



MOM

STRENGTH CLOTHED IN FAITHFULNESS

7-DAY DEVOTIONAL

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A Note of Encouragement

We all have seasons of life that bring trials accompanied by loneliness, anxiety and exhaustion. And when we move through these seasons, we long for encouraging words to soothe our hearts and minds. We long for hope. Where do we turn for this - family, friends, a wise mentor, internet research? There is a source of truth and wisdom that needs to be the first place we turn. That source is God's Word, the Bible. That's where reliable truth, steadfast encouragement and lasting hope are found for the challenges life brings. As we explore some power-packed passages from Scripture, you may want to memorize some of these. Once they are in your memory bank, they'll be easily recalled for immediate direction, encouragement, and hope.

When We are Lonely, The Lord is Near

Trust

It seems strange in such a connected world that loneliness is so common. You've likely been in a room full of people, and yet, felt lonely. Life's challenges tend to make us feel isolated. It's as though we are destined to face a mountain unnoticed by a world that never stops long enough to see or understand our situation.

IF YOU'RE FEELING THAT WAY TODAY,
YOU NEED TO HEAR THE WORDS OF PHILIPPIANS 4: 4-14.

“ Rejoice in the Lord always; again I will say, rejoice! Let your gentle spirit be known to all men. **The Lord is near.** Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

No matter how difficult your circumstances, you can know that based on Philippians 4, the Lord is near. His nearness and presence will carry you and your family through difficult days. That very nearness is something to cling to because it represents not only a relationship with the God and Creator of all, it represents an assurance that He will guide, provide, and has a plan for you that stretches to eternity.

PSALM 34:18 TELLS US,

“ The Lord is near to the brokenhearted and saves those who are crushed in spirit.

From this verse we not only see that God is near, He says He is near to some very specific people. What a tenderness we see here - God caring for and comforting the brokenhearted and the crushed in spirit by being near to them. What greater ministry could we ask for from the Creator of all things? His personal interaction with those who need Him the most.

Dear Heavenly Father,

Today I need to know and feel your nearness. Even though I feel alone, I trust your word that says you are near. I know you will care for me during this time, that you know my needs and my suffering and that you hold me close with utmost tenderness. Thank you for being so close today.

AMEN.

A Remedy for Anxiety - Prayer

Surrender

Anxiety. It's a natural response to the uncontrollable, and God knows our hearts and minds are prone to worry. Isn't it wonderful that God knows how we think, and He offers us help when we are anxious?

BACK TO PHILIPPIANS 4:4-14, WE HAVE MORE TO LEARN FROM THIS PASSAGE:

“ **Rejoice in the Lord always; again I will say, rejoice! Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.**

How is it that something as simple as prayer could be the antidote to anxiety? When I am anxious, it is typically because I feel out of control. There are things so completely beyond my ability to fix that my heart races and my mind churns.

The circumstance is beyond MY ability to control; it is never beyond GOD'S ability to control. If my thinking can shift from my ability to God's ability, then I have found the antidote to anxiety. With prayer, we cast ourselves into the arms of an all-powerful, all-knowing, all-loving God who understands our weakness and loves us enough to ease the burden of our anxiety.

Dear Heavenly Father,

Today I give you my anxiety and my worries. I pray that in your all-powerful, all-knowing and all-loving ways you will ease my heart and mind, and fill me with your peace.

AMEN.

Grateful at All Times

Grateful

Philippians 4:4-14 also challenges us to be grateful. But how can I be thankful in the midst of uncertainty? First of all, we can be thankful that we worship a God we can trust. God is clearly distinct from man, and the things that make God distinct also make Him trustworthy. These attributes make us stand in awe of God, and they are the very parts of His character that cause us to revere, worship, trust, and praise Him, just as the Psalmist does in Psalm 145:

“ **The Lord is gracious and merciful;
Slow to anger and great in loving kindness.
The Lord is good to all,
And His mercies are over all His works.**

“ **All Your works shall give thanks to You, O Lord,
And Your godly ones shall bless You.
They shall speak of the glory of Your kingdom
And talk of Your power;
To make known to the sons of men Your mighty acts
And the glory of the majesty of Your kingdom.
Your kingdom is an everlasting kingdom,
And Your dominion endures throughout all
generations.**

As we face life's challenges, we turn to our God who is all-powerful, all-knowing and all-loving, and we are thankful that we know Him and He knows us. We can confidently sing these same praises to the Lord as we face the most difficult seasons of our own lives.

Dear Heavenly Father,

Help me put my trust in your steadfast character. You are gracious and merciful. May you be glorified in my life right now, and may my heart be reminded of your goodness and loving kindness. Thank you for who you are and what you are already doing in my circumstances.

AMEN.

Peace in the Storm

Peace

It's exhausting to be caught in persistent worry and anxiety. To break out of that cycle is like a breath of fresh air. It's a good day when we trade in our worry and anxiety for peace.

We see in Philippians 4 that God's peace becomes the guardian of our hearts and minds when we trade in our anxiety.

PHILIPPIANS 4:4-14:

“ **Rejoice in the Lord always; again I will say, rejoice! Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.**

As we cast our anxious thoughts on God, He sees those thoughts, hears our prayers, and intervenes with His peace. And this passage tells us that His peace is not a normal peace - it surpasses our own understanding. God's peace is the only peace we need and the only reliable peace available.

CONSIDER WHAT JESUS SAID ABOUT PEACE.
JOHN 14:27 - 27:

“ **Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.**

JOHN 16:33 - 33:

“ **I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.**

Dear Heavenly Father,

I need Your peace today to guard my heart and mind. I believe that You give Your peace freely, and I am asking for it today. Your ways are so much higher than my own understanding. I pray that I would be able to rest in Your perfect ways.

AMEN.

Hope for Now - The Certainty of God's Love

Assurance

WE ARE ALL FAMILIAR WITH JOHN 3:16,

“ For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

For God so loved the world...for God so loved you...

God's love for mankind was evident in the beginning. God's original design for us at creation was to be in relationship with Him. That original design was broken at the Fall. When sin entered our world, our relationship was broken, and we suddenly found ourselves separated from God with very little recourse. But God's plan was never to let us linger there. He provided a way of redemption where His own Son would pay the due penalty for our sin. This allows us to experience forgiveness for our sin and be seen by God through the lens of Christ's own righteousness. This enables us to live the rest of our lives with renewed purpose and gives us a hope that we will one day be perfectly restored in relationship with God in His Heaven for eternity.

And the good news for us today that still living in a broken world, is that God's love for us is so certain, it can never be severed, not by anything.

ROMANS 8:38-39:

“ For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Dear Heavenly Father,

Thank you that Your love for us is true, trustworthy, and an unbreakable bond.

We need the assurance of Your love today.

Help us bask in and trust in that love You so freely give.

AMEN.

Hope for the Future: The Promise of Eternity

Strength

Eternity is a hard thing to grasp. We are limited in our understanding of eternity because we measure so much by time. The clock face counts the seconds, but in eternity, there will be no counting, there will be no need.

The Bible speaks often of eternal life. John tells us that those who believe in the Son of God can know they have eternal life.

1 JOHN 5:13:

“ I write these things to you who believe in the name of the Son of God that you may know that you have eternal life.

Jesus tells us that He has prepared a place for us in eternity where we will be with Him forever.

JOHN 14:1-3:

“ Let not your hearts be troubled. Believe in God; believe also in me. In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also.

Let the words of Psalm 73:23 be your prayer today....

Dear Heavenly Father,

You have taken hold of my right hand.
With Your counsel You will guide me,
And afterward receive me to glory.
Whom have I in heaven but You?
And besides You, I desire nothing on earth.
My flesh and my heart may fail,
But (you) God are the strength of my heart
and my portion forever.

AMEN.

The Power of Prayer to Change Me

Rejoice

When we think of prayer, most of us view prayer in one of two ways. Either we see prayer as a rote thing we must do to please God, or we view prayer as pleading with God for the things we want. But prayer is more of a conversation with God. It's a time carved out to discuss with God the things that matter most to us and most to Him. Through prayer, we bear our inmost feelings without fear of rejection or exposure, and prayer is more than a laundry list of wishes and desires. In prayer, we open our lives to examination and correction by the God who loves us and created us. God wants to show us the ways that we can grow and become more like Him.

In the Psalms, we see how people poured out their hearts to God. Some were joyful and thanking God for His great provision. Other people had heavy hearts, struggling with the things we all struggle with like fear, shame, loneliness, and defeat. What's so great about the example we have in Psalms is that often, the Holy Spirit would turn the heart of the psalmist to see the grace, love, forgiveness, protection, and hope that God had to offer. Right in the middle of the Psalm!

DAVID'S PRAYER IN PSALM 13 IS A GREAT EXAMPLE OF THIS:

“**How long, Lord? Will you forget me forever?
How long will you hide your face from me?
How long must I wrestle with my thoughts
and day after day have sorrow in my heart?
How long will my enemy triumph over me?
Look on me and answer, Lord my God.
Give light to my eyes, or I will sleep in death,
and my enemy will say, “I have overcome him,”
and my foes will rejoice when I fall.
But I trust in your unfailing love;
my heart rejoices in your salvation.
I will sing the Lord's praise,
for he has been good to me.**

Did you see the transition? David shifts from feeling forgotten to rejoicing in the Lord for his goodness. Did David's circumstances change right then? No. What changed? David's heart changed. That's the power of prayer!

Dear Heavenly Father,

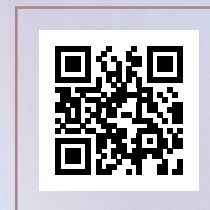
Your servants, Paul and David, teach us to rejoice no matter the circumstances. I admit that is very hard to do. But for today, You have heard my cries and now I rejoice in You. I sing Your praises for You have been good to me in so many ways. I trust in Your unfailing love, and I rejoice in Your salvation.

AMEN.

**We pray this devotional has
been a source of peace and
a gentle reminder of the
Lord's deep love for you.**

Please know that you are seen,
you are valued, and we care for you.
Whether you're looking for a place
to grow, a shoulder to lean on, or
ways to get involved, we would love
to connect with you.

**For a list of our current Chapel
Women's offerings, scan below.**



**Do you have a prayer or care need?
Scan below to see how we can help.**



Questions?

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