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**Day 1**

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| **Faith Fact**  God helps me when I feel alone.  **Faith Verse**  Philippians 4:13 (NLT)  For I can do everything through Christ, who gives me strength.  **Question of the Day: Where can I find God’s presence?** |

**Read about It**

**Read**: Psalm 139:1–10

Take in a long, deep breath. Think about the air that you breathe every day. As you inhale, air fills your lungs. Oxygen from the air is absorbed into your blood and moves through it to every part of your body. Did you know we can’t survive without oxygen? We can’t last long if we aren’t close to a supply of oxygen. Thankfully, we don’t usually have to travel far to find oxygen because the air around us is full of it. We simply have to breathe it in.

In the same way, God is always close to us. We can never escape from His Spirit. When we turn away from God and sin, the Holy Spirit brings conviction to turn us back to God. Wherever we go, whatever we’re doing, God is always there. We can always call on Him. There are times in our life when we may feel lonely, like everyone has left us or let us down. In those times, we can talk to God about how we’re feeling and know that He is just as close as our next breath is. Our Heavenly Father cares for us and loves us more than we can ever imagine.

**Talk about It**

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| **Question 1.** What does God know about you?  **Answer 1.** Everything (Psalm 139:1) |
| **Question 2.** If God knows everything about me, why should I talk to Him about how I feel?  **Answer 2.** Because God cares for you, He wants you to share everything with Him, including the way you’re feeling. |
| **Question 3.** Where can I find God?  **Answer 3.** God is everywhere; no matter where you go, He is always there! (Psalm 139:7–10) |
| **Question 4.** How does knowing that God is always there for you make you feel?  **Answer 4.** Answers may vary. |
| **Question 5.** What do you need to talk about with God?  **Answer 5.** Answers may vary. |

**Pray about It**

God, thank You for knowing me and loving me the way that You do. Thank You that Your presence surrounds me wherever I go, and that I can always talk to You about what I’m thinking and feeling. Amen.

**Day 2**

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| **Faith Fact**  God helps me when I feel alone.  **Faith Verse**  Philippians 4:13 (NLT)  For I can do everything through Christ, who gives me strength.  **Question of the Day: Does God ever leave me alone?** |

**Read about It**

**Read:** Romans 8:31–39

If you were working on an art project, you might take two different paint colors and combine them to make one new color. Or perhaps you might take two different colors of play dough and mash them together until they combine and make one color. When these things are combined, it would be impossible to ever separate them again into what they once were.

This is much like how God is with us. In this life, Christians will face times that are difficult, and we may feel lonely. However, God’s Word promises that, when we go through those times, we can be confident in the love that God has for us. Nothing, except our own desire, can ever separate us from His love. No matter what we face, we can remember that God is for us, and we can trust Him with every part of our life.

**Talk about It**

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| **Question 1.** What does God’s gift of His Son say about other things He might give to us?  **Answer 1.** He is very generous and will give us other good gifts. |
| **Question 2.** What are some things that can be separated from each other?  **Answer 2.** Answers may vary. |
| **Question 3.** What can separate us from God’s love?  **Answer 3.** Nothing! Nothing in all creation can separate us from God’s love! (Romans 8:38–39) |
| **Question 4.** How does knowing that God is for you and loves you help you face difficult situations?  **Answer 4.** Answers may vary. |
| **Question 5.** How do you think sharing the truths found in today’s Bible verses could help others?  **Answer 5.** Answers may vary. |

**Pray about It**

God, thank You that nothing can ever separate me from Your love for me. Help me to remember this promise whenever I’m feeling alone. Amen.

**Day 3**

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| **Faith Fact**  God helps me when I feel alone.  **Faith Verse**  Philippians 4:13 (NLT)  For I can do everything through Christ, who gives me strength.  **Question of the Day: How can I find hope in my loneliness?** |

**Read about It**

**Read**: John 16:32–33

In today’s verses, Jesus was talking to His disciples about something that was about to happen. Jesus knew He was going to die. He also knew that, before His death, His friends would abandon Him because they were afraid. Even though Jesus experienced the heartbreak of His earthly friends leaving Him, He knew that God the Father was with Him. Jesus experienced being alone during a hard time. We can feel alone sometimes, too. However, Jesus didn’t end the conversation with being lonely. He told them that, they too, would face trials and heartbreak in this world, but not to worry because He had overcome the world.

Each of us will face times when we are lonely, and we will feel like everyone has forgotten us. We may feel like our friends have left us, or that our family doesn’t understand how we feel. However, Jesus promised that when we go to Him in these times of loneliness, we can find peace in Him. Through our darkest moments, we can turn to Him knowing that He will help us and carry us through. The difficult things we face are only temporary. He has overcome the world.

**Talk about It**

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| **Question 1.** How did Jesus experience loneliness?  **Answer 1.** He knew that His friends were going to scatter and leave Him alone at His death. (John 16:32) |
| **Question 2.** Who was with Jesus even after others left Him?  **Answer 2.** God the Father (John 16:32) |
| **Question 3.** What hope do these verses give us for the times we face loneliness and difficulty?  **Answer 3.** We can have peace in Jesus and know that the trials and sorrows we have here on earth are only temporary. Jesus has overcome the world. (John 16:33) |
| **Question 4.** How does knowing that even Jesus had moments when He was left alone make you feel?  **Answer 4.** Answers may vary. |
| **Question 5.** How does knowing God is with you change the way you face difficult situations?  **Answer 5.** Answers may vary. |

**Pray about It**

Jesus, thank You for the promise that even in my loneliness, I can find peace in You. May I never forget that You have already overcome all the trials and sorrows in this world. Amen.

**Day 4**

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| **Faith Fact**  God helps me when I feel alone.  **Faith Verse**  Philippians 4:13 (NLT)  For I can do everything through Christ, who gives me strength.  **Question of the Day: How can I help others even when I feel alone?** |

**Read about It**

**Read:** Isaiah 41:10

Can you imagine what it might feel like to be lost in the woods at night? Being alone and not knowing where to go or what dangers could be lurking in the shadows might cause you to be very fearful. At a time like that, it would be comforting to have a friend by your side that you could talk to and be with. Simply knowing that you are not alone could calm your fears and give you confidence.

This is what God does for us. He is our ever-present Friend. He reminds us to not be afraid or discouraged. He will strengthen us and uphold us. But He also wants to use us to be a friend to others who may be lonely or hurting. Sometimes, out of the hurt and pain we feel ourself, God can speak through us to help others. Don’t allow yourself to be swallowed up by loneliness, but allow God to strengthen you and to use you to reach out to others who may be hurting too.

**Talk about It**

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| **Question 1.** Why does God tell us not to be afraid?  **Answer 1.** Because He is with us (Isaiah 41:10) |
| **Question 2.** Why does God tell us not to be discouraged or dismayed?  **Answer 2.** Because He is our God (Isaiah 41:10) |
| **Question 3.** How can we be a friend to others the way that God is a friend to us?  **Answer 3.** Answers may vary. |
| **Question 4.** Who is someone in your life that may be feeling lonely and hurting?  **Answer 4.** Answers may vary. |
| **Question 5.** What kinds of things might make you feel afraid or dismayed?  **Answer 5.** Answers may vary. |

**Pray about It**

God, thank You that I never have to be afraid or discouraged because You are with me. Help me be an encouragement to others who may be lonely and hurting. Amen.