

Devotion #3- Jesus, the Comforter

Have you ever been so afraid that your heart began to pound, palms began to sweat, and breathing became difficult? Have you ever been embarrassed at school because of something that happened to you and felt those around you staring and laughing? Have you ever been hurt by a family member or friend and could not stop crying because of the pain that was caused? Who do you go to in times of trouble? What brings you comfort?

Mathew 6:25-27 read, “For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air, that they do not sow, nor reap, nor gather into barns, and yet your heavenly father feeds them. Are you not worth much more than they? And who of you by being worried can add a single hour to his life?”

We live in a world that is full of fear. Many are afraid of getting sick from the current virus. Many are worried that they will not get to see their friends or family because of isolation. Many are afraid of what others think of them. Am I cool enough? Do they like me?

As Jesus stood on the mount of beatitudes and discussed the law, he wanted his followers to know an important truth: I am your comforter. Jesus used the birds as a comparison. The birds do not sow, or reap, or save their food in barns, yet the Lord provides food for them. The Lord does not let the birds starve but provides nutrition for them to live. If Jesus cares about the birds, a mere animal, how much more does he care about you? Your life is much more valuable than that of an animal. God has created and breathed life into you. You were made in his image. You are significant to him.

Jesus sees your pain, hardships, trials, and frustrations. You have free access to him. There is no need to live out of fear or be filled with anxiety. Christ is your comforter. He wants you to run to him. He desires an intimate relationship with his creation. He will provide in your darkest moments.

Questions

1. Do you ever have moments where you worry or are afraid? Have you ever felt embarrassed? Have you ever been hurt? What does it feel like in those moments?
2. When fear begins to enter your life, what or who do you run to for comfort?
3. What prevents you from running to Jesus in times of trouble?