

BELLEVUE CHRISTIAN

WITH PURPOSE

Week One: April 13th-17th

The devotional on the pages that follow can be used by individuals, families, and small group Bible studies. If you're doing this devotional alone, we encourage you to invite friends and family to join you—beautiful things happen when we invite others to grow with us in our relationships with Jesus!

This devotional has three sections:

1) **Reading:**

- **Key text:** Read this text at least two times. Bonus points if you read it out loud! Look for the main idea and look for a phrase that jumps out at you.
- **Digging deeper:** Use these verses to go deeper into themes from the key text. Use a highlighter to mark ideas that stand out or themes you notice repeating.

2) **Reflection:** Use these reflection questions to connect your reading directly to your life. Reflect on how God is speaking to you and equipping you through His Word!

3) **Prayer:** This guided prayer is broken up into four sections, using the acronym ACTS:

- **Adoration**—Tell God something that you love about Him.
- **Confession**—Confess how your feelings, your worries, your troubles, your sin to God.
- **Thanksgiving**—Tell God something that you're thankful for.
- **Supplication**—Talk to God about something that you're needing or wanting.

Throughout your prayers, feel free to return to the specific words and phrases you read in previous sections. One of the many ways we can use God's Word is by turning into prayer!

Key Text:

As you read below, highlight ideas related to God's **help** and **protection**.

Psalm 121

1 I lift my eyes toward the mountains.

Where will my help come from?

2 My help comes from the Lord,
the Maker of heaven and earth.

3 He will not allow your foot to slip;
your Protector will not slumber.

4 Indeed, the Protector of Israel
does not slumber or sleep.

5 The Lord protects you;
the Lord is a shelter right by your side.

6 The sun will not strike you by day
or the moon by night.

7 The Lord will protect you from all harm;
he will protect your life.

8 The Lord will protect your coming and going
both now and forever.

Looking at the Psalm above, what key phrase stands out to you? Put a box around it!

Digging Deeper:

Read and highlight what you notice about God's **help** for his people:

Psalm 46:1

God is our refuge and strength,
An ever-present help in trouble.

Isaiah 41:10, 13

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.
For I am the Lord your God
who takes hold of your right hand
and says to you, Do not fear;
I will help you.

Hebrews 4:16 Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Philippians 4:12 I can do all this through him who gives me strength.

John 14:26 But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. Peace I leave with you; my piece I give to you...Let not your hearts be troubled, neither let them be afraid.

Romans 8:26, 28 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans... And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Hebrews 13:6 So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

Read and highlight what you notice about God's **protection** for his people:

2 Thessalonians 3:3 But the Lord is faithful, and he will strengthen you and protect you from the evil one.

Deuteronomy 31:6 Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."

Psalm 32: 7 You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

Psalm 3:3-5 But you, Lord, are a shield around me, my glory, the One who lifts my head high. I call out to the Lord, and he answers me from his holy mountain. I lie down and sleep; I wake again, because the Lord sustains me.

Nahum 1:7 The Lord is good, a stronghold in a day of distress; he cares for those who take refuge in him.

Isaiah 43:2 When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

Ephesians 6:11 Put on the full armor of God, so that you can take your stand against the devil's schemes.

Isaiah 46: 4b I have made you, and I will carry you; I will bear and rescue you.

Reflection:

With God as my Helper and my Protector, I am free to *rest deeply* and *risk courageously*.

Deep Rest: When you remember God is your helper and protector, what are the things you know you can stop worrying about?

Courageous Risk: With God as your helper and protector, what risks can you take? Who can you serve? What can you try, with God's promise to help and protect?

Prayer:

Adoration: Praise God by telling Him who He is—our Helper and Protector (hint: use some of the specific words and phrases from the verses you read. For example: "God, YOU ARE my refuge and strength, my ever-present help in trouble).

Confession: Confess the ways you forget God is your Helper and Protector. Confess the different places you go to find help and protection, instead of from God.

Thanksgiving: Thank God for the ways He helps you and protects you.

Supplication: Where do you need help from God in your life? Ask him! Where do you need protection from God in your life? Ask him! Who else might need prayer for God's help and protection? Pray for them to!