Daily Devotion #159

Better Than Valium

***John 14:16 (NASB)*** *"I will ask the Father, and He will give you another Helper, that He may be with you forever.”*

I was talking to a man today who asked me if I knew a psychiatrist. I told him no, but that I could try to help him. To which he responded, “If you could give me a handful of valium, that would fix help.”

As he walked away, I thought about that statement. It was sad that his first thought was to take prescription medication for his problems. Please don’t hear me incorrectly. I understand the benefit of modern medicine in its rightful place and time, but all too often the world seeks the solutions of man and medication as a temporary fix.

So much of our world is hurting. Hurting outside due to poor health and poor living but also poor health on the inside due to not looking to God as the source of calmness and contentment with life. For many people medication is the answer to all of life’s problems, and God is not given a second thought.

The word “Helper” is capitalized in today’s verse because our Lord is talking about the Holy Spirit, the One who comes and lives in the soul of every person who turns their lives over to Christ. The term in Greek for Helper is used to refer to an advocate or helper or comforter. An advocate is like a lawyer, one who stands for you as a defense or one who argues your case. Comforter speaks of just what it sounds like, someone who gives comfort in trying times and circumstances. Literally the word means to come along side. Meaning the Holy Spirit is the One who comes along side us in this life to help us with comfort or just about any situation where we need help.

The troublesome issue is that many people will not rely on a God who has the power and ability to help in times of need, but people would rather put their hope in someone or something that has very limited power. For example, I would have loved to talk with the gentleman to see if there was something I could help with, but the reality is, I could only listen and offer advice. And I would do that to the best of my ability. However, I am limited by my inability to know all things and to fix all things. But God is not limited in any way. The Holy Spirit has the power to help us with everything, literally everything - inside of us and outside of us. So it would have been better to offer him God.

When Jesus was on the earth, He was the comfort the people needed. But because He knew He wasn’t staying, he promised that He would send the Holy Spirit to be all the comfort and care they needed. The beauty is, the promise is to you and me as well.

Isn’t it incredible Beloved? We are so blessed! God loves us so much. I hope you never get tired of hearing that or thinking about God’s great care for you. And to think that we never, never, never need to feel alone or not listened to or without someone who loves us to the utmost. Oh, praise His Name!

While the world is so unsettled and so upset internally, you and I can rest knowing our heavenly Father loves us and will always be with us. So, when you encounter someone who says they need a handful of valium, offer them someone who is far better and permanent, the Holy Spirit who will enter their lives through their faith in Jesus.

Don’t let people walk away when they open the door for help. I did that today, and I regret it terribly. Let them know what Jesus has done for you and how your heart and soul are so blessed because of His work on the Cross and His Resurrection. They need that. They need to hear and see in you the work of the Holy Spirit – the help that is much better than valium.