

### Light in the Darkness

#### read

*1 Peter 5:7, Romans 8:26&27, Philippians 4:5-7*

#### think

Anxiety is active in everyone's life to some degree. We cannot diminish the help and effect of modern medicine, but as followers of Jesus we must also be light in the darkness. And anxiety is just that: a dark place for all who are experiencing it.

As we seek to care for those who are walking through this we must be in prayer for one another. Prayer allows us to bring anything to our Savior and know that He will care for us. It is also important to know that when we are in that dark place and words don't come, the Spirit shares what we need with the Father so we can be cared for.

We must also remember our identity in Christ and the promises that He makes. We never walk alone, God will always care for and bring us out of the darkness, God has power over the darkness, and God brings us peace. Christ defeated our fears and anxieties by bringing light into the darkness that anxiety thrives in. By acknowledging these truths we can begin to move out of the darkness and into the light.

Walking through anxiety is difficult, and there is not a singular cure all. But if we remember who we are in Christ and allow for that to grab hold of our hearts, we will begin to see the light in the midst of the darkness. Continue to press onward together towards the light that is Christ Jesus and allow Him to dispel the darkness.

#### apply

- What is keeping me from moving out of the darkness?
- What truth of God do I need to commit to memory?
- How can we practically give our cares to Jesus?

#### pray

Father, the reality is there are things in my life that are just heavy. They force me to remove my eyes from the light and all I can see is the darkness. Help me to trust in You and Your promises. May I always recall how great You are and how You overcame the darkness of the grave so I can have freedom in this life and the next. Empower me to cast all my anxieties upon You and to trust You in my darkest moments.

#### by Nick Mance

Nick Mance is the Pastor for Student Ministries at Hershey Free Church in Hershey, PA. Nick and his wife Elise run a ministry called Kalos (<https://kalosministry.net/>) that seeks to assist in cultivating and nourishing the lives and ministries of student ministry leaders.