

One Day at a Time
Day 23
Spiritual Support

You need to build a spiritual support system to help you get through the tough times.

Marie says, "When I was a new Christian, there was a woman in my church who was my spiritual mother and mentor. I would talk to her about everything that was going on, and she'd say, 'Whenever you feel that emotion or when you feel like you cannot pray, turn to the Psalms and read them out loud.' "

A person of the same sex who is a mature believer in Christ can guide you in building a relationship with Jesus and will help you find spiritual answers to your questions. He or she will encourage you, listen to you, and offer biblical advice.

In the Bible, Paul was a spiritual mentor for Timothy. Paul guided him to become a spiritual leader, teaching and admonishing him about how to walk as a follower of Christ.

Paul said to Timothy: "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity. Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching...Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers." **1 Timothy 4:12-13, 15-16**

God will provide you with a spiritual mentor too. Just ask Him! He wants you to learn more about Him and to grow spiritually.

Lord, I need someone to come alongside me and to help me grow spiritually. Lead me to that person. Amen.