



Hebrews 13:5-6 – Garrett

July 12, 2026

Read & Reflect

READ:

- Hebrews 13:5–6
- Deuteronomy 31:6–8

Faith often begins by believing God loves us. It matures when we discover His presence in our deepest pain. Hebrews reminds us that God's promise has never changed: He is with His people, and He will never abandon them.

Understand the Moment

The book of Hebrews was written to believers facing hardship, uncertainty, and persecution. Rather than promising an easier life, God offers something greater—His continual presence.

Garrett shared how those words became intensely personal during one of the darkest nights of his life. As a teenager weighed down by bullying, rejection, and hopelessness, he encountered God through Scripture. Hebrews 13:5–6 transformed from familiar words into a living promise that carried him out of despair.

God didn't remove every struggle overnight. Instead, He began a lifelong work of healing, teaching Garrett that His presence is enough even when circumstances remain difficult.

The same invitation is ours today. God's promises don't eliminate suffering, but they give us confidence that we never face it alone.

Process Together or Alone

- When have you most deeply experienced God's presence during a difficult season?
- Why is it often difficult to let others know when we're struggling?
- Which phrase from Hebrews 13:5–6 encourages you the most today?
- How has God used difficult experiences to shape your faith?

Follow Jesus This Week

Listen

- Where is God reminding you that He has never left you?
- What fear is He asking you to surrender?

Obey

- What is one step you can take toward trusting God's presence instead of your feelings?
- Is there someone you need to ask for help or prayer this week?

Share

- Who needs to hear that God has been faithful in your life?
- Who can walk alongside you as you continue growing?

Care

- Who around you may be quietly carrying discouragement or loneliness?
- How can you encourage and pray for them this week?



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Live It Out

Memorize Hebrews 13:5–6 this week.

Each time fear, shame, or anxiety begins to speak louder than truth, pause and repeat:

"The Lord is my helper; I will not be afraid."

Remember: **God's presence doesn't depend on your feelings. His promise remains true in every circumstance.**

Pray

- Thank God for His unchanging promise to never leave or forsake you.
- Ask Him to replace fear, shame, and anxiety with confidence in His presence.
- Pray for courage to invite trusted people into the places where you've been struggling.
- Pray for someone who feels lonely, discouraged, or overwhelmed today.
- Ask God to use your story to bring hope to someone walking through darkness.

Thank You for never abandoning me, even when I cannot see what You're doing. Thank You for being my helper in every season of life. Strengthen my faith when fear rises, remind me that I am deeply loved, and help me trust Your promises above my feelings. Use the difficult places in my story to point others toward Your hope and Your faithfulness. Amen.

Group Leader Optional Questions

Opening Question:

Has there ever been a season when someone simply being present made all the difference in your life?

Closing Reflection:

What would change this week if you truly believed God is with you in every moment, no matter what you're facing?