

# Devour the Bible One Bite at a Time

by Gayle Veitenheimer

"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." Isaiah 41:10 NIV

## Day 1: "Do not be dismayed."



Overwhelmed, anxious, or stressed may be more familiar than the biblical word "dismay." It's like the feeling you have when you first learn to swim. You're going under and you need help. *Fast.* Isaiah reminds you to take a deep breath. Someone's got you.

## Day 2: "I am your God."



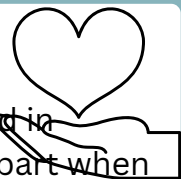
Remember Who's in charge. Compare your issue to the Almighty and His abilities. Problems feel big, but God is bigger. When God called Gideon to fight Midian with only 300 guys, Gideon was dismayed. God's answer to Gideon's "Who? Me?" was "I will be with you (Judges 6:16)."

## Day 3: "I will strengthen you."



God doesn't always remove the issue. Instead, He increases your ability. When Nehemiah rebuilt Jerusalem's walls, his crew faced many challenges. "But I prayed, 'Now strengthen my hands.' . . . So the wall was completed . . . this work had been done with the help of our God (Neh. 6:9, 15-16)."

## Day 4: "I will help you."



God promises not just strength, but also aid. Why? He's interested in partnering with you. He's all about relationship. Note each one's part when David faced off against Goliath, "This day the Lord will deliver you into my hands, and I'll strike you down (1 Samuel 17:46)."

## Day 5: "I will uphold you with my righteous right hand."



He's got you. The right hand denotes a position of trust. As Joshua led the Israelites into the Promised Land, God reminded him, "As I was with Moses, so I will be with you; I will never leave you nor forsake you (Joshua 1:5)."

# Parent Tips for Isaiah 41:10

"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." Isaiah 41:10 NIV

**Day 1: "Do not be dismayed."**

Read the blog: <https://gayleveitenheimer.com>.

Choose a question from the blog to discuss each day.

**Day 2: "I am your God."**

Encourage your student to journal their prayers, questions, and God's responses. Provide supplies as needed.

**Day 3: "I will strengthen you."**

Share how God has strengthened you. Some examples might include encouragement, comfort, friends/family, and guidance.

**Day 4: "I will help you."**

Share ways God has helped you. Some examples may include preparing the way, giving understanding, teaching you, and giving favor.

**Day 5: "I will uphold you with my righteous right hand."**

Talk about right-hand men. Who are yours? Who are theirs? Are they good choices?

# DEVOUR THE BIBLE: SMALL BITES

## "DO NOT BE DISMAYED."

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." Isaiah 41:10 NIV

Day 1: "Do not be dismayed."

It's a choice, so take a breath.

Settle down.

God's got you.



Day 2: "I am your God."

I love you and I'm in charge.

Of everything.



Day 3: "I will strengthen you."

God, you make me strong.



Day 4: "I will help you."

You, God, are my helper.



Day 5: "I will uphold you with my . . .  
right hand."

God holds my hand.



# DEVOUR THE BIBLE: SMALL BITES

## PARENT TIPS FOR ISAIAH 41:10

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." Isaiah 41:10 NIV

Day 1: Teach your preschooler a breathing technique: Breath in. Hold it. Blow out. Talk about the importance of talking to God about everything.



Day 2: God is a BIG God. He's got this, so let's ask Him for help.



Day 3: Talk about how God strengthens us: encouragement, friends and loved ones, guidance, and comfort.



Day 4: God goes before us, behind us, and hems us in on every side. Share how God helps us: prepares the way, teaches, gives understanding and favor with others.



Day 5: You are never alone. You can trust God to stand with you.

