

*Jerusalem will be told: "Don't be afraid.
Dear Zion, don't despair. Your GOD is present among you,
a strong Warrior there to save you. Happy to have you back, he'll calm you
with his love and delight you with his songs.*
Zephaniah 3:17 The Message (MSG)

Prayer Wall

Finding Peace in the Middle of a Storm

I'd like to share with you some things God has patiently been teaching me. These have been challenging and painful things to begin to learn, or re-learn in many cases, but I'm so grateful for the Holy Spirit who convicts, guides, and encourages our spirits.

Do you ever feel:

Your best laid plans are falling apart?

You're empty, worn out, and exhausted?

There are too many hours in the day to meet even half of the demands on your plate?

You aren't _____ enough? (I can fill in the blank with more than one word)

Life is beating you up?

I believe that our feelings reveal what we truly believe. I have noticed in my life that my feelings can help me to identify when the Truth I know about God in my mind has not worked its way deep into my heart. Knowledge is not the same thing as belief. I think that what we believe is generally revealed through our emotions and how we deal with situations.

So, if you can identify with any of those feelings, I'll ask you to consider your answers to these questions:

Where are you placing your hope and trust?

Who is leading or directing your life?

The answer to these questions makes all the difference. As Christians, our hope and trust should be solely focused and firmly rooted in Christ. In Psalms, King David explains this beautifully:

"But the Lord's plans stand firm forever; His intentions can never be shaken. We put our hope in the Lord. He is our help and our shield. In Him our hearts rejoice, for we trust in His holy name.

Let Your unfailing love surround us, Lord, for our hope is in You alone." Psalm 33:11, 20-22 NLT

When life is challenging (Jesus promised us it would be in John 16:33) we need to look to God and His unchanging character, instead of focusing on our circumstances. I love this visual analogy: Image if you were in a ship in the middle of a raging storm and you lost your sense of direction. If you could look to the horizon, that would help you get your bearings. It wouldn't stop the storm, but it would greatly help you weather the storm. When we are in the storms of life and the enemy is trying to confuse us with his lies, we need to look to God in order to focus on what is true. His Word never changes, is alive and speaking to us today, and is a source of hope and encouragement.

One way to know if you are leading your own life or if you are letting God direct your life is to determine if you have a deep sense of peace, because when God is in control, even when the storms of life are raging, we can have a supernatural peace. However, if we try to manage in our own strength and skill, then we will often feel exhausted, defeated, and inadequate. These are all simple truths that I learned growing up as a church kid. But as I suggested earlier, knowledge is not the same as belief and

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situations in my life have brought out different emotions that made it clear to me that I did not deeply believe the truths I had learned so long ago. God still speaks today and when we spend time in His word and in prayer, we will hear from Him, He will guide us, and He will equip us to face each day ahead of us. So if you need more trust, deeper belief, extra strength, or anything else – just take it to God in prayer and I can assure you that time spent in His presence will leave you feeling encouraged and refreshed, even if your circumstances haven't changed.

Here are a few verses when you need encouragement to find peace during a stormful period: Isaiah 55:3, Matthew 11:28-29, John 14:26-27, Zephaniah 3:17.

Lauren Willis, CPFI Board Member
Lexington, KY

2018 Global Missions Health Conference November 8 to 10, 2018

Southeast Christian Church
920 Blakenbaker Parkway
Louisville, KY, 40243

CPFI has partnered with the Global Missions Health Conference and will have an exhibit booth in the main exhibit hall at the church. CPFI will also conduct its fall Board meeting on November 8th and a Meet & Greet for pharmacists and student pharmacists on November 9th. Please join us in Louisville for an exciting conference!

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