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## Don't Go Alone

*By Terry Kountz on March 15, 2021*

### **TODAY'S READING:** Galatians 6

Sometimes life can get a little too crazy to deal with alone. So many things are going on at once. There is so much you feel like you have to worry about that your stress level goes through the roof. At those times, it can feel like having peace is impossible.

We also have the tendency to drift. We start to let some small things slide. The good news is, you do not have to deal with these things all alone. We see in the beginning of Galatians 6 what can happen when things get overwhelming. When anxiety is out of control, we begin to drift, and peace is out of reach.

When life feels too heavy - when big and scary things are happening - talk about these things with God and with other people you trust. God wants you to ask for help. He wants you to turn to Him when you feel anxious. He wants you to ask someone you trust to help you when you feel overwhelmed.

The truth is, life is better when we live it with others. We are not meant to go through this life alone. And in Galatians 6:3, we see that if we think we are above helping others, we are only fooling ourselves.

Think of three people you can turn to when your worries get too big. The first one is God. Can you think of two other people you can talk to or confide in? Once you do, let them know! Ask them if they would be willing to talk when you feel anxious.

**PRAYER:** God, help me turn to You when life gets hard. Help me find people that point me to Jesus and that I can share life with during the good times and the hard times.

### **TOMORROW'S READING:** Acts 17

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