

Leave the Train Wreck Behind!

Happy Wednesday!

The beauty of being still...

“He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness For His name’s sake.” Psalms 23:2-3 NASB1995

“Be still, and know that I am God: I will be exalted among the nations, I will be exalted in the earth. Jehovah of hosts is with us; The God of Jacob is our refuge. [Selah]” Psalms 46:10-11 ASV

“He caused the storm to be still, So that the waves of the sea were hushed.”
Psalms 107:29 NASB1995

“And He got up and rebuked the wind and said to the sea, “Hush, be still.” And the wind died down and it became perfectly calm.” Mark 4:39 NASB1995

Stillness and peace seem to go hand in hand. Stillness and peace are from God. Confusion and chaos are from our enemy. When we force ourselves to get quiet in the Presence of God, something beautiful happens: restoration and peace. Silence and chaos never go hand in hand. Being able to seek silence amid chaos is something Jesus demonstrated well while He was on earth!

Practicing the presence of God in everything you do will equip you to carry His peace amid any other chaos. It will give you a sound mind, bravery, and confidence in the Lord. It will lead you to what the Bible calls “The Secret Place.” Chaos and confusion do NOT reach that same outcome.

There’s a place in my mind that likes to spiral out of control... it seems like a funnel that spirals deeper and deeper into a bottomless pit - sometimes it’s a black hole. Worry? Fear? Anxiety? Overwhelmed? Yes. It’s all there. And in this spiral I have 3 options. I always have 3 options. I only have 3 options.

- 1- keep letting my chaotic thoughts pull me downward into deeper confusion where everything is louder in increasing measure,
- 2- make myself stop asking new questions but demand an answer to the questions my mind has already asked before I move on,
- 3- pray, get still and quiet, and climb out - refusing to look back at the train wreck I’m leaving behind

Option 3 the only thing that leads me to Christ. Option 3 is the only thing that makes me seek His presence. Option 3 is the safe place where I surrender my fears in exchange for His peace.

I cannot hold onto my burdens AND His peace. I can only hold onto my burdens OR His peace.

I can't solve the crises in the Middle East, but I trust the one Who can.
I can't save the world, but I trust the only One Who made a way.
I can't tell my thoughts not to spiral, but I trust the One Who pulls me out with option 3 every time.

“Depart from evil and do good; Seek peace and pursue it.” Psalms 34:14 NASB1995

Evil and Peace are exact opposites.

Seek God's Peace and pursue it. Seek His presence in everything you do. Let the God of the universe *make you lie down in green pastures and lead you beside still waters* (not raging rapids).

Thank you God that you care for even the smallest details of our lives. Thank you that you love us. Thank you that your mercies are new every morning. Thank you that you lead us for Your Name's sake. Lead us to your peace when we're overwhelmed. Keep us in your stillness. Help us not resist You, Lord, but rather help us resist the temptation to seek busyness again. You are our strength. Amen.

Worship:

“The Secret Place” by Phil Wickham <https://youtu.be/Wnf4X86iy1Y?si=rZvSAPzIq6Z1rysB> [youtu.be]

“Perfect Peace” by Tauren Wells <https://youtu.be/xu34I2DmvhA?si=UK3Z3RY5FWke7hzw> [youtu.be]

“Still/P E A C E” by Hillsong Worship, Benjamin William Hastings and Hannah Hobbs https://youtu.be/6f6YJp_wqvE?si=RPvDeAJVQROZKMRo [youtu.be]

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