

Southern Adventist University
Knowledge Exchange

The Main Thing Devotional

Office of Ministry and Missions

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A Good Word

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“Anxiety in a man’s heart weighs him down, but a good word makes him glad.” Proverbs 12:25 ESV.

A Good Word

This past Valentine’s Day my husband surprised me with a different note each day for a week! I have some of the note cards posted in my office and some at home that way whenever I long to hear an encouraging word, I can easily be reminded of the sweet words he wrote.

God wrote a whole book of encouraging words to uplift you on days when the stress, oppression, and evil of this world weighs you down. What does He say about you?

- *You are loved* (John 3:16, Romans 5:8)
- *You have worth* (Psalm 139:15, 34:5, Matthew 6:26-33)
- *You are made new & full of the Spirit* (1 Corinthians 15:22, Romans 6:9-11, 8:11, 2 Corinthians 5:17)
- *You are being transformed* (2nd Corinthians 3:16-18, Colossians 3:9-10)
- *You represent God as His child & witness* (Galatians 3:26, 4:7, Acts 26:16-18)

By making the Main Thing [Jesus], the main thing this week, may His good words set you free in His truth and unload much of the weight of anxiety, stress, and fear you may be experiencing.

REFLECT

- What good word of God’s stands out to you most today?
- Just as your heart may be made glad by God’s good word, what word of encouragement can you offer a friend, family member, professor or colleague this week?

NEWS & RESOURCES

- Follow **@ministryandmissions** on Instagram for updates on events and programs as well as encouraging messages and [check out our website](#) for many new resources.
- If you are feeling anxious or have recently experienced loss or grief, call 423.236.2782 to talk to a counselor on campus! (This is a free service for Southern students.)
- **Talk** with Chaplain [Anna Bennett](#) or [Joseph Khabbaz](#) if you need someone to pray with or have a desire to grow spiritually.

May you experience God's rest, peace, and joy this Midterm Break!