



Advent Day 19
(written by Deb
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Angel

Luke 1:30-33
But the angel said to
her, "Do not be
afraid, Mary, you
have found favor
with God. You will be
with child and give
birth to a son, and
you are to give him

the name Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, and he will reign over the house of Jacob forever; his kingdom will never end. (NIV 1984)

Your very first time off the high diving board. Your first day of college. The first time you need to have a tooth pulled. The first time you ever have surgery. What three little words would help in all those situations? "Don't be afraid." Of course, it does make a difference who says the words.

When someone tells you not to be afraid, you want it to be someone who can help you out if things get bad. At the pool, a trained lifeguard would be helpful. At college, you need a qualified advisor. You look for experienced dentists and doctors to care for your health. An angel told Mary not to be afraid. He brought the message straight from God himself. Even though many surprising things would happen to her, Mary could be confident that God would be there to help, no matter what.

Jesus often told his disciples, "Don't be afraid." He says the same thing to us. He has promised to be with us to the very end of the age.

Prayer: Jesus, help us to trust in you every day. Then we will not be afraid, no matter what happens. Amen.