

Friday, August 4, 2017

Steady Hand

When Bryan and I were just friends, I got into an accident. I texted him saying I was fine, but heading to the ER to get checked out, he practically beat us there. He came back with my mom and me to see the Dr. I was told I needed staples and was going to get them without numbing my head first. So Bryan reached out his hand and said, "Here hold my hand." My mom was suspicious for sure! But it was so nice to have that steady hand. He was there to comfort me and to give me strength to go through with it. (I held back tears until Bryan stepped out!)

How is God our steady hand? He claims to be our firm foundation. He is our ROCK. He is the base we need to build our lives on. If we try to build our days on busyness, or our families on fear, or our dreams on our desires, we will just bring stress to our lives and eventually we will be shaken.

Read Psalm 16:8-11. What does it take to not be shaken? How do these verses sum up what we have been studying all week? Trust is possible because He knows and He will not abandon us. When have you felt the steady hand of the Lord in your life?

A challenge for the day would be to pick a verse from Psalm 16 and try to memorize it as you meditate on how true it is for you!

Saturday, August 5, 2017

Always Good

Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and he will direct your steps. Proverbs 3:5-6

We can trust in Him because he is GOOD. His plan for us is good. He works everything together for the good of those who love him. (Romans 8:28) Sometimes it may not look that way, when He's not moving the mountains or parting the seas. When He's not removing our struggles, or our problems. My teens always ask the questions: if God is so good, then why does bad stuff happen to good people. Here's where we need to realize that Satan is in this world too. I tell them that God never promised to remove everything hard or difficult in their life, but He did promise He would be with us every step. He promised that He would get us where we need to be. So many times, I push my own agenda and want God to work the way I would work, but He isn't like that. He has bigger plans for me than I have for myself.

We've already read Psalm 23 this week, but I would like us to read it again. How does this passage show us that He is always good? That He is always by our side? There are some things this side of heaven we will never understand and that's ok. The childlike faith Jesus asks us to have is a sweet pure faith that just trusts Him because He loves us! You want your children to trust you, right? It would hurt your heart if they thought you were out to get them. Same thing with God, He has our best interest always in mind. Trust Him.

This week's edition of Fit Reflections was prepared for you by Tess Graf

Fit Reflections



*a weekly devotional from Forever Fit,
where women find fitness from the inside out!*

Trust in You

by Lauren Daigle

July 31-August 5, 2017

Letting go of every single dream
I lay each one down at Your feet
Every moment of my wandering
Never changes what You see

I've tried to win this war I confess
My hands are weary I need Your rest
Mighty Warrior King of the fight
No matter what I face You're by my side

When You don't move the mountains I'm needing You to move
When You don't part the waters I wish I could walk through
When You don't give the answers as I cry out to You
I will trust I will trust I will trust in You

Truth is, You know what tomorrow brings
There's not a day ahead You have not seen
So, in all things be my life and breath
I want what You want Lord and nothing less

You are my strength and comfort You are my steady hand
You are my firm foundation the rock on which I stand
Your ways are always higher Your plans are always good
There's not a place where I'll go You've not already stood

When You don't move the mountains I'm needing You to move
When You don't part the waters I wish I could walk through
When You don't give the answers as I cry out to You
I will trust I will trust I will trust in You



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Monday, July 31, 2017

Letting Go

Letting go of anything is usually pretty difficult. There's fear involved, change, surrender, and just a good ole battle of the will. Have you seen the commercials on TV for the *letgo* app? There's one where she's sky diving and holding a sewing machine. The instructor asks if she does much sewing? "Nope," so he says, "how about we let it go so we can pull the cord." This made me laugh but also hit close to home. I started picturing Jesus as the instructor here, "how about I take that from you? Why don't you let this go, I'll carry it for you. If you let it go then I can bless you in other ways." Do you think He's saying these things to you?

Why do we fight surrendering so much? Hasn't God proven over and over that He is faithful and just? Hasn't He promised to prosper us and not to harm us? Hasn't He asked for our stress and anxiety? Lack of trust is a lack of understanding His love for you. In youth group we are listening to a series of sermons on Psalm 23. Jesus is my Shepherd. If we truly believe that Jesus is capable of being our shepherd then why can't He handle our dreams too?

Letting go is an action phrase, this week take an inventory of the things you may need to let go of. Pray through your dreams. Are they yours or His for you? "To surrender a precious dream is a fearful thing, but to pursue anything but the full measure of the glory of God's love is a wasted life," by Josh Eddy. Read Philippians 1:6/ Jeremiah 29:11/ 1 Peter 5:7

Tuesday, August 1,

Wandering

One of my favorite phrases in an old church hymn is, "*prone to wander Lord I feel it, prone to leave the God I love, here's my heart Lord, take and seal it, seal it for your courts above.*"

Unfortunately until we're face-to-face with Jesus we won't be free of our sinful desires. Saved from them, yes, but Satan is our enemy and trying to pull us from Jesus. He entices us, he confuses us, and he trips us up. His plan is to distract us, and keep us from trusting fully in Jesus.

If kids wander away from their parents it's pretty scary! Moms start panicking until they find their baby, and rightly so, they could get into trouble, they could get hurt, they could get lost, they could get snatched up by someone else. As children of God He cares just like that for us. He sees us as precious children even when we wander off and just like a good shepherd finds that one missing sheep, God is there pursuing us, fighting for us, and pulling us back into His fold. It's so reassuring to know we have a God who cares! What does that mean to you?

Read Romans 8:35-39. How does that reassure your heart? If you're wandering, let Him bring you back! His love for you will never change.

Lord, there are times when I feel far from You but You always see me. Help me to have faith that You are there. Help me to draw near to You so You will draw near to me. Forgive me for pushing my own agenda or allowing other things to take your place. More of You and less of me, please help me with this! Amen

Wednesday, August 2, 2017

Your Rest

Busyness, I'm sure I'm not the only one that struggles with this. Things aren't going to get done on their own you know! People need me and I just can't say no and let them down! I don't want to miss out on anything, I can sleep when I'm dead (which I don't think is really true). These are things I tell myself, but I have been convicted many times on being busy for the kingdom, while ignoring the King. Ouch. God asks us to be still, but He knows it's not something that comes easy so He asks us to rest in Him. He gives us peace, He refuels us, it's the power of His Spirit that gives us strength to keep going. With busyness comes self-sufficiency. There's not much room for Jesus then, is there?

Lord, forgive us for doing things on our own or for even thinking that we don't need You. Life is hard, it's tiring. Please come in and take our anxiety, take our stress, help us to trust You and let it go

Read Psalm 23 a few times through. What key phrases stick out to you? How do you see His desire for us to rest?

Thursday, August 3, 2017

Your Rest

It's crazy to think that God knows EVERYTHING! Everything. It's like in Mrs. Doubtfire when she realizes that her ex-husband has been Mrs. Doubtfire, THE WHOLE TIME. I love Chris Tomlin's line in the song, *Indescribable* that says, "You see the depths of my heart and You love me the same". The fact that He knows is a good thing. We can surrender. We can relax. We can trust better, knowing that He knows what tomorrow brings. He has gone ahead and is with us as we journey through life. It should motivate us to look to Him for direction every day and in every situation since He knows where we need to go and which way to turn.

Right now I am sitting in the middle of the unknown. I have stepped down from my position at Calvary and I'm not sure what is next. I sometimes freak out about this, but I also rest in the fact that God knows! This time in life has caused me to call out on Him more, to draw closer to Him more, and to trust, which is tough for me. I would rather know it all now. He's got us. We put our effort in but He opens doors, brings divine appointments, and is at work in all of our situations. He has such a great view from where He's at. We need to trust that He may just know better.

Read Psalm 139. It's familiar but this time think about how much He knows you and how much He loves you!

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. 1 Timothy 4:8