

insomnia

Week One Devotion

What keeps a lot of us up at night is fear—of being alone, of losing a job, of not having enough money, of our kids not doing well. Whatever your worst fear is, God understands it - and if you'll let Him, he can help you overcome it.

Read Mark 4:35-41. The disciples were filled with fear, because they didn't realize the Son of God was right by their side. When fears arise in your own life, what is your reaction—do you trust that God will carry you through the storm, or do you assume you're going to drown? Why?

Tim talked about how we're either in a storm, coming out of one, or going into one, because storms are a normal and even necessary part of our growing process. Where on that spectrum do you see yourself right now? How do you feel about it?

Read James 1:12. What if, when we encountered a storm, instead of praying for God to take it away, we asked him what he wants to teach us through it? How can that storm be used in your life to teach you about trust, perseverance, and prayer?

There is a direct connection between your level of fear and your level of trust in God. Oftentimes, what you fear the most is where you trust God the least. What are a couple practical steps you can take this week to start trusting God and handing over your worries and cares to him?

1)

2)

Challenge:

This week, focus on the things you can control. If you're worried about your health, take steps to eat right and exercise. If you're afraid of losing your marriage, go to counseling or read a book together. Take steps to control what you can, and then leave the rest to God.

Commit to Memory:

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