

Madison Heights Christian Church
(Disciples of Christ)
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MADISON HEIGHTS MESSENGER

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You Are Not Alone

Sometime during this past Labor Day weekend I found myself with some time for relaxation and began to flip through the TV channels to find something to watch. I stumbled across a show called *Alone*. I clicked on the trailer to see what it was about. It is one of several survival reality TV shows. I have watched some of these survival programs in the past but none of them have caught my interest. At the most I have watched one episode of a few different shows. In the one episode of *Naked and Afraid* that I saw, neither the man nor the woman could build a fire. During the night they sat next to a creek where they were tormented by several mosquitoes. I can't believe these people are considered survivalists. For me these shows are more frustrating than intellectually stimulating or entertaining. However, the TV show *Alone* is actually about survival. In this show the people are dropped off all alone in some very harsh and dangerous environments. I find it interesting because I learn something new with each episode. I have had some survival training but on this show I see them do some things that I never would have thought of and I also see them making some mistakes that I would not have made. The show reminds me of how important it is to be thankful to God because I am reminded of how hard things could be and how hard survival has actually been for people struggling to survive during pre-historic times. I can only imagine how hard it is to survive one day at a time, face to face with dangerous predators and starvation.

Probably the most valuable lesson that I have learned during my survival training is referred to as "the mind game." What causes most people to fail in the end is what goes on in their heads. A positive mental attitude is the number one asset that you have. I think if I were all alone in a survival situation the very first thing I would do every day is express my thanks to God for the bountiful blessings that God has bestowed upon me. I would focus on those daily devotions just like I do today. In so doing, God would not solve my problems for me. What God would do is give me assurance, strength, and wisdom. Those devotions provide a daily boost that makes me look forward to the day. The Holy Spirit would help to keep me focused and would guard against the loneliness of isolation. I would know that I am not alone because Jesus is with me. I would also be reminded of and reflect upon the challenges that Jesus faced during those 40 days of isolation in the wilderness.

During this current pandemic it is easy to get down and out as we are basically shut in and have to adapt to the danger that is prevalent in our society. If we focus on our difficulties and our problems it could lead to depression and create higher levels of anxiety. However, when I compare how things are today with how difficult things have actually been for a lot of people in the past (and how difficult things could actually be in the future) I can't help but count my blessings. We don't have to hunt for food, trap our food, go foraging, or fish for survival. We don't have to build a shelter to escape the cold, or make weapons to protect ourselves from predators, and we don't have to struggle to try to stay warm and dry. We really have it very good in today's society. Due to the life experiences of others, the compounding factor of knowledge, and the many resources that have been provided to us by God, we really do have it very good. Daily devotions make up a good part of a solid foundation for a healthy spiritual life. These devotions help us to maintain a positive attitude, with strength, and fortitude. You are never alone. Jesus is always with you if you let him in to your heart. You are not alone even if you live alone. Whenever you go through the setbacks of life, or encounter unusual difficulties, Jesus is always with you. He will not fix your problems for you but he will help you through them.

George