

Comfort in the Midst of Uncertain Times

Meditating on the words of God

We have entered a scary and uncertain new reality as a global community. In times like this we long for comfort...but where do we turn? We are all helpless in this together.

Fortunately God is not helpless. And God has substantive comfort to offer...comfort we can trust as it comes from the One who knows us down to the smallest molecules of our being. If you find yourself hyperventilating, why not take a few minutes to reflect on some of these words of comfort?

PREPARE

Find a comfortable position and allow the inner chaos to settle. Be still.

Choose one of the suggested passages to reflect on:

- | | |
|----------------------|-----------------------------------------|
| • Jeremiah 29:11-13 | God's plans are good |
| • Isaiah 43:1-3 | When you pass through the waters |
| • Psalm 131 | Calmed and quieted |
| • Luke 8:22-25 | Jesus Calms the Storm |
| • Psalm 139:7-12 | God's steadfast presence |
| • Luke 12:22-31 | Do not worry |
| • John 10:7-10 | I have come to bring life |
| • Romans 8:35, 38-39 | Nothing can separate us from God's love |
| • Romans 15:13 | Joy and peace |
| • Colossians 3:15-17 | Let peace rule |

Close your eyes. Invite God to speak to you through the Scripture.

1st Reading READ

What word or phrase strikes you? Sit with it trusting God has led you to it.

2nd Reading REFLECT

How is your life touched by the word the Lord has given you?

3rd Reading RESPOND

What is your response to the promise in this passage? Allow this response to flow freely in this time of silence.

4th Reading REST

Simply rest with God now and enjoy God's presence knowing it is God who will enable you to respond to whatever you have heard.

RESOLVE

Resolve to carry this word with you and to live it out in your daily life.