

One Day at a Time
Day 5
The Church Can Help You

The church, as God intended, provides supportive hands, wise minds, and loving hearts to help those who are hurting and in need. The driving force and the solid foundation of the church is Jesus Christ, who loves you dearly and without conditions. Even if some people in your church have pulled away from you, help is still available there.

“When you are going through a divorce, you feel like you are wearing the scarlet letter,” says Warren Kniskern, “and everyone is shying away from you. To some extent that’s true, but the worst thing to do is to withdraw from the people of God.

“This is a time more than any other time that you need to be with the people of God and receive their encouragement. Keep your focus on Christ instead of on your problems, or else you’re going to sink just as surely as Peter sank when he walked on the water to Jesus.”

In the Bible, Peter was on a boat one stormy night, and he looked up and saw Jesus walking on the raging sea. Jesus asked Peter to come to Him. At first Peter jumped up with joyful assurance and started across the water to Jesus. Then he became afraid, focusing on his inadequacies instead of on Christ’s sufficiency.

“When he saw the wind, he was afraid and, beginning to sink, cried out, ‘Lord, save me!’

“Immediately Jesus reached out his hand and caught him. ‘You of little faith,’ he said, ‘why did you doubt?’ And when they climbed into the boat, the wind died down.”
(Matthew 14:30-32)

Lord, give me the courage to seek help in the church and to keep my focus on You and not me. Grant me the faith to persevere. Amen.