### **WEEK 7- Being Alone**

### Joshua 1- The LORD Commands Joshua

- ¹ After the death of Moses the servant of the LORD, the LORD said to Joshua son of Nun, Moses' aide: ² "Moses my servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them—to the Israelites. ³ I will give you every place where you set your foot, as I promised Moses. ⁴ Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates—all the Hittite country—to the Great Sea on the west. ⁵ No one will be able to stand up against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you.
- <sup>6</sup> "Be strong and courageous, because you will lead these people to inherit the land I swore to their forefathers to give them. <sup>7</sup> Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. <sup>8</sup> Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. <sup>9</sup> Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go."

### **Joshua 21:45**

<sup>45</sup> Not one of all the LORD's good promises to the house of Israel failed; every one was fulfilled.

## **Zephaniah 3:14-20**

- <sup>14</sup> Sing, O Daughter of Zion; shout aloud, O Israel! Be glad and rejoice with all your heart, O Daughter of Jerusalem!
- <sup>15</sup> The LORD has taken away your punishment, he has turned back your enemy. The LORD, the King of Israel, is with you; never again will you fear any harm.
- <sup>16</sup> On that day they will say to Jerusalem, "Do not fear, O Zion; do not let your hands hang limp.
- <sup>17</sup> The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing."

<sup>18</sup> "The sorrows for the appointed feasts I will remove from you; they are a burden and a reproach to you.<sup>19</sup> At that time I will deal with all who oppressed you; I will rescue the lame and gather those who have been scattered. I will give them praise and honor in every land where they were put to shame. <sup>20</sup> At that time I will gather you; at that time I will bring you home. I will give you honor and praise among all the peoples of the earth when I restore your fortunes before your very eyes," says the LORD.

### Psalm 111:1-5

- <sup>1</sup> Praise the LORD. I will extol the LORD with all my heart in the council of the upright and in the assembly. <sup>2</sup> Great are the works of the LORD; they are pondered by all who delight in them. <sup>3</sup> Glorious and majestic are his deeds, and his righteousness endures forever.
- <sup>4</sup> He has caused his wonders to be remembered; the LORD is gracious and compassionate.
- <sup>5</sup> He provides food for those who fear him; he remembers his covenant forever.

### Luke 12:22-23 Do Not Worry

<sup>22</sup>Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. <sup>23</sup>Life is more than food, and the body more than clothes.

### Psalm 46:10

<sup>10</sup> "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

#### Psalm 131:2

<sup>2</sup> But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me.

## WEEK 8- Being Afraid

### Matthew 14:13-33 Jesus Feeds the Five Thousand

<sup>13</sup>When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. <sup>14</sup>When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.

<sup>15</sup>As evening approached, the disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away, so they can go to the villages and buy themselves some food."

<sup>16</sup>Jesus replied, "They do not need to go away. You give them something to eat." <sup>17</sup>"We have here only five loaves of bread and two fish," they answered. <sup>18</sup>"Bring them here to me," he said. <sup>19</sup>And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. <sup>20</sup>They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. <sup>21</sup>The number of those who ate was about five thousand men, besides women and children.

#### Jesus Walks on the Water

<sup>22</sup>Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. <sup>23</sup>After he had dismissed them, he went up on a mountainside by himself to pray. When evening came, he was there alone, <sup>24</sup>but the boat was already a considerable distance<sup>[a]</sup> from land, buffeted by the waves because the wind was against it.

<sup>25</sup>During the fourth watch of the night Jesus went out to them, walking on the lake. <sup>26</sup>When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.

<sup>27</sup>But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

<sup>28</sup>"Lord, if it's you," Peter replied, "tell me to come to you on the water." <sup>29</sup>"Come," he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. <sup>30</sup>But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

<sup>31</sup>Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

<sup>32</sup>And when they climbed into the boat, the wind died down. <sup>33</sup>Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

### Psalm 81:1-2 For the director of music.

<sup>1</sup> Sing for joy to God our strength; shout aloud to the God of Jacob! <sup>2</sup> Begin the music, strike the tambourine, play the melodious harp and lyre.

## Isaiah 26:1-3 A Song of Praise

- <sup>1</sup> In that day this song will be sung in the land of Judah: We have a strong city; God makes salvation its walls and ramparts.
- <sup>2</sup> Open the gates that the righteous nation may enter, the nation that keeps faith. <sup>3</sup> You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

### Isaiah 30:1-18 Woe to the Obstinate Nation

- <sup>1</sup> "Woe to the obstinate children," declares the LORD, "to those who carry out plans that are not mine, forming an alliance, but not by my Spirit, heaping sin upon sin;
- <sup>2</sup> who go down to Egypt without consulting me; who look for help to Pharaoh's protection, to Egypt's shade for refuge. <sup>3</sup> But Pharaoh's protection will be to your shame, Egypt's shade will bring you disgrace. <sup>4</sup> Though they have officials in Zoan and their envoys have arrived in Hanes, <sup>5</sup> everyone will be put to shame because of a people useless to them, who bring neither help nor advantage, but only shame and disgrace."
- <sup>6</sup> An oracle concerning the animals of the Negev: Through a land of hardship and distress, of lions and lionesses, of adders and darting snakes, the envoys carry their riches on donkeys' backs, their treasures on the humps of camels, to that unprofitable nation, <sup>7</sup> to Egypt, whose help is utterly useless. Therefore I call her Rahab the Do-Nothing.
- <sup>8</sup> Go now, write it on a tablet for them, inscribe it on a scroll, that for the days to come it may be an everlasting witness.
- <sup>9</sup> These are rebellious people, deceitful children, children unwilling to listen to the LORD's instruction. <sup>10</sup> They say to the seers, "See no more visions!" and to the prophets, "Give us no more visions of what is right! Tell us pleasant things, prophesy illusions.
- <sup>11</sup> Leave this way, get off this path, and stop confronting us with the Holy One of Israel!"
- <sup>12</sup> Therefore, this is what the Holy One of Israel says: "Because you have rejected this message, relied on oppression and depended on deceit, <sup>13</sup> this sin will become for you like a high wall, cracked and bulging, that collapses suddenly, in an instant.
- <sup>14</sup> It will break in pieces like pottery, shattered so mercilessly that among its pieces not a fragment will be found for taking coals from a hearth or scooping water out of a cistern."

- <sup>15</sup> This is what the Sovereign LORD, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.
- <sup>16</sup> You said, 'No, we will flee on horses.' Therefore you will flee! You said, 'We will ride off on swift horses.' Therefore your pursuers will be swift!
- <sup>17</sup> A thousand will flee at the threat of one; at the threat of five you will all flee away, till you are left like a flagstaff on a mountaintop, like a banner on a hill."
- <sup>18</sup> Yet the LORD longs to be gracious to you; he rises to show you compassion. For the LORD is a God of justice. Blessed are all who wait for him!

### **Isaiah 32:17**

<sup>17</sup> The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence forever.

### **Matthew 11:28**

<sup>28</sup>"Come to me, all you who are weary and burdened, and I will give you rest.

### Joshua 1:9

<sup>9</sup> Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go."