

Many children experience separation anxiety—a strong sense of fear and anxiety when they have to be apart from their parents for a short time. While this varies from child to child, some experience such intense psychological fear that it feels like a threat to their survival. Why are children so anxious when they are separated from their parents? The fundamental reason is a lack of trust. If it's their first time being separated, they may not trust that their parents will come back for them. They may also not trust the teacher or caregiver they've been left with. However, most children eventually overcome this anxiety as they build trust through repeated experiences.

In today's passage, Jesus tells His disciples, "Do not let your hearts be troubled" (v.1). The disciples were troubled because they would soon have to be separated from Jesus. He had to go to "prepare a place in the Father's house" (v.2), which meant they would be apart from the one who had been with them for three years. Each disciple responded differently—some with anger, some with questions, and some in denial. But Jesus promises, "If I go and prepare a place for you, I will come back" (v.3), and then reveals Himself, saying, "I am the way and the truth and the life. No one comes to the Father except through me" (v.6). May these words comfort your heart and help you lay down all your worries.

First, Jesus is the only way to the Father.

Jesus said, "I am the way... no one comes to the Father except through me" (v.6). A way is a method. He teaches us that there is no way to the Father except through Him. Every path has a destination. Where you end up depends on which path you follow. In the Old Testament, the people of Israel were also required to walk in obedience to God's commands. We, too, must walk this path with faith. In verse 4, Jesus says, "You know the way to the place where I am going." If we believe in Jesus and make the decision to follow His words, we will find Jesus at the end of that road, guiding us to the Father's house.

Second, Jesus is the way of truth that sets us free.

Jesus calls Himself "the way of truth" that leads to the Father. Truth means that which never changes. Just as the direction of gravity never changes, Jesus remains constant and leads us to the Father. Because He is unchanging, the path is like solid rock. As we walk on this unshakable path, our journey of faith becomes secure.

The word "freedom" is often paired with "truth" in Scripture. Jesus said, "The truth will set you free" (John 8:32). Those who walk the way of truth are given freedom. Driving on a well-paved road feels very different from driving on a rough, unpaved one. Those who walk on the rock of truth are blessed with the freedom that comes from being in the truth. May you put on "the belt of truth" (Ephesians 6:14) today and continue walking your journey of faith.

Third, Jesus is the way of life that restores us.

Not everything that moves has life. So how can we know something is alive? By its ability to heal. No matter how well a robot is built, it needs human hands to repair it when it breaks. In contrast, living things can recover from injury on their own. How then can the human spirit be restored? Without the touch of Jesus, the source of life, there can be no restoration. Just as a branch attached to a large tree continues to live, while a broken one withers, if we do not remain in Jesus—the source of life—our spirits cannot be restored. On the other hand, if we remain in Jesus, the way of life, and walk with Him, then our spirits will be restored regardless of our own plans or strength. And at the end of that path, we will meet Jesus, who gives us eternal life. May you walk the road of faith with Jesus today.

**Bible
Memorization**

A VERSE FOR THIS WEEK

'Jesus said to him, "I am the way, and the truth, and the life; no one comes to the Father but through Me.'" (John 14:6)

**Bible
Reading**

7/14(Mon)	7/15(Tue)	7/16(Wed)	7/17(Thur)	7/18(Fri)	7/19(Sat)	7/20(Sun)
Psalms 116-119	Psalms 120-130	Psalms 131-138	Psalms 139-144	Psalms 145-150, Proverbs 1	Proverbs 2-5	Proverbs 6-9

QT

Quiet Time Passage

7/14(Mon)	7/15(Tue)	7/16(Wed)	7/17(Thur)	7/18(Fri)	7/19(Sat)	7/20(Sun)
1 Tim. 5:1-16	1 Tim. 5:17-25	1 Tim. 6:1-10	1 Tim. 6:11-21	Ezekiel 1:1-14	Ezekiel 1:15-28	Ezekiel 2:1-10

**Sharing
Questions**

1. What has been troubling or making you anxious lately, and why?
2. Have you ever experienced the freedom that comes from believing in Jesus, the Truth? Share your story.
3. Have you experienced Jesus, the Life, who brings restoration? Share your personal testimony.