

You Are Not Alone

Many times when we have trouble in our lives, we withdraw from others and try to solve the problems at hand. When we withdraw, we often feel like we are all alone in the world and there is no one to help us. It is very important to know that YOU ARE NOT ALONE.

First, God is with you. Psalm 46:1 says that “God is our refuge and strength, a very present help in trouble.” Verse 7 tells how “The Lord of hosts is with us.” We need to truly understand that if God is for us, who (or what) can be against us (Romans 8:31)?

Next, Jesus the Son is with you. In Matthew 28:20 Jesus told the disciples, “I am with you always, even to the end of the age.” Jesus is with each of us always. Jesus will give you rest from your troubles. He said, “Come to me, all *you* who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke *is* easy and my burden is light” (Matthew 11:28-30). He is always with you to lighten your burdens.

The Holy Spirit is with you as well. Jesus said, “And I will pray the Father, and He will give you another Helper, that He may abide with you forever— the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you” (John 14:16). The Holy Spirit is always with you and can help you through your troubles.

Finally, your church family is with you. Turn to them for help. They love you. Hebrews 10:25 instructs us not to forsake our assembly because we can exhort (encourage, console) one another. So, you see, you are truly not alone. The Father, Son, Holy Spirit, and your church family are always with you.

For the elders,
Tony Turner