

CA⁵RESS in Christ- Philippians 4:19

Help from Jesus (our One True Spouse) in meeting our Priority Needs

(Connecting our CARESS NEEDS to His Promises and Presence)

Comfort- Feeling the need for reassurance? Ask the Lord for his touch and soothing hand to rest upon your life as you face hurts and challenges. **“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all *comfort*,” – 2 Corinthians 1:3**

Acceptance- Feelings of rejection can be hard to face. Feeling left out of something or let down by a loved one or close friend as of late? It’s great to know you have been accepted by the King of the Universe. So, turn your face to the One who knows the deep hurt of rejection and ask Him to remind you of his heart felt welcome of you by His grace. **“Therefore welcome one another as Christ has *welcomed* you, for the glory of God.”- Romans 15:7**

Affection- Looking to the Gospels (Matthew, Mark, Luke and John) we see page after page of Jesus touching and receiving the children, we see him reaching out to the blind and hurting, and we see him feel deeply toward the sheep who have no Shepherd. Today if you are in need of care and closeness ask the Lord to touch you as he did with so many while he was here on earth. He is the same, today, yesterday and forever. **“So if there is any encouragement in Christ...any *affection* and sympathy...”- Philippians 2:1**

Appreciation- Has under appreciation gotten you down? Has there been a personal accomplishment or project completed that has gone unnoticed? Or perhaps didn’t receive the merit it was due? Find assurance today in the one who calls you Friend. In appreciation and gratitude for the disciples, Jesus was adding to his acknowledgement of who they were by saying they were more than servants and called them companions. **“No longer do I call you servants, for the servant does not know what his master is doing; but *I have called you friends*, for all that I have heard from my Father I have made known to you.”- John 15:15**

Approval- At times we all struggle with our own significance and whether or not our voice is being heard. There is a void in every heart for the deep blessing and Amen from above and at times we desperately seek it from creation instead of our Creator. We can be 'approval junkies' by something we propose or just simply wanting to be approved by another. Be reminded today, that through faith in the death and resurrection of Jesus our Ultimate approval has taken place by what Jesus has accomplished. Read the Apostle Paul's declaration and source of his approval ... **"Obviously, I'm not trying to win the *approval* of people, but of God. If pleasing people were my goal, I would not be Christ's servant."**- **Galatians 1:10**

Attention- Were you overlooked? Forgotten or just feeling lonely? Know the promise of our loving God who regularly, constantly and mindfully thinks of us His children. Reach out to the Lord in prayer today and thank him for His awareness of what you are facing and feeling. **"How precious to me are *your thoughts*, O God! How vast is the sum of them!"**- **Psalm 139:17**

Respect- R-E-S-P-E-C-T, Aretha Franklin sang it so well. We all like to be respected, we all like to know that our opinions, our voice, our perspective carries some kind of weight. At times we feel marginalized or insignificant, we might even express the frustration of downright dishonor. If your respect tank is on empty take heart from this promise in John where we are reminded that true and lasting honor is found in Christ as we serve Him. We are regarded by the Prince of Peace. **"If anyone serves me, he must follow me; and where I am, there will my servant be also. If anyone serves me, the Father will *honor him*."**- **John 12:26**

Encouragement- Beloved we have not been left alone, but God has given us the Holy Spirit to help, guide and encourage us on this journey of faith. Life can quite frankly knock us down time and time again. God has promised to come along side us each and every day. By faith ask the Lord to fill your heart with encouragement and while asking pray for a deep sense of His presence in your mind and heart. **"So if there is any *encouragement* in Christ"** – **Philippians 2:1**

Security- We are prone to quit and grow faint. Life's circumstances can bring a great deal of insecurity to our lives. Relationships we have can bring about insecurity because human failure. Repeatedly, our attention is brought back in the Scripture to the hope that God is our ultimate protector. He wants to protect our hearts amidst fear, doubt and times when we are frail. Look to the Rock! **"He only is *my rock* and *my salvation*, *my fortress*; 'I shall not be greatly shaken.'** "- **Psalm 62:2**

Support- Profound to see that in the Bible God willingly embraces the title of Helper. Often low paying jobs are described in this category of 'help'. We see it advertised "Help Wanted". Feeling a lack of support either emotionally or physically? Call out to the One who delights to come to our aid. **"Behold, 'God is *my helper*; the Lord is the upholder of my life.'**"- **Psalm 54:4**