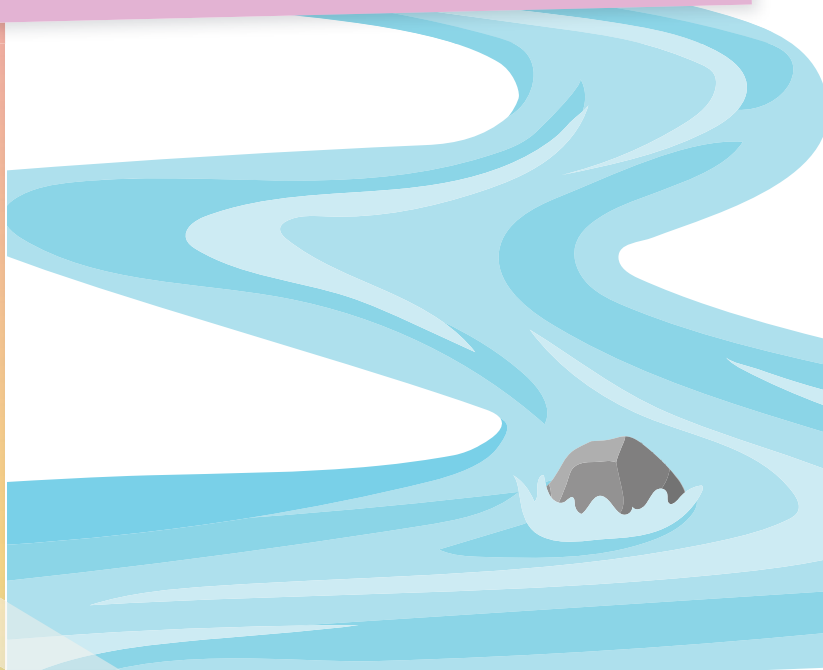
Underline the difficult things that happen in this Scripture.

For example, you would underline THE EARTH GIVE WAY.

In the Scripture, circle reasons we do not need to fear.

For example, you would circle GOD IS OUR REFUGE AND STRENGTH.

Many times in Scripture, references to streams and rivers represent the water of life and how God's love is constant, replenishing, and eternal. Verse 4 compares God's holy place where He dwells to a river. IN THE RIVER BELOW, WRITE REASONS WE DO NOT NEED TO FEAR BUT CAN HAVE OVERFLOWING HOPE IN GOD!



Week four day 4

ONE OF THE REASONS WE CAN HAVE CONFIDENCE IN LIFE IS BECAUSE WE ARE HELD BY GOD IN HIS ETERNAL KINGDOM—when we believe, we are not just held in His hands here and now, but for eternity! The Lord says that **NO ONE** can snatch us out of His hand. We are safe and secure with the Lord.

“I give them eternal life, and they shall never perish; no one will snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father’s hand.”

JOHN 10:28-29

Heart



treasure

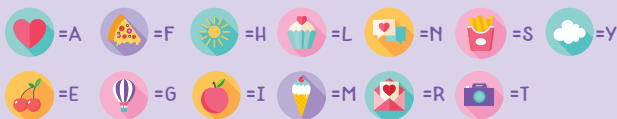
Lord, Thank You that I am Held.

And thank You that no one can ever take me from You. You hold me safe and secure.

In Jesus’ name, amen.

There is an awesome hidden truth said by Jesus in John 10:29 that is the reason we are protected in God's hand.

DECODE THE SENTENCE TO FIGURE IT OUT!



Week four day 5

WHEN A FRIEND KNOCKS ON YOUR DOOR, THEY WANT TO SEE YOU AND VISIT WITH YOU. Well, it's the same with Jesus. Revelation 3 is referring to Jesus wanting to have a lasting connection and relationship with us. He knocks on the door. Will you open it and believe?

"Here I am! I stand at the door and knock. If anyone hears My voice and opens the door, I will come in and eat with that person, and they with Me. To the One who is victorious, I will give the right to sit with Me on My throne, just as I was victorious and sat down with My Father on His throne."

REVELATION 3:20-21

Heart  treasure

Lord, Thank You that I am Held.

I am so grateful to be able to be with You forever by believing in You.

In Jesus' name, amen.



On the inside of the door (which symbolizes your heart), write what Revelation 3:20-21 tells us Jesus promises to do if you open the door when He knocks.





Lord,
Thank You that
I am Held.