

My precious child,

**you are not alone**

-Going Deeper

Know that when you speak, your voice is heard. In fact, I bend down to listen to you. So come to me as long as you live.

Tell me your troubles. When you're overwhelmed, I know the way you should turn. I'll direct every step you take. Even if you stumble along the way, you won't fall because I'll be holding your hand. I delight in every detail of your life—right down to the number of hairs on your head.

I'll go before you to prepare the way, and I'll follow behind you to protect you. My hand is always on you.

If you ever feel afraid, understand that's not me. I don't give you a spirit of fear but rather one of power and love. It is my power that strengthens you. So don't give up when troubles come—instead be patient.

I will fight for you. Just stay calm. You are hidden in the shadow of my wings.

Every day I pick up your burdens so you don't have to carry them. I do that because I love you so dearly—in fact my love knows no bounds.

You are precious to me; I will guard you as the apple of my eye. And know that the One who watches over you never sleeps. It is always better to find you refuge in me than to trust in people.

I enjoy doing good things for you. With all of who I am I want to make you grow like a well-watered garden. I will send showers—showers of blessings just when you need them.

I have so many plans for you—you can't even list them. These are plans to prosper you, not harm you. Plans that give you a future and a hope.

You can trust me with all of your heart. Fix your thoughts on me and I will keep you in perfect peace.

I'll make your face radiant and fill your heart with joy. You might even find yourself singing.

I've made this day, so enjoy it!

Love,

Your Dad

*God, give me eyes to see and ears to hear. Show me what you want to say to me today.*

Nobody knows how I feel. No one knows what it's like to be me,  
We've all been there, haven't we? And when you're there, you feel alone.

But you're not.

Every feeling that you have ever experienced has been felt by everyone, everywhere at one time or another.

So do you still feel alone? You're not, you know.

There is a God.

And he's here.

Listen to what He says in Hebrews 13.5, "I will never leave you nor forsake you."

Can we trust Him with that?

Look at some of these ways we feel and in those feelings are tempted to believe that we are all alone. Circle the ones you have experienced.

Small

Guilty

Unforgivable

Worried

Apprehensive

Defeated

Hopeless

Ordinary

Disappointed

Invisible

Ineffective

- Weak
- Worthless
- Like a loser
- Inadequate
- Confused
- Unappealing
- Tired
- Frazzled
- Tempted
- Unsure
- Anonymous
- Self-important
- Proud
- Stubborn
- Restless
- Undeserving
- Misunderstood
- Cheated
- Other \_\_\_\_\_

When you feel these ways, how do you usually respond?

When we feel alone, God feels silent, distant and we are then tempted to fill in the blanks in our life, our future and our relationship with God. It's a way of trying to protect ourselves. In what ways do you fill in the blanks or draw lines between you and God?

The line of self-protection works perfectly, except for one little problem: whenever we draw a line with God it's as if something inside of us dies. Have you ever felt that way? Explain.

Ironically, the way we tend to respond to feeling alone is to isolate ourselves from God and others—that's what those lines do. How does that affect us?

So how do you respond to those feelings in a healthy way?

On the following page is a "note from God" (taken from "You are not Alone" by Shirley Perich). Read the note and underline the parts that mean the most to you in your journey right now. Then grab a piece of paper and write a note back to God in response to what you're feeling and what you just read.