



## SESSION 4: FEELINGS OF ABANDONMENT

### 1—IS GOD DEAF?

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Think no one is listening? Turn to Micah 7:7 to find out the truth.

Eric's mom had been diagnosed with cancer. For the first few weeks, Eric prayed for her all the time, but she didn't seem to get any better. Eric was frustrated, because he assumed that the more he prayed, the quicker she would get better.

When a month went by and Eric's mom still hadn't recovered, he stopped praying altogether. He figured that God wasn't listening and that his prayers weren't doing his mother any good.

What does this verse in Micah say we must do?

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What promise does this verse give us?

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How can this verse help you when you are waiting for an answer from God?

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Always remember that God is good, and He always answers our prayers. Sometimes He doesn't answer in the way we want, and often He doesn't answer *when* we want Him to do so, but God always hears our prayers. Even more, *God is good*. He loves us, and everything that He does is for our good.

## 2—IN WATER AND FIRE

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Like water and fire? Then read through the words of Isaiah 43:2.

Which of the following would be the greater loss in your life?

- |                                     |           |  |
|-------------------------------------|-----------|--|
| <input type="checkbox"/> your home  | <i>or</i> | <input type="checkbox"/> your homework       |
| <input type="checkbox"/> a game     | <i>or</i> | <input type="checkbox"/> a sock              |
| <input type="checkbox"/> your lunch | <i>or</i> | <input type="checkbox"/> your bike           |
| <input type="checkbox"/> your money | <i>or</i> | <input type="checkbox"/> your computer games |

There's not a single person alive who hasn't lost something. Sometimes we lose really important things—like people. Parents, siblings, friends, other students at school, teachers and neighbors—none of them are going to be with us forever. But does this mean that at some point we will be left completely alone? Never! God will always be with us. He doesn't want to be separated from us even for a second.

What does God promise in this verse in Isaiah?

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Do you believe this promise is true? Why or why not?

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When you read the words of Isaiah, what does it tell you about how valuable you are to God? How does this make you feel?

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Spend two minutes right now thanking God that He will never leave you!

### 3—OUR REFUGE

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Where do we go in times of trouble? Read Nahum 1:7 to find out.

Fred had a routine for when his parents fought. He would go into his room, turned up the music to drown out his parents' voices, and wait about 90 minutes until he came out. Fred hated it when his parents fought.

One night, his youth pastor read this verse in Nahum 1:7 and told the group that they could always "go to God" when they were in trouble. Fred liked the sound of that, but he wasn't sure what that meant or how to do it when his parents were yelling at each other downstairs.

What do you think the word "refuge" means in this passage?

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What would you tell Fred to help him out in his situation?

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Today, ask God to remind you to go to Him the next time life gets hard. When you do, He will remind you—and He will be there to help you.

### 4—ANYTIME, ANYWHERE

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Hey, do you know where the book of Psalms is? Well, then, check out Psalm 121:1-2! Where does Psalm 121 say our help comes from?

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Based on this passage of Scripture, do you think God is strong enough to help you when you have problems? What words in this psalm tell you this?

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Write down Psalm 121:1-2 and put it in a place where you will see it during the day (such as in your school locker or on your bathroom mirror). Whenever you see the verse, remember that God is ready to help you . . . anytime, anywhere.