

Episodes of Appreciation: Companionship

“Bless the Lord, O my soul, and forget not all His benefits.” (Psalm 103:2, New King James Version).

This is the key Bible verse for the **“Come and See”** devotional today.

Knowing that we are not alone helps give us hope, courage, optimism and confidence: loneliness is a major cause of depression. Immediately after God created Adam, He was confronted with the loneliness that Adam faced. The Creator of heaven and earth recognised this gap in the life of Adam and responded by creating a companion for him: Eve. God said: *“it is not good that man should be alone; I will make him a helper comparable to him.”* (Genesis 2:18, New King James Version).

We need to be grateful that we are not alone in this world. Companionship helps us deal with our unpleasant experiences, challenges and burdens. Comfort could also be provided by a friend, family, neighbours, work colleagues or associates. The Bible recognised the miserable state of solitude as follows: *“two are better than one, because they have a good reward for their labour. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up.”* (Ecclesiastes 4:9-10, New King James Version). This highlights the need for companionship.

Very often the answer to our prayers lies in finding timely contact with the right person. We cannot underestimate the power of companionship and alliances in achieving great exploits. Our purpose in life cannot be fulfilled in isolation but fortunately there is someone designated by God to walk with us, talk with us and comfort us. We should all appreciate this benefits and should be thankful for the alliances and relationships we currently enjoy. Jesus Christ needed the twelve disciples to fulfil His earthly purpose. Joseph needed help to gain access to the palace for his dreams to be fulfilled. It is unsafe to take for granted the people around us because God connects each of us with the right people at every stage in our lives for our purposes to be achieved. Proverbs 11 verse 14 states *“Where there is no counsel, the people fall; But in the multitude of counselors there is safety”*

Hence, we should thank God for the people He has enabled to ‘walk with us’ at this stage of our lives and bear in mind that He will connect you to the people needed to make further progress in life. The Bible states: *“now beyond all contradiction the lesser is blessed by the better.”* (Hebrews 7:7, New King James Version). Good people around us is also a proof that God has not left us alone. Furthermore, Psalms 68 verse 6 states *“ God sets the lonely in families, He leads out the prisoners with singing , but the rebellious live in sun –scotched land”* –New International Version (NIV)

Let us pray: *“Father, I thank you for the free gift of companionship. I am thankful for the help that is available through the right relationships,”* in Jesus’ Mighty Name, Amen.

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