

## Devotion 6: Go to Jesus When You Are Afraid

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**Audience:** For Patient and 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:** Can you remember the last time you were afraid? What caused your fear and what did you do about it? Sometimes we are fearful of people or situations. Probably the most common cause of fear, however, is fear of the unknown. Whatever the cause, fear is another of life's experiences in which we need help.

The next time you feel fear grip your heart, remember to go to Jesus in prayer to find the comfort you truly need. Hear these words from Psalm 27:1: *The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?* David also speaks of this in the familiar Psalm 23:4. *Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff* (refers to God's promises in his Word) *they comfort me.*

Going to Jesus when we are afraid, believing He will help us, shows our faith in the Savior—that we are truly one of His.

Jesus speaks to us with reassuring words. *Do not be afraid of those who kill the body but cannot kill the soul.* (Refers to people) *Rather, be afraid of the one who can destroy both body and soul in hell.* (Refers to God) *Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows* (Matthew 10:28-31).

While we are not to fear people or things, we are to feel a reverential fear of God, a deep respect for his power and unfailing love. In this sense Joshua urges Israel, *Now fear the Lord and serve him with all faithfulness* (Joshua 24:14).

The Lord spoke in like manner to his people in 2 Kings 17: 38-39. *Do not forget the covenant I have made with you, and do not worship other gods. Rather, worship the Lord your God; it is he who will deliver you from the hand of all your enemies.* We fear God when we put Him first in every part of our lives.

Dear Lord, help us fear only you, our Savior God! Amen.

**Bible Readings:** Psalm 25:1-15; Psalm 56:11; Psalm 112; 1 John 4:17-18.