

MONDAY In Mark 4:35-41

“35 That day when evening came, he said to his disciples, “Let us go over to the other side.” 36 Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. 37 A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. 38 Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?” 39 He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm. 40 He said to his disciples, “Why are you so afraid? Do you still have no faith?” 41 They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

I know that at time many of us may feel like Christ is “asleep” that he doesn’t see how afraid of how much we need. We want to yell Jesus don’t you care about . . . But with Christ we can all become more like John Wesley. We can learn to put our faith and our trust in Jesus.

TUESDAY Joshua 1:9

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

We may all know that when we turn our lives to Christ that helps us through the truly tough times but often we feel we still need to be afraid. As in the scripture earlier Christ tells his disciples to not be afraid? But that is not the only time in fact 25 times he says to them these words, "Do not be afraid." 25 times he tells them, "Do not be afraid." What we sometime lack is not so much the understanding but the how and why of using faith to help us through those fearful or tough times.

WEDNESDAY Psalm 46:2-3

“We will not fear . . . though [the sea’s] waters roar and foam.”

There are times when the storms of life arise, often without warning. These storms can frighten us with their challenges and interrupt our dreams. But, we can find shelter in the arms and protection of God. What comfort to know that God hears our prayers and is working for good in all the circumstances of our lives.

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THURSDAY Isaiah 41:10

“Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

We may all know that when we turn our lives to Christ that helps us through the truly tough times but often we feel we still need to be afraid. We can all use faith, friends and prayer to find the faith to help us through those fearful or tough times.

FRIDAY Isaiah in 43:2

“When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.”

We must believe in Him, and believe He will always be there with us to help us through the storm. Not to keep us from the tribulations of life but to comfort us and be there to make is so we can perhaps even benefit from lives storms.

SATURDAY Joshua 1:9

“Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Just as God commanded Joshua not to be afraid or discouraged, God us at time of difficulty. He can make us grow and have even stronger faith because we will know that the Lord is with us no matter what.

C.A.L.M.

- Care for others
- Associate with others of faith
- Lift your cares to God
- Make a choice to remember, the Lord is near

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