

## Devotion 1: Go to Jesus When Feeling Anxious

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**Audience:** For Caregiver

**Theme:** Go to Jesus and learn from him!

**Bible Passage:** *Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light* (Matthew 11:28-30).

**Devotion:** There are times when anxiety grips our hearts over circumstances in which we find ourselves. Things are about to overwhelm us and we see no way of escape. For example, we want so desperately to have a meaningful conversation with our loved one, but in view of the circumstances that doesn't seem possible.

Tears well up in our eyes and we find ourselves tongue-tied, unable to say anything of substance. Worry and anxiety flood over us and we begin to despair. Or we just give up and proceed with 'sweet nothings' knowing that we have failed, for the most part, to connect in a meaningful way with our loved one.

Is there a way to resolve this enigma? If so, how do we go about it? Here is another of life's situations in which we clearly need help. Please—go to Jesus, praying that He take away our anxiety and fill our hearts with new-found hope!

Our Savior gives us these guiding words: *Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus* (Philippians 4:4-7).

Going to Jesus in prayer and turning our problems over to Him will change our entire outlook on things. Our joyful and hope-filled attitude will be communicated to our loved one by our facial expressions and tone of voice. Sharing the Word with her will surely touch her heart!

God's Word tells us, *The Word of God is living and active, sharper than any two-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart* (Hebrews 4:12). This is the penetrating power of God's Word as we have it in the Bible!

Lord, through the power of your Word, take away my anxiety and fill me with joy and hope. Amen.

**Bible Readings:** Psalm 46; Psalm 121; Philippians. 4:13; 1 Peter 5:6-11.