

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?

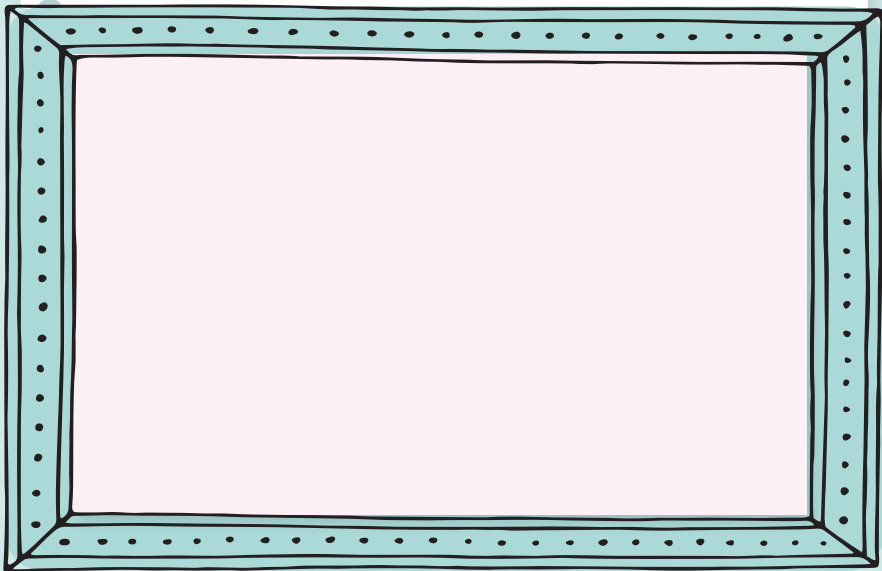
s_____ you.

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



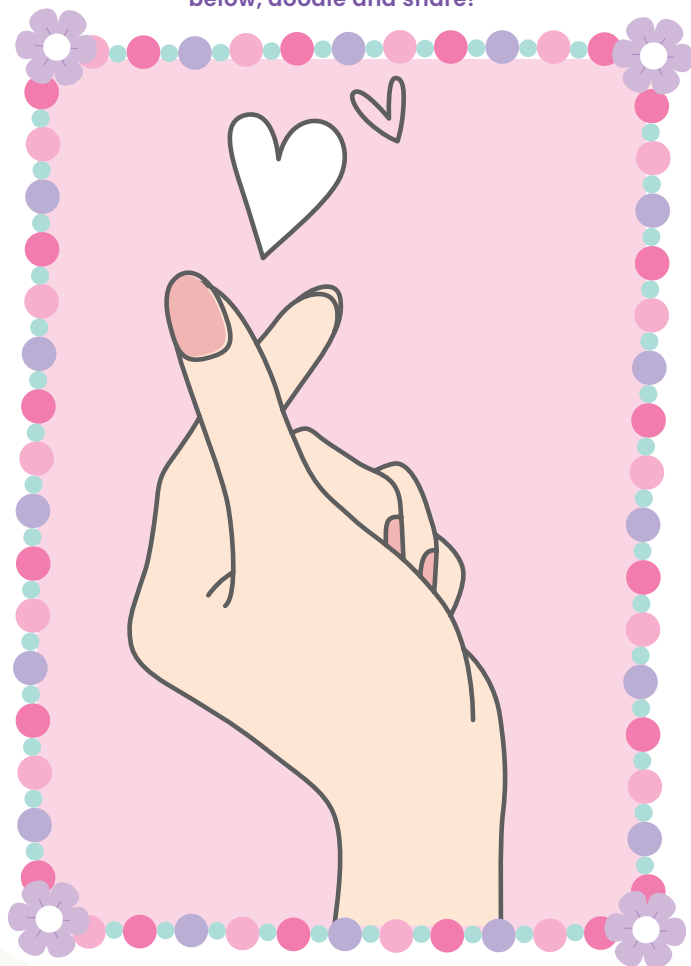
treasure

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.