

Strength for Your Journey – Hard Places

Week 3 Devotional

God's Help in the Hard Places

Scripture References:

Psalms 121:1–2

Hebrews 4:16

Isaiah 41:10

Devotional

Some seasons bring challenges that feel heavier than others—moments when life backs you into corners you didn't choose, when responsibilities stretch you beyond your comfort, or when pain whispers that you're alone. Hard places have a way of making you feel small, weary, or unsure of how to take the next step.

But here's the hope that changes everything: **God meets you in the hard places.**

Not after things improve...

Not once you feel stronger...

But right in the middle of what hurts, overwhelms, or confuses you.

A Bible Story for the Hard Places

Think of **Hagar**, the woman who found herself in a place she never expected (Genesis 16). She wasn't just discouraged—she was running, exhausted, mistreated, and alone in the wilderness. She felt unseen, unsupported, and unsure of what to do next. Her “hard place” was a dry desert without a plan, a path, or a friend.

But God found her there.

He called her by name—something no one had done in her story until that moment.

He spoke hope into her pain.

He gave direction where she had none.

And He revealed Himself as *El Roi*—“*The God who sees me.*”

Hagar's story reminds us that **your wilderness does not intimidate God.**

Your fear doesn't push Him away.

Your confusion doesn't frustrate Him.

Your hard place is not too hard for Him.

Strength for Your Journey – Hard Places

Just as He met Hagar in the desert, **He will meet you right where you are**, with help, comfort, and strength that never runs dry.

Reflection & Application

Use this section to slow down and bring your heart open before the Lord.

• Begin with this prayer:

“Lord, I need Your help. Meet me in the hard places.”

- Think about one situation that feels too heavy to carry alone.
 - Remember how God stood with Hagar—and allow that reminder to settle your spirit.
 - Choose one Scripture from today’s reading to hold onto as your anchor.
 - When you feel overwhelmed today, pause, breathe deeply, and whisper:
“You see me. You are my help.”
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Guided Journal Prompts

(with lines for writing, designed to flow from the application above)

1. What hard place am I facing right now that I need God’s help with?

2. What emotions rise when I think about this situation?

3. How does Hagar’s story comfort or encourage me in my own difficult place?

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4. Which Scripture from today strengthens my heart the most? Why does it speak to me?

5. What small step can I take today—while trusting God to carry what I cannot?

Closing Prayer

Father, thank You for seeing me just as You saw Hagar in the wilderness. Thank You for meeting me in every hard place and for being my help, my strength, and my stability. Calm my fears, lift my burdens, and guide my steps. I trust You to walk with me through everything I face. In Jesus' Name, Amen.

SHE THIRSTS NO MORE



Your Well Will Never Run Dry