

LESSON ONE—DOES GOD REALLY CARE?

Where is this help? Who could possibly understand?
“I feel so far away from God.” “I feel so alone.”

1. In the Garden of Eden, God the Father came looking for Adam and Eve, “Where are you?” asked the **grief stricken Father**. God did not come as the punisher, even though He knew they had broken faith and sinned. He came as the One who consoles, deeply grieved that they were hurting.

Look up the following Scripture verses and write them down:

Jer. 31:3 _____
Ps. 34:19 _____
Heb. 13:5 _____
Deut. 31:6 _____

Write down a few adjectives to describe the goodness of God. Don’t forget FAITHFUL.

As a sign of His ultimate love for you, God sent His only Son, as Redeemer for ALL of us. Romans. 5:8, *God proved His love for us in that while we were still sinners, Christ died for us.*

Write down this Scripture verse and memorize it. (Rom. 5:8)

Some times it is hard to image the goodness of God if we did not have a good relationship with our earthly father/parent. This may need to be explored with a trusted therapist or spiritual advisor. Most of us know God is good, but don’t believe we are. This is about to change.

Where is our Help? GOD. The more you know Him the more you see He is on your side! He is not out to get us to punish us, but to get us to heaven. He paid the price for us. St. Paul tells us we have been bought and paid for with the blood of Christ. We are sons and daughters of God. We belong to Him and He will not rest till we are His.

Remember the “grief stricken Father”? He is looking for you.

Homework for this week: write down 3 things every night to be thankful for, 3 different things each night, so you will have 21 at week’s end. This exercise will help you see that God has continued to pour out His blessings on you, no matter if you feel deserving or not.

Book suggestions: Get a daily devotional of your choice to begin. God Calling, A. J Russell; Grace for the Moment, Max Lucado; Heart Warmers, a collection of positive thoughts for each day, First Congregational Church, Marshalltown, IA

Lesson 2: **DOES ANYONE ELSE FELL LIKE ME?**