

Who is the source of your comfort?

Maybe our mothers and fathers were not always able to comfort us. We may have learned as children to get our comfort from food, isolation, denial, pleasing people or many other ways. Ask the Lord to show you.

The Lord has promised to be our comfort now. Choose to go to him for comfort. READ ALOUD:

Isaiah 40:1 “Comfort, comfort, my people”, says the Lord. “Speak tenderly to Jerusalem.” (11) “He will feed his flock like a shepherd. He will carry the lambs in his arms, holding them close to his heart. He will gently lead the mother sheep with her young.”

Isaiah 49:15 “Though a mother forget her nursing child, I will not forget you. (16) See, I have written your name on the palms of my hands.”

Isaiah 66:12 “I will comfort you there... as a mother comforts her child.”

Psalm 27:10 “Even if my mother and father abandon me, the Lord will hold me close.”

2 Corinthians 1:3,4 “God is our merciful Father and the source of all comfort. He comforts us in all our troubles, so that we can comfort others.”

PRAY: *“Father, forgive me for seeking comfort from my children and other sources, when you are my only Comforter. Teach me to lean on you and seek you for all my comfort. In Jesus’ name.”*