

Comfort In Uncertain Times.

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During the pandemic, so much has changed from our normal life. In times of uncertainty, we long for inner peace and comfort.

God has deep comfort to give, comfort we can trust as it comes from the One who knows us down to the smallest cell of our body. Consider taking a few minutes to meditate on a few of these words of comfort.

PREPARE

Find a comfortable place and sitting position and take a few moments to let your inner feelings settle. Be still.

Choose one of the following passages to reflect on (they are written out on the attached page)

Jeremiah 29:11-13	God's plans are good
Isaiah 43:1-3	When you pass through the waters
Luke 8:22-25	Jesus calms the storm
Psalms 139:7-12	God's steadfast presence
John 10:7-10	I have come to bring life
Romans 8:35, 38-39	Nothing can separate us from God's love

Ask God to speak to you through the Scripture.

READ

Read the passage four times, stopping after each time to consider a question.

1st Reading - Read

What word or phrase strikes you? Meditate and remember that phrase.

2nd Reading - Reflect

How is your life touched by the word that struck you in the 1st reading?

3rd Reading - Respond

What is your response to the promise in this passage?

4th Reading - Rest

Simply rest and enjoy God's promise for you.

RESOLVE

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

Jeremiah 29:11-13

¹¹ For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. ¹² Then you will call on me and come and pray to me, and I will listen to you. ¹³ You will seek me and find me when you seek me with all your heart.

Isaiah 43:1-3

But now, this is what the LORD says—

he who created you, Jacob, he who formed you, Israel:

"Do not fear, for I have redeemed you;

I have summoned you by name; you are mine.

² When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you.

When you walk through the fire, you will not be burned;

the flames will not set you ablaze.

³ For I am the LORD your God, the Holy One of Israel, your Savior;

Luke 8:22-25

²² One day Jesus said to his disciples, "Let us go over to the other side of the lake." So they got into a boat and set out. ²³ As they sailed, he fell asleep. A squall came down on the lake, so that the boat was being swamped, and they were in great danger.

²⁴ The disciples went and woke him, saying, "Master, Master, we're going to drown!"

He got up and rebuked the wind and the raging waters; the storm subsided, and all was calm. ²⁵ "Where is your faith?" he asked his disciples. In fear and amazement they asked one another, "Who is this? He commands even the winds and the water, and they obey him."

Psalm 139:7-12

⁷ Where can I go from your Spirit?

Where can I flee from your presence?

⁸ If I go up to the heavens, you are there;

if I make my bed in the depths, you are there.

⁹ If I rise on the wings of the dawn,

if I settle on the far side of the sea,

¹⁰ even there your hand will guide me,

your right hand will hold me fast.

¹¹ If I say, "Surely the darkness will hide me

and the light become night around me,"

¹² even the darkness will not be dark to you;

the night will shine like the day,

for darkness is as light to you.

John 10:7-10

⁷ Therefore Jesus said again, "Very truly I tell you, I am the gate for the sheep. ⁸ All who have come before me are thieves and robbers, but the sheep have not listened to them. ⁹ I am the gate; whoever enters through me will be saved.^[a] They will come in and go out, and find pasture. ¹⁰ The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Romans 8:35, 38-39

³⁵ Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?

³⁸ For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹ neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.