

Cut out the shaded doorhanger. Fold it in half and hang it over a door.

God is with you

"During our spiritual tests we are apparently left completely alone, although in fact we are not alone—at those times God is most intimately present...giving us support."

True Christianity 126

At times we all feel imprisoned, either by external circumstances or by our own thoughts and feelings. Yet the Lord is always present with each one of us.

Think of the sun. On stormy days or at night, we cannot see it. In winter, we do not feel its warmth. But we know that the sun does not ever really leave the earth. If it did, we would die. The Lord is the sun of our inner life.

Reach out to God

I feel trapped because...

Prayer is speaking with God. Tell the Lord about your troubles and ask for His help.

I need a way to deal with my problem....

The Word or Bible is the Lord's message to us. Read it, looking for comfort and answers.

I can see the Lord at work in...

Look for signs of the Lord's presence in your life—in a clear stream, a baby's laughter, a friend's kindness. Find a reflection of the Lord from which to draw strength and courage.

Be strong AND COURAGEOUS.

Do not be afraid;
do not be DISCOURAGED,
for the

Lord your



wherever

GO.

Joshua 1:7-9