

Family TableTalk

Conversation 24

You Are Not Alone

read

Philippians 4:4-7

think

There have been many times in my life when I have been anxious or afraid. Sleeping alone in my room for the first time, getting lost in the grocery store, starting a new school in 6th grade, a 10-day hiking trip in high school, going away to college, moving to new places, starting new jobs, and well, living amidst a worldwide pandemic.

In each of these situations what helped me most was never a parent or leader or friend simply telling me not to be afraid. What did help me in all of these situations (and so many more) was them telling me that they were with me, cared for me, and that I did not have to face my fears alone.

Today's passage seems straightforward upon first reading, but I didn't fully grasp the power of the promise it offered for many years. It seems to suggest you can stop being anxious by remembering to be thankful, pray, and God will help you with your situation. The focus therefore remains on us, our fears, and our actions. Upon closer examination, however, it is the presence of the Lord and the peace that He provides that motivates courage and confidence when we are anxious. On either side of the encouragement, "do not be anxious about anything", we read "The Lord is near" (v. 5) and "the peace of God will guard you" (v. 7).

Are you anxious or afraid? He is with you. He cares for you. As His child, you'll never have to face your fears alone. Because of Jesus Christ, that is a comfort that's yours today...even during a pandemic.

apply

- Talk together as a family about something that each of you feel anxious about.
- What are some things you typically do to help you deal with those feelings?
- How does not being alone help you feel more courageous and/or confident?
- God promises to be with you when you feel anxious. What attributes of God are most helpful to you in those times?

pray

Father, Son, and Holy Spirit...we thank you that just as you are never alone, because of the great love with which you loved us in Jesus Christ we are likewise never alone. The world we live in is full of trials and challenges, pain and suffering. We are weak and prone to fear. Thank you for always being near to us and promising that your peace will guard us all the days of our lives. Amen.

by Michael Hall

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