

WHAT TO DO WHEN YOU ARE HANGING ON BY A THREAD

Day 5 – Holding Each Other Up

Scripture: *"Carry each other's burdens, and in this way you will fulfill the law of Christ."* – Galatians 6:2 (NIV)

Everyone is hanging on by a thread in some way—though you may not always see it. Some struggles are invisible to the eye, while others show up in actions, words, or behavior. Maybe you're the one barely hanging on right now, just waiting for that last thread to snap.

We're all a lot like rubber bands—you can only stretch us so far before the tension breaks. And when it does, it can leave us feeling empty, broken, or lost.

If that's where you are today, take comfort in knowing you're not alone. God's Word calls us to bear one another's burdens—not to fix everything for everyone, but to stand with them, support them, and help them see that hope still exists.

You might be thinking, *"I don't have extra money. I barely have enough time between school drop-offs, work, cooking dinner, and getting the kids to bed."* But here's the truth: **time** is the most precious gift you can give someone in need.

It doesn't have to be grand. A quick text, a phone call, a simple message on social media—these moments may seem small to you, but they can mean everything to someone who's hurting. Even sitting quietly beside someone or holding their hand can speak volumes.

This week's devotionals have reminded us that community, self-care, asking for help, and reaching out to others are all part of God's design. You were never meant to carry life's weight alone. And neither was the person beside you.

Be the hands and feet of Jesus today. Someone needs your presence, your kindness, your reminder that they are not alone. And if you're the one who needs help, don't hesitate—reach out. There is no shame in saying, "I can't carry this alone."

Closing Encouragement for the Series:

Your story isn't over. The broken chapters are not the whole book. God is still writing, and His pen has never slipped from His hand. You may feel like you're standing in ashes, but in His time, He will bring beauty from them. One step, one prayer, one day at a time—you are moving forward. And you are not walking alone.

Prayer:

Lord, help me see the ones who are barely holding on. Give me courage to show up, and humility to ask for help when I need it. In Jesus Name WE Pray, Amen.