



↓
Trusting God's
faithfulness!

CREATED BY
Kim Sorgius

AND THE
NOT CONSUMED TEAM

CONTRIBUTORS:
JESSICA SCHAAL
MARK SHIDELER
ARDEN KOHOUT

DESIGNER:
EMILY SHEEDER

ILLUSTRATOR:
RAMONA KURTEN

EDITORS:
DEVVY LEYS
SOPHIA STOUFFER
ELIZABETH QUIZON
CRYSTAL MARCUM
SAMANTHA BELL

COPYRIGHT © 2023
NOT CONSUMED MINISTRIES, LLC

ALL RIGHTS RESERVED. THIS BOOK CONTAINS MATERIALS PROTECTED UNDER INTERNATIONAL AND FEDERAL COPYRIGHT LAWS AND TREATIES. ANY UNAUTHORIZED REPRINT OR USE OF THIS MATERIAL IS PROHIBITED. NO PART OF THIS BOOK MAY BE REPRODUCED OR TRANSMITTED IN ANY FORM OR BY ANY MEANS, ELECTRONIC OR MECHANICAL, INCLUDING PHOTOCOPYING, RECORDING, OR BY ANY INFORMATION STORAGE AND RETRIEVAL SYSTEM WITHOUT EXPRESS WRITTEN PERMISSION FROM THE AUTHOR/PUBLISHER.

WHAT'S IN THIS Study?

DAY 1: What Is Hopelessness?

DAY 2: There Is Hope

DAY 3: There Is Hope for Your Life

DAY 4: There Is Hope for Your Soul

DAY 5: The Struggle Is Real

DAY 6: Where's Your Focus?

DAY 7: He Has a Purpose for Your Life

DAY 8: He Loves Us Unconditionally

DAY 9: He Is Working Despite Your Failures

DAY 10: He Understands

DAY 11: He Hears Us

DAY 12: He Is Near

DAY 13: He Gives Joy

DAY 14: He Helps Us

DAY 15: He Gives a New Song

DAY 16: He Gives Victory

DAY 17: Get Help

DAY 18: Do the Next Right Thing

DAY 19: Expect Good Things From God

DAY 20: Continue in Hope



Pre - K Level

Ages 2 - 4

Have you ever had a song stuck in your head
so that no matter what you tried,
the song just wouldn't go away
and played on repeat in your mind?

Though we feel down and sad sometimes,
God encourages our hearts with His Word—
maybe He brings a verse to your mind
or reminds you of a song that you've heard!



→ KEY TRUTH:

God puts a song in our hearts that
encourages us to hope in Him.

Song of Hope



Place the music notes on the staff to make a song of hope.

Primary Level

Ages 5 - 7

He Gives a New Song

Read  **Psalm 40:1-3**. What did God do for David?

David tells us that he waited for the Lord, trusting in Him, and God lifted him up. The pit and miry bog David mentions could be describing many things. Maybe David was deeply discouraged, or maybe he felt alone and helpless. David could even be talking about sin that was weighing him down. But God helped him!

David describes the help God gave him as making his steps secure and putting a new song in his mouth—a song that praises God! When things are hard, people don't expect to see us praising and trusting our God. But David rejoices that when people see what God has done for him, they will put their trust in the Lord too! His song of praise to the Lord was a testimony to all around him that he could be OK in hard times because of his God.

Do people around you see you praise God in good times AND hard times?

Remember how we learned on Day 6 that we have to keep our emotions in check with truth? Listening to songs that only repeat our emotions and don't teach us truth can lead to even deeper discouragement and hopelessness. So what is different about the song God gave David?

Read the references below. What kinds of songs does God give us?

Psalm 92:1

Psalm 98:1

Isaiah 12:2

The songs and psalms God gives us praise HIS goodness and greatness! These songs turn our focus from ourselves to God. It is GOOD to sing praise to God because it encourages our hearts to praise and trust Him!

Whether it's a song you make up, one another Christian has written, or a song from God's Word, God uses music to encourage your heart to hope and trust in Him.

**God puts a song in our hearts
that encourages us to hope in Him.**

Draw yourself singing a song of praise to God! Tell your parent or another adult what songs you like praising God with, and add them to the list provided for you. ➔

HOPE PLAYLIST



Today as you pray, thank God for the gifts of songs and music. Ask Him to help you be ready to praise Him and have hope instead of being sad and despairing.

Junior Level

Ages 8 - 12

Have you ever gotten a song stuck in your head? Maybe it's one you really love and have been listening to over and over, or maybe it's something silly you overheard somewhere. Either way, I'm guessing you know what it's like to find yourself humming the same song all day.

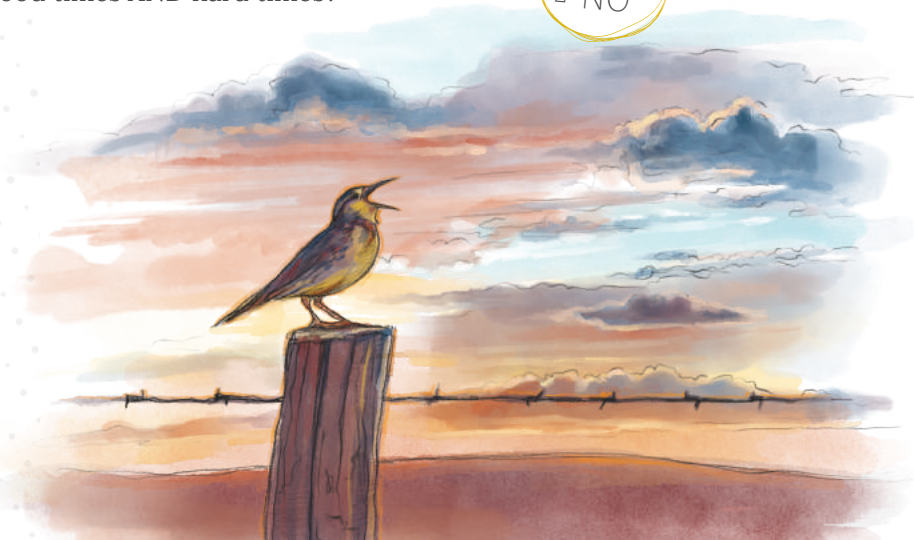
Read ^{KEY VERSES} **Psalm 40:1-3**. What did God do for David?

David tells us that he waited for the Lord, trusting in Him, and God lifted him up. The pit and miry bog David mentions could be describing many things. Maybe David was deeply discouraged, or maybe he felt alone and helpless. David could even be talking about sin that was weighing him down. But God helped him!

David describes the help God gave him as making his steps secure and putting a new song in his mouth—a song that praises God! When things are hard, people don't expect to see us praising and trusting our God. But David rejoices that when people see what God has done for him, they will put their trust in the Lord too! His song of praise to the Lord was a testimony to all around him that he could be OK in hard times because of his God.

Do people around you see you praise God in good times AND hard times?

- ☐ YES
☐ NO



Remember how we learned on Day 6 that we have to keep our emotions in check with truth? Listening to songs that only repeat our emotions and don't teach us truth can lead to even deeper discouragement and hopelessness. So what is different about the song David describes God giving him?

Read the verses below and match them to the words that describe the kinds of songs the Lord gives us.

Psalm 92:1

Psalm 98:1

Isaiah 12:2

- a song of salvation
- praises
- a new song

The songs and psalms God gives us praise HIS goodness and greatness! These songs turn our focus from ourselves to God. It is GOOD to sing praise to God because it encourages our hearts to praise and trust Him!

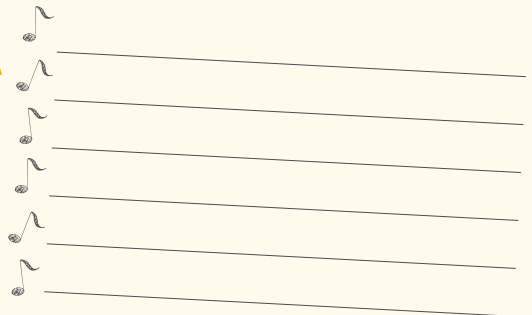
You may not write songs yourself, but God may bring worship songs or hymns to your mind to encourage you. God may even bring verses from the Bible to your mind or just encourage your heart by reminding you of the many ways He has been good to you. Whether it's a song you make up, one another Christian has written, or a song from God's Word, God uses music to encourage your heart to hope and trust in Him.

God puts a song in our hearts
that encourages our souls to hope in Him.

What songs do you know that remind you of God's truth? Ask your parents to help you make a "Hope" playlist to listen to.

Today as you pray, thank God for the gifts of songs and music. Ask Him to help you be ready to praise Him and have hope instead of being sad and despairing.

Hope Playlist



Youth Level
Ages 13 and up

He Gives a New Song

Have you ever gotten a song stuck in your head? Maybe it's one you really love and have been listening to over and over, or maybe it's something silly from a commercial or social media. Either way, I'm guessing you know what it's like to find yourself humming the same song all day.

Read  *VERSES*  *Psalm 40:1-3*. How does David describe what the Lord did for him?

David tells us that he waited for the Lord, trusting in Him, and God lifted him out of the “pit.” This pit and miry bog David mentions could be describing many things. Maybe David was deeply discouraged and despairing, or maybe he felt alone and helpless. David could even be talking about the spiritual condition of sin weighing him down. But God intervened!

David describes the help God gave him as making his steps secure and putting a new song in his mouth—a song that praises God!

Look at verse 3 again. What does David say many others will do?

It's one thing to be happy and praising the Lord in song when things are going well, but when things are hard, people don't expect to see us praising and trusting our God. David rejoices that when people see what God has done for him, they will put their trust in the Lord too! His song of praise to the Lord was a testimony to all around him that he could be OK in hard times because of his God.

Is this true for you as well? Why or why not?

When we feel sad or discouraged, it's easy to lean into those emotions. Sometimes we find sad songs to listen to that help us feel understood—like someone else has felt our pain. But diving deep into sad, emotional music can actually be really harmful to us.

Remember how we learned on Day 6 that we have to keep our emotions in check with truth? Listening to songs that only validate our emotions and don't teach us truth can lead to even deeper discouragement and hopelessness. So what is different about the song David describes God giving him?

Read the verses below and journal about the kinds of songs the Lord gives us.

Psalm 98:1

Psalm 108:1

Psalm 118:14

Isaiah 12:2

Revelation 5:9

Revelation 15:3

The songs God gives us praise HIS goodness and greatness! These songs turn our focus from ourselves to God. It is GOOD to sing praise to God because it encourages our hearts to praise and trust Him!

Many of the songs David wrote are now psalms that you get to read in God's Word. You may not write songs yourself, but God may bring worship songs or hymns to your mind to encourage you. God may even bring verses from the Bible to your mind or just encourage your heart by reminding you of the many ways He has been good to you. Whether it's a song you make up, one another Christian has written, or a song from God's Word, God uses music to encourage your heart to hope and trust in Him.



God puts a song in our hearts that encourages our souls to hope in Him.

What songs do you know that remind you of God's truth? Make a "Hope" playlist for yourself.

How can these songs help you have hope?

Today as you pray, thank God for the gifts of songs and music. Ask Him to help you be ready to praise Him and trust Him instead of being sad and despairing.

Hope Playlist

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Parent Guide

Read the verses below and journal about the kinds of songs the Lord gives us.

Psalm 98:1

Psalm 108:1

Psalm 118:14

Isaiah 12:2

Revelation 5:9

Revelation 15:3

The songs God gives us praise HIS goodness and greatness! These songs turn our focus from ourselves to God. It is GOOD to sing praise to God because it encourages our hearts to praise and trust Him!

Many of the songs David wrote are now psalms that you get to read in God's Word. You may not write songs yourself, but God may bring worship songs or hymns to your mind to encourage you. God may even bring verses from the Bible to your mind or just encourage your heart by reminding you of the many ways He has been good to you. Whether it's a song you make up, one another Christian has written, or a song from God's Word, God uses music to encourage your heart to hope and trust in Him.



God puts a song in our hearts that encourages our souls to hope in Him.

What songs do you know that remind you of God's truth?
Make a "Hope" playlist for yourself.

How can these songs help you have hope?

If you don't already, consider incorporating music into your family time somehow. Maybe it's singing a hymn during family devotions or listening to music while you're driving. Take some time to discuss each person's favorite Christian song, and look for ways to listen to it or sing it!

Today as you pray, thank God for the gifts of songs and music. Ask Him to help you be ready to praise Him and trust Him instead of being sad and despairing.

Scripture: Psalm 40:1-3

Key Truth: God puts a song in our hearts that encourages our souls to hope in Him.

Discussion: How can music help you have hope? What are examples of music that make us sink further into despair? What songs encourage you to hope in God?

He Gives a New Song

Have you ever gotten a song stuck in your head? Maybe it's one you really love and have been listening to over and over, or maybe it's something silly from a commercial or social media. Either way, I'm guessing you know what it's like to find yourself humming the same song all day.

Read  *Psalm 40:1-3*. How does David describe what the Lord did for him?

David tells us that he waited for the Lord, trusting in Him, and God lifted him out of the “pit.” This pit and miry bog David mentions could be describing many things. Maybe David was deeply discouraged and despairing, or maybe he felt alone and helpless. David could even be talking about the spiritual condition of sin weighing him down. But God intervened!

David describes the help God gave him as making his steps secure and putting a new song in his mouth—a song that praises God!

Look at verse 3 again. What does David say many others will do?

It's one thing to be happy and praising the Lord in song when things are going well, but when things are hard, people don't expect to see us praising and trusting our God. David rejoices that when people see what God has done for him, they will put their trust in the Lord too! His song of praise to the Lord was a testimony to all around him that he could be okay in hard times because of his God.

Is this true for you as well? Why or why not?

When we feel sad or discouraged, it's easy to lean into those emotions. Sometimes we find sad songs to listen to that help us feel understood—like someone else has felt our pain. But diving deep into sad, emotional music can actually be really harmful to us.

Remember how we learned on Day 6 that we have to keep our emotions in check with truth? Listening to songs that only validate our emotions and don't teach us truth can lead to even deeper discouragement and hopelessness. So what is different about the song David describes God giving him?



INCLUDES:



MAKING LEMONADE:

Trusting God through life's struggles



FEAR NOT:

Quieting fear and anxiety with God's truth



DON'T BLOW UP:

Seeking God's way instead of anger



LETTING GO:

Choosing forgiveness over bitterness



ABOUNDING IN HOPE:

How to resist hopelessness and despair

AVAILABLE IN ALL AGE LEVELS:
Pre-K, Primary, Junior, Youth, and Parent Guide

shop today at

STORE.NOTCONSUMED.COM



ABOUNDING IN HOPE

Of all the **emotions** we can feel, hopelessness is probably one of the most difficult. Hopelessness makes our hearts **heavy** and steals our joy. Though discouragement and hopelessness are real feelings, no Christian should be **controlled** by them!

Abounding in Hope is a study on how a **relationship** with God and **trust** in His Word give us the ability to overcome hopelessness and resist despair. Though what we see around us in this broken world is disheartening, we have **hope** through the certain **promises** of God in Christ Jesus.



AH-J

