



Can God Help Me?

I'm afraid sometimes.

Can God help me be safe and sound?

One summer night during a severe thunderstorm, a mother was tucking her small daughter into bed. She was about to turn the light off when the little girl asked in a trembling voice, "Mommy, will you stay with me all night?" Smiling, the mother gave her a warm, reassuring hug and said tenderly, "I can't, dear. I have to sleep in Daddy's room." A long silence followed. At last, it was broken by a shaky voice saying, "The big sissy!"

All of us have fears. And they don't always end with a chuckle. Our fears may be rational or completely irrational, but when we experience them, they are definitely real. At times we are afraid and may wonder, "Can God help me?"

On another night, Jesus Christ's disciples were caught in a storm on the Sea of Galilee. Their fear was very real, too. Jesus came to them and said, "Take courage! It is I. Do not be afraid" (Mark 6:50). Jesus was there, and they didn't need to be afraid any longer. He displayed his almighty power by calming the wind and waves.

Jesus can help us with our fears, as well. He controls all things and promises to use his power to help those who trust in him. When Jesus is in our lives, we can take courage and not be afraid.

While his promises are true for all kinds of fears, they are especially true for our spiritual concerns. Many are afraid of dying and having to stand before a perfect God and answer for their imperfect lives. Jesus encourages us even in these great fears. He said, "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die" (John 11:25,26).

Life on this earth will end for all people, but Jesus promises that those who believe in him will live with him in heaven eternally. Jesus died on the cross to take our sins away so that God will not condemn believers in judgment but will give them eternal life in heaven. This is the comfort and courage that God gives to those who trust him.

The Bible is filled with examples of God's power and his many promises to help us with our fears. Our church exists to share the comforting promises of God with all those who are afraid. We'd love to have you come and hear more about how God can help you with your big fears and your little ones, too. Take courage, and don't be afraid; God can help you when you're afraid.