

## IT IS IN THE WRITTEN WORD

**Isaiah 43:1-4** (paraphrased) - Don't be afraid, for I have called you by name; you are mine. When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up. You are precious to me and I love you.

**John 14:27** - Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

**Matthew 11:28** - Come to me; all you who are weary and burdened and I will give you rest.

One day I was married and the mother of a beautiful little girl and the next day I was told by my husband that he no longer wanted to be married to me, he had fallen in love with his secretary and wanted to be with her. His words seemed impossible and the hurt was so deep that I could hardly breathe. And then there was my pride, what would I tell people... how would I tell my parents... how would I explain it to my little daughter... and how would we live and where? So many questions; so much loneliness and fear. How would I survive? And then the letter came... from another state... from my mother filled with love, strength, hope and encouragement. She reminded me that I wasn't alone and that they were there for me even though they were far away. She reminded me of my strength and my determination and she reminded me of my faith. She stated over and over again how very much they loved me and I could call whenever I needed to talk.

All these years later, I remember the letter and the strength, love and encouragement that it brought me. And I think about the letters written to us in scripture by a loving God; letters of love, encouragement and promises telling us that God is always with us and we are never alone. God promises guidance, protection, healing, forgiveness and peace and strength. God tells us that he loves us and he will always be there.

Does life right now feel like you can't breathe? Are you filled with fear and anxiety? Join me this week as we search the scriptures for the letters from God to each of us so that we may be filled with His strength, perfect peace, and his love for each of us.

**Prayer:** Gracious and loving God, sometimes life feels like it's swallowing me up and I have no resources to fight back. But oh, God, you take delight in me and you will quiet me with your love and give me strength for my journey. When I feel hopeless; be my source of great hope... when I feel weak... be my strength and my guide. When I am lonely, wrap your perfect love around me and grant me your perfect peace. Rain down upon me with your joy so that the gratefulness in my spirit becomes strong once again and I rejoice in your presence with singing! For your awesome grace, your endless forgiveness and your awesome love, I give you thanks this day. In your precious name I pray. Amen