



# Devotional #1

TRUE REST IN THE GOD WHO HELPS

**Read: Psalm 121; Matthew 8:23-27**

Last night I had a dream where I was gliding through still waters—my soul basking in the warmth of cool and calm serenity. With a coffee in one hand and a pen in another, I paddled through the pages of my journal, allowing my ink to brim over with faith and gratitude. My mind was clear, and my heart was full. *God is good.*

And then my alarm went off, blaring jarred notes that shook my soul. I opened my bleary eyes and began treading water. Ticking off deadlines, paying bills, making decisions, and avoiding the unsolved argument from the night before. As waters rose, I tread faster, anxiously propping up my many idols in order to keep them dry. *Too many burdens, not enough hands.*

In a moment of weakness, I lost my grip and was swept out into deep waters. Coughing and spluttering, I cried out for help. *God, wake up! Can't you see that I'm going to drown?* With no choice but to surrender to the current's flow, I stopped treading and let go of my idols which sunk to the bottom of the ocean floor. With renewed buoyancy, my body glided towards the foot of a large and sturdy mountain. Relieved, I lifted my stinging eyes to look upon the majesty of my Maker.

When storms come, the temptation is to turn to idols for safety and security—and yet over the years, I have learned that nothing in creation can calm our fears or grant us true rest. It's why the Psalmist in Psalm 121 identifies that it is the Maker—not the mountain—who has the power to help. In Matthew 8, the disciples got to see first-hand, the power of Jesus over the waves of life. Stuck on a boat during a furious storm, the disciples panicked and begged their Master to save them. They had seen Jesus perform many wondrous miracles, and yet in their fear of drowning they wavered in their faith.

As the disciples were consumed by fear, Jesus wakes up from his nap to bring order to the chaos. Immediately the howling winds were silenced, the roaring waters calmed, and the boat filled with faith and awe. *Who is this man who can control and calm our fears?* In this season of uncertainty, where our first-world idols of health and wealth have proven to be flimsy, I have been forced to seek solace in the power of my Maker. I have learned that even if I stop working, the world is sustained by a Helper who does not slumber. Even if I stop treading water, faith promises that we will remain afloat. *I need not be afraid.*

As people who belong to Jesus, we need not fear the storms of life. We belong to the One who will protect us from all harm for he has conquered the wind and wave of death itself. At the cross, Jesus bore the penalty for our sin to remove death's sting. This means, that even if we find ourselves wading in deep waters, we can tell our frantic souls to rest in our Maker and Helper who is with us and for us—both now and forevermore.





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## Verses for Meditation

- Joshua 1:9
- Romans 8:31-32

## Reflection Questions

- When you're faced with the 'storms' of life, who or what do you instinctively turn to for safety and security?
- How has Jesus demonstrated his power over the storms of life and his willingness to help you? Give specific examples.
- What would it look like to respond in faith and not fear in current circumstances?

## Prayer

Praise God for his power and sovereignty as our Helper and Maker. Praise him for being a God who is attentive to our needs even in the storms of life. Confess any idols that you are currently depending on for safety and security. Ask God to help you surrender these idols and to respond to current challenges with faith and not fear. Praise God that because of the resurrection-death has lost its sting and that regardless of current circumstances, we have a hope for today and beyond the grave.

