

You are Not Alone

“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).

In the beginning, when God created man, what did God say?

Genesis 2:18

For this reason, God gave us each other. More importantly, He gave us Himself.

What are the promises of God?

Deuteronomy 31:6; Joshua 1:5b, 9; John 14:18; Hebrews 13:5b

How do we know that Jesus understands everything we go through, and that He can comfort us and sustain us through the ups and downs of life?

Isaiah 53:2-5; 7-9; Hebrews 2:18; 4:15-16

In all that He suffered, how did Jesus endure? Where did Jesus put His focus?

Where should we place our focus so we do not grow weary and give up hope?

Isaiah 53:11-12; Hebrews 12:2-3

What does Jesus invite us to do in our weakness?

Isaiah 55:1-3; Matthew 11:28; Mark 6:31

Consider the following three sets of verses. What can we do when we're feeling alone or isolated?

1.) Psalms 18:6; 30:2; Ecclesiastes 4:9-10; Jonah 2:2

2.) Joshua 1:7-8; Psalm 119:11, 105; John 8:31-32; Colossians 3:16a

3.) Psalms 4:6-7; 16:11; 27:4-5

Let us find hope and encouragement as we discover that we are never alone in our suffering. Jesus, our Healer, is with us and there is great purpose in all that we go through."