

# God's Calm

## in the Struggle and Trouble

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### THREAD

The BIG surprise for many of us is that God WANTS us to experience HIS calm.

**Guilt and Shame** – the 4-year-old twins that won't be quiet.  
**Conflict and Trouble** – that we haven't resolved.  
**Worry and Concern** – current and future.  
**Aspirations**

### WORRY AND CONCERN

*“For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. God sent his Son into the world not to judge the world, but to save the world through him.”*

**John 3:16-17 NLT**

### THE GOOD SHEPHERD

*“I am the good shepherd. The good shepherd sacrifices his life for the sheep. A hired hand will run when he sees a wolf coming. He will abandon the sheep because they don't belong to him and he isn't their shepherd. And so the wolf attacks them and scatters the flock. The hired hand runs away because he's working only for the money and doesn't really care about the sheep. “I am the good shepherd; I know my own sheep, and they know me, just as my Father knows me and I know the Father. So I sacrifice my life for the sheep.”*

**John 10:11-15 NLT**

*“The Lord is my shepherd, I lack nothing. He **makes** me lie down in green pastures, he **leads** me beside quiet waters, he refreshes my soul. He **guides** me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.”* **Psalm 23 NIV**

**We carry the tension of the risk for things that are not resolved.**

*“Lord, don't trouble yourself by coming to my home, for I am not worthy of such an honor. I am not even worthy to come and meet you. Just say the word from where you are, and my servant will be healed. I know this because I am under the authority of my superior officers, and I have authority over my soldiers. I only need to say, ‘Go,’ and they go, or ‘Come,’ and they come. And if I say to my slaves, ‘Do this,’ they do it.”*  
*When Jesus heard this, he was amazed. Turning to the crowd that was following him, he said, “I tell you, I haven't seen faith like this in all Israel!” And when the officer's friends returned to his house, they found the slave completely healed.”*

**Luke 7:6-10 NLT**

*“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all*

*your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."*

**Matthew 6:25-33 NIV**

*"Worry weighs a person down; an encouraging word cheers a person up."*

**Proverbs 12:25 NLT**

*"Give all your worries and cares to God, for he cares about you."* **1 Peter 5:7 NLT**

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