

# Peace, BE STILL

## A SEVEN DAY DEVOTIONAL

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It's been more than six months since the world we knew changed so much. 2020, a new decade, started with a joyous celebration, but then the world was hit by a storm that no one had seen before. It started with a force that threatened our health, then it stretched to the economy bringing social, and political challenges. As believers, how should we respond?

Let's look at the story in the Bible where Jesus ordered the storm to calm down. What lessons can we learn?

**DAY 1**

**Mark 4:35**  
**On that day, when evening had come, he said to them, "Let us go across to the other side."**

Jesus was the one who initiated the journey. He didn't say that He was going to take the disciples to a storm. He promised that they would get to the other side.

The Bible is filled with promises for you and me. These promises are destinations that Jesus wants to take us to. However, for each destination, there's an unpredictable journey. When Jesus says that He is going to take us to the other side, can we trust that He will help us on the way?

### PRAYER

Dear Jesus, thank You for the promises that You have given me. Help me to trust You when You say You will take me to the other side, that I will get to the other side. Please search me and reveal the things in my heart that hinder me from trusting You so I can surrender them all to You. Thank You for Your faithfulness.

**Mark 4:36**  
**And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him.**

**DAY 2**

When Jesus promised the disciples that they would get to the other side, it was not just with words. He followed it up by going with them and staying with them throughout the journey.

Isn't it wonderful that we have a God who not only gives us instructions, but One that walks with us through the journey towards His promise? Revelation 1:8 says, He is the Alpha and Omega, the past, present, and future. He knows that the journey towards His promises will be filled with challenges because we live in an imperfect and sinful world. However, with Him at our side, He will help and empower us to overcome those challenges.

### PRAYER

Dear Jesus, thank You for Your faithfulness. You are a God who is not just making empty promises, but One who is walking with me and helping me to reach them. Even when You know that many times I ignore Your presence and do things my way, Your grace and mercy are always with me. As I walk through this journey Lord, help me to see that You are always here with me.

**DAY 3**

**Mark 4:37**  
**And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling.**

Just shortly after they left the shore, the storm came. The storm was so fierce even the disciples, who were experienced fishermen, were afraid. The storm caused the water to come into the boat threatening to sink it. Jesus was there, but instead of turning toward Jesus when the storm started, the disciples chose to panic and act on their own.

When we face storms in our lives, fear and anxiety creep in. In many cases, it is not the storm but the fear that paralyzes us. We need to differentiate what is the storm that we need to deal with and what is the "water" that we need to stop from filling up our hearts so that we don't sink. When we acknowledge that Jesus is present in any situation, we can look to Him first instead of panicking and work with Him in dealing with the storm.

### PRAYER

Dear Jesus, please forgive me that many times I forget that You are here with me. As I am facing the storm of my life, help me to tell the difference between the storm and the water so that I can stop the water (fear, anxiety, worry) from filling up my heart and making me sink. Help me to realize that You are here and despite my shortcomings, You are always here to help and I can always count on You.

**Mark 4:38**  
**But he was in the stern, asleep on the cushion. And they woke him and said to him, "Teacher, do you not care that we are perishing?"**

**DAY 4**

The disciples were in panic mode and they forgot about their experience with Jesus and who Jesus was. Instead of surrendering and asking for help, they blamed Jesus for their circumstances.

When we allow fear and anxiety to overtake us, our natural reaction is to find someone to blame. Normally there are three things that we blame: others, God and ourselves. Instead of passing the blame, can we rejoice in the fact that Jesus is here with us? The Almighty, Waymaker, Miracle Worker, Promise Keeper, God is present in our lives and our situations. Even when we feel that He is sleeping or distant, He is near and He cares for us.

### PRAYER

Dear Jesus, help me to stop blaming people, circumstances, You, or even myself for the situations that happen in my life because blaming will not solve anything. Help me to have the right perspective and to know that acknowledging Your presence and working with You is the key to overcome any situations that I am in. I can do all things through Christ who strengthens me.

## DAY 5

Mark 4:39

And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm.

Jesus was sleeping in the midst of a wild storm. How could He do that? We can see that He has an innate peace, it is not affected by the circumstances. When He woke up, He spoke "Peace! Be still!" which was a statement of the condition of His heart. What we can learn from this is that faith is an alignment of our heart, our mind, and our actions.

Many times we can say the right things, but our heart and mind say otherwise. So how can we have this alignment? From all the devotions leading to this day. We learn how crucial it is to:

1. Realize the presence of Jesus in our lives and
2. Know how powerful Jesus is (He is God). These two foundational truths help to bring peace into our hearts, which will translate into our actions. As a result, we will be able to speak life and encouragement, rather than fear.

### MY PRAYER TODAY

Dear Jesus, thank You for Your peace. I realize that I cannot separate peace from Your presence. You are my peace, You are the solid rock on which I stand. That peace enables me to face and overcome any storm in my life. I will dwell in Your presence every day and declare Your peace over my life, my family, and my community.

## DAY 7

Mark 4:41

And they were filled with great fear and said to one another, "Who then is this, that even the wind and the sea obey him?"

Through overcoming the storm, the disciples got another opportunity to know the greatness of Jesus. He is the way, the truth, and the life, He is our Deliverer, Protector, Provider. Jesus never promises a life without a storm but He promises that He is with us despite our faults and weaknesses. When we allow Him to dwell in us (let Him stay in our boat) and be Lord over our lives, He will guide us as we navigate through the storm and will help us reach the other side.

### MY PRAYER TODAY

Dear Jesus, thank You for being willing to dwell in my life and for helping me navigate through the storm. I know I can live through this life with joy and peace because as I journey through the storm, I can experience more of Your presence and Your greatness. Thank You for being patient with me and for loving me as I am. Your promises are yes and amen. I will trust in Your promises and walk with You through the journey. My life will be a testimony of Your greatness and love.

Mark 4:40

He said to them, "Why are you so afraid? Have you still no faith?"

## DAY 6

Jesus rebuked the disciples not for their inability to face the storm but for their unbelief in who Jesus was. The disciples walked with Jesus for some time. They heard His teachings and saw the miracles He performed, yet they still failed to know who He was.

God has given us many blessings through many things that happen in our lives. Many of those we have taken for granted. The air that we breathe, our health, friends, family and many other things. If we take time to recognize it, we can make a list of things that we can be thankful for, even miracles that God has performed in our lives. When we intentionally focus on those, we will grow our faith in Jesus and when the storm comes, although unexpected, we will not be caught off guard and will have faith to deal with it.

### MY PRAYER TODAY

Dear Jesus, I am so grateful for all the blessings and miracles that I have experienced in my life. Help me to recognize them and to live a life of thanksgiving. And help me to understand that my thanksgiving actually helps me to realize how great You are so that my faith will grow as I know you better.

Jesus loves You and He understands the fear and anxiety that you are facing at this moment.

When He faced His crucifixion, Jesus too experienced anxiety (Luke 22:4 described that He was sweating blood). He died and rose again so that we can have a new life with Him.

If you've never allowed Him to be part of life, I invite you to pray this prayer "Lord Jesus, thank you for Your life. Thank You for dying for my sins. I receive Your forgiveness and invite You to be the Lord over my life. Thank You for always being with me no matter what I face. In Jesus' Name, I pray, Amen".