



LESSON 3, DEVOTION 1

Did you know one of the ways God describes himself to us is as our “rock?” In Psalm 18:2 He is described this way:

THE LORD IS MY ROCK, MY FORTRESS AND MY DELIVERER; MY GOD IS MY ROCK, IN WHOM I TAKE REFUGE. HE IS MY SHIELD AND THE HORN OF MY SALVATION, MY STRONGHOLD.

Think about a rock, perhaps the one that you used during your lesson this week! Rocks are incredibly tough, and it takes a lot of tools and strength to break them down. If you were going to build a protective fortress, you would be hard-pressed to find something more durable than stone. In the Psalm above, God is presented as the ultimate protection, made up of strength and might. In the time this was written, the Psalmist knew of nothing stronger than a rock. So how did they describe the God of the Universe? By calling Him the strongest and most protective substance they knew!

As you think about getting through tough times, keep in mind that God is stronger than we often give Him credit for. He can be our protective fortress!

LESSON 3, DEVOTION 2

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. - Proverbs 3:5-6

We can struggle with what it means to trust in God's comfort. His peace doesn't make sense, it's so different from anything else we can experience that we aren't sure what to think. We may struggle with how to let God love and comfort us. However, what have you got to lose giving it a try?

Something To Think About ...

- What does it mean to trust in the way God helps us instead of ourselves?
- How can we seek His love and comfort in hard times?

LESSON 3, DEVOTION 3

“I’m here. I love you. I don’t care if you need to stay up crying all night long, I will stay with you. There’s nothing you can ever do to lose my love. I will protect you until you die, and after your death I will still protect you. I am stronger than Depression and I am braver than Loneliness and nothing will ever exhaust me.” – Elizabeth Gilbert

Really look and contemplate the above quote that is meant as a way of describing God's desire to be with us in tough times.

Close your eyes and imagine those are the words that God speaks to you in a real way.

How does that help comfort you today?