

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!

