

THOUARTEXALTED MINISTRIES
PRESENTS



DEVOTION & ART PROJECT

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The runway was crowded with fire trucks and ambulances awaiting the arrival of flight #415.

Emily grabbed her Dad's arm and searched for comfort. Was this really happening? Did the plane really not have tires to land? She was only 14 but her whole life flashed before her eyes. Fear gripped her as she thought of what *could* happen. What about her family, her mom, and her sisters at home? What about her friends and the end of the year party she was planning? Nothing seemed to matter anymore. She prayed and asked God to take care of her. Oddly enough, as the plane landed on its belly, she felt a sense of unexplainable **peace**.

Smoke filled the cabin and Emily could feel the heat on her feet from the friction meeting steel and tarmac. After what seemed an eternity, the plane stopped. "Abort ship," the pilot said. Emily couldn't think of anything better as a courageous firefighter scooped her up and placed her in the safety of an SUV. She made it. She was alive.

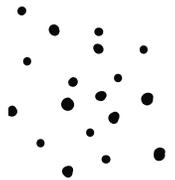


Have you ever been in a situation that you could not control (like Emily) —where you had to completely depend on God?

We all try to take control when life seems to threaten our comfort, right? Today we will learn that we can depend on God for His comfort in hard situations. Let's get started!

Open your Bibles and read 2 Corinthians 1:1-4.

What two words does Paul open up this letter written to the Corinthian church? (vs. 2)



" _____ AND _____ TO YOU FROM GOD OUR FATHER AND THE LORD JESUS CHRIST."

Why would these two words give you immediate comfort if you were going through a tough time?

What do you think are the opposite words of grace and peace? Why?





Read 2 Corinthians 1:3-4 from The Living Bible Translation and list the characteristics of God found in these verses. (I can see five!)

1. _____
2. _____
3. _____
4. _____
5. _____

Which one is your favorite and why?

The NIV translation says that He is the Father of **COMPASSION** and the God of all **COMFORT**.

According to this verse, why does this compassionate God so wonderfully comfort and strengthen us when we go through troubles? (vs. 4)

HAVE YOU EVER GONE THROUGH A TRIAL AND THEN SHARED YOUR EXPERIENCE WITH A FRIEND? HOW DID GOD COMFORT AND STRENGTHEN YOU? HOW DID YOU COMFORT YOUR FRIEND?

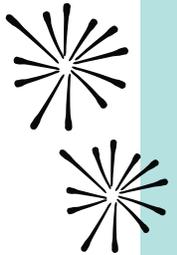
What do the following verses say about God's compassion and comfort?

PSALM 145:9

MARK 6:34

"WHAT A WONDERFUL GOD WE HAVE. HE IS THE FATHER OF OUR LORD JESUS CHRIST, THE SOURCE OF EVERY MERCY, AND THE ONE WHO SO WONDERFULLY COMFORTS AND STRENGTHENS US IN OUR HARDSHIPS AND TRIALS. AND WHY DOES HE DO THIS? SO THAT WHEN OTHERS ARE TROUBLED, NEEDING OUR SYMPATHY AND ENCOURAGEMENT, WE CAN PASS ON TO THEM THIS SAME HELP AND COMFORT GOD HAS GIVEN US."

2 Corinthians 1:3-4
(TLB)



"HE SHOWERS HIS COMPASSION ON ALL HIS CREATION!"

Psalm 145:9 (NLT)

2 THESSALONIANS 2:16-17

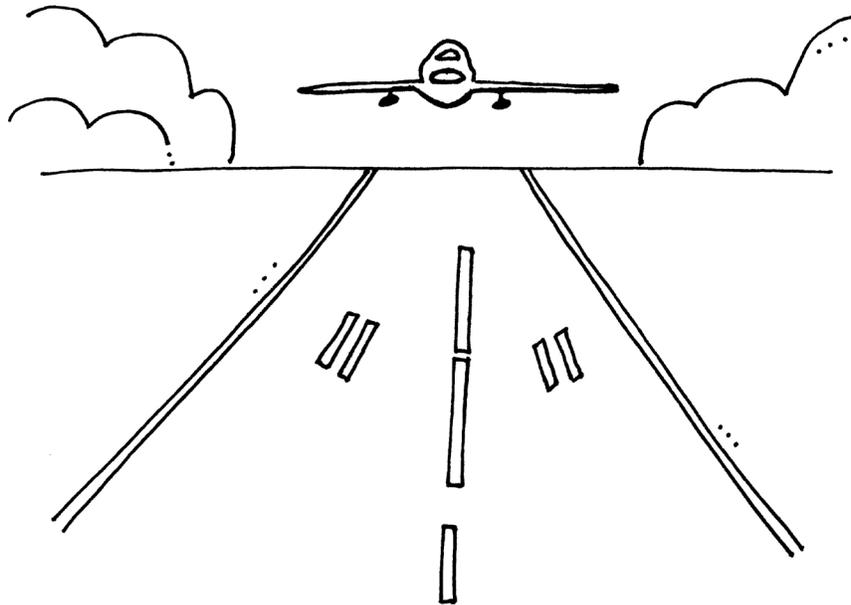
God will never hold back His compassion and comfort for His children. He will always give us **strength** and **encouragement**—especially when situations are difficult.

Did you notice what Jesus does after He sees the people as one with out a shepherd? He begins to teach them many things. Hold that thought and look back on the story of Emily. One of the most important decisions the pilot had to make for this emergency landing was to make sure the runway was clear of other planes. Yes, the fire trucks were waiting on the sidelines, but in order to land, he needed a **wide uncluttered open space**. Why is this important to us? Because when we are in need of God's comfort and strength, we need to clear the worry, stress, discouragement, anger, and fear off the runways of our hearts. God's peace can't land when there is too much on the runway. God's peace needs a **wide uncluttered open space** to land. And when He does, he can begin to teach us "many things."

"MAY OUR LORD JESUS CHRIST HIMSELF AND GOD OUR FATHER, WHO LOVED US AND BY HIS GRACE GAVE US ETERNAL ENCOURAGEMENT AND GOOD HOPE, ENCOURAGE YOUR HEARTS AND STRENGTHEN YOU IN EVERY GOOD DEED AND WORD."

2 Thessalonians
2:16-17 (NIV)

..→ Look at this simple illustration. Add words to the "runway" that often clutter God's peace from landing in your heart. ←..



How are you going take action to clear these emotions off the runway so God's peace can land to bring you comfort and compassion?

Paul opened up his letter to the Corinthians like God wants to address us every morning when we wake up! Good Morning _____ (your name), grace and peace to you! Let's see how I can be your comfort and compassion today.

Dear Lord, thank You for being my good Shepherd and for teaching me the things I need to learn. Thank You that You are the Father of all comfort and compassion. Help me not to worry and doubt when trouble comes my way, but help me to clear the runway of my heart so Your peace can land. I love You. Amen.

JOURNAL QUESTIONS



1. OPEN YOUR BIBLE TO PHILIPPIANS 4:6-7 AND WRITE IT DOWN HERE.

2. WHAT IS THE FIRST COMMAND GOD TELLS US IN VERSE 6? DO NOT _____.

Did you know that the word for worry actually means "to choke?" When we are focused on our troubles, worry chokes out God's peace, comfort, and compassion in our lives where His love cannot land in our hearts.

3. INSTEAD OF WORRYING, WHAT DOES GOD WANT US TO DO? _____.

How can you specifically take your worry to God through prayer?

4. WHAT ELSE DOES GOD WANT US TO DO INSTEAD OF WORRY? GIVE _____.

When we stop worrying, pray, and give thanks, what is the promise that God gives us to protect our hearts and minds in Christ Jesus?

WE RECEIVE GOD'S _____.

How did Paul open up the letter to the Corinthians? _____ and Grace to you from God the Father and the Lord Jesus Christ.

Yes! God is the Father of compassion and the God of ALL comfort. He will comfort us in our times of trouble. Let's surrender the worry and begin to pray—talking with God and telling Him all that is on your heart. In turn, God's will protect your mind and heart with the PEACE of Jesus Christ.

"DON'T WORRY ABOUT ANYTHING. INSTEAD, PRAY ABOUT EVERYTHING. TELL GOD WHAT YOU NEED, AND THANK HIM FOR ALL HE HAS DONE. THEN YOU WILL EXPERIENCE GOD'S PEACE, WHICH EXCEEDS ANYTHING WE CAN UNDERSTAND. HIS PEACE WILL GUARD YOUR HEARTS AND MINDS AS YOU LIVE IN CHRIST JESUS."



Art

PROJECT: COMPASSION UMBRELLAS

"HE SHOWERS HIS COMPASSION
ON ALL HIS CREATION!"

Psalm 145:9 (NLT)



ART SUPPLIES

- White Umbrellas ([Oriental Trading](#))
- [Template](#) for Mountains and Sun
- [Template](#) for Birds and Flowers
- 1 inch foam brushes/ thin paint brushes
- Acrylic Paint/ Green, Yellow, Blue, Pink, Purple, Orange, White, Red
- Pencils
- Black Sharpie (Optional)
- Elmers glue
- Glitter

ART INSTRUCTIONS

Step One: Using the mountain and sun template, place it underneath your umbrella and with a pencil, trace the "mountains" onto your umbrella. Paint the mountains green and the sky blue. LET DRY. **TIP:** I added yellow into my green to get a beautiful lime green. I also love a turquoise sky!



ART INSTRUCTIONS CONT...

Step Two: Using the bird and flower template, cut out and trace the sun, sun rays, birds, and flowers onto your umbrella and paint them! Add touches of white for highlighting. **Optional:** use a watered down white and "splatter" white onto umbrellas to resemble rain. Add glitter by smearing elmers glue to your design to give it dimension or words of compassion, comfort, and peace with a black sharpie.



20 WAYS TO SHOW COMPASSION FOR OTHERS!

1. COMPLIMENT SOMEONE
2. HAVE A BAKE SALE OR LEMONADE STAND AND DONATE THE MONEY TO ONE OF YOUR FAVORITE CHARITIES
3. SEND A HANDMADE THANK YOU CARD TO SOMEONE WHO HAS INSPIRED OR HELPED YOU
4. HOLD THE DOOR OPEN FOR SOMEONE
5. DO SOMETHING NICE FOR ONE OF YOUR SIBLINGS
6. TAKE CRAYONS AND COLORING BOOKS TO A CHILDREN'S HOSPITAL
7. BAKE COOKIES AND GIVE THEM TO YOUR NEIGHBORS
8. FRAME AN INSPIRATIONAL QUOTE FOR A FRIEND WHO NEEDS CHEERING UP
9. PASS OUT COMPLIMENT CARDS
10. SEND AN I LOVE YOU OR ENCOURAGING TEXT TO SOMEONE
11. VISIT WITH A NEIGHBOR
12. MAKE A HOMELESS BLESSING BAG (TOOTHPASTE, DEODORANT, SOAP, SOCKS, GRANOLA BARS, CRACKERS, OTHER SNACKS, ETC) TO HAND OUT IF YOU SEE HOMELESS PEOPLE WHILE SHOPPING
13. GIVE A LITTLE UNEXPECTED GIFT TO ONE OF YOUR TEACHERS
14. WRITE A LETTER TO SOMEONE YOU HAVEN'T TALKED TO IN A WHILE
15. DONATE TOYS TO A SHELTER
16. BRING SOMEONE WHO IS SICK A "GET WELL KIT" WITH SOUP, CRACKERS, GATORADE, A MAGAZINE, ETC.
17. TAPE A BAG OF POPCORN TO A REDBOX MACHINE
18. DROP OFF A PLATE OF COOKIES TO THE HELP DESK AT YOUR LOCAL LIBRARY
19. GIVE A HANDMADE GIFT TO A FRIEND, NEIGHBOR OR STRANGER WITH AN ENCOURAGING NOTE
20. SMILE AT EVERYONE. IT'S CONTAGIOUS!



DOWNLOAD THIS COMPASSION PRINT!



HE
SHOWERS
compassion
ON ALL HIS
CREATION

PSALM 145:9



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THANK YOU!

TAE APP

& AWAKE MY SOUL DEVOTIONALS FOR GIRLS!

A collection of 260 New Testament devotions that speak straight to the heart of today's tween and teen girls. Filled with powerful prayers, journaling prompts, and invitations to dig deeper into God's Word. Let's grow in God's Word together as we read His Word.



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ThouArtExalted is a non-profit 501(c)(3) ministry inspiring women and girls to live creatively for Christ. We use ART to teach women, teen, and tween girls the truth of God's Word and to help them develop a personal relationship with the Master Creator.

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