



# Monthly Reflection, February 2015

## *Show Some Warmth*

'I want you to be free from anxieties,' says St Paul (1 Corinthians 7.32).

I wonder what these words might mean for thousands of parents and carers in the UK as they struggle every day, simply to give their families the basics. With no control over what they can provide, it's impossible for them to be free from anxiety.

Almost a million children live in families in energy debt and many of them are becoming ill as a result. In these circumstances, an understandable response to Paul's words is, 'Easy for you to say, mate! Get real!'

More than half of parents in debt on their energy bills suffer from anxiety, stress or depression, and their children are three times as likely to have been ill last winter. That's why The Children's Society is campaigning for energy companies to show some warmth to these families.

Sometimes the obstacles will seem insurmountable, the setbacks disappointing. We may grow weary and the temptation to be discouraged may become very real.

When it does, let's take Isaiah's words to heart:

*'Those who wait for the Lord shall renew their strength,  
they shall mount up with wings like eagles,  
they shall run and not be weary,  
they shall walk and not faint.'*

(Isaiah 40.31)

Let these words give us sure and certain hope that when we grow weary, God will not; that when we feel powerless to bring about change, God can strengthen us; that God, 'who stretches out the heavens like a curtain' (Isaiah 40.22), is walking with us.

Let's make these words of Isaiah our energy source. Let's make them keep the fire burning within us to make freedom from anxiety a reality for thousands of vulnerable families who feel that there is no hope.

### **Take action**

Please join us in asking energy companies to show some warmth to families in debt on their energy bills at [www.childrenssociety.org.uk/warmth](http://www.childrenssociety.org.uk/warmth).