

Are you scared of being left alone? Most of us are.

In fact, most of us have some story from childhood—that we still remember as adults!—about that one time our parents lost us. If we're honest, that fear plagues many of our most important relationships now.

But it shouldn't touch our relationship with Christ. Here's why:

Colossians 1:17 says: “[Christ, who created all things] is before all things. And in him all things hold together.”

There can never be a time or place that exists outside of Christ. If you are one of his sheep, all of creation is his pasture. He holds it together—it can never exist without him. And that means that as long as you're in creation, he can never leave or forsake you.

And there's more: there's nothing in creation that can come at you apart from your Creator's knowledge or outside of your Saviour's power. No matter what comes, the Sustainer is with you.

Response:

One response today could be for you to give yourself a time-out in the middle of your day. Take 30 seconds to look around, take in all of what you see, and remember that the God who made and sustains it all is present in that moment with you.

Prayer:

Father God, thank you for the reminder today that all things hold together in Jesus. When I'm scared today, please help me to remember—and to truly believe—that Christ who created this world still sustains it, and that he is here with me, even now. Help me to find hope in the truth that he will never leave. It's in Jesus' name I pray, amen.

