



Peace in the Tangles

**Finding Hope When It Feels Like Your World Is Twisting
and Tangling**

Karen S. Roberts

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For all who seek peace in a tangled and chaotic world.
Peace awaits you in the tangles.

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Foreword

Throughout the weeks, I've noticed a spike in the number of people visiting my blog and reading the posts focused upon depression, trouble, hope, and prayer.

I adapted some of my posts and Bible study helps to form this short piece.

Additional Scriptures to consider are included at the end of the first four chapters. The last two chapters apply the Scriptures as prayer.

May the Lord reveal Himself to you in a powerful way as you lean into Him and listen to His loving guidance.

The LORD bless you and keep you;
The LORD make His face shine upon you,
And be gracious to you;
The LORD lift up His countenance upon you,
And give you peace." [Numbers 6:24-26](#)

May the grace and peace of our Lord Jesus Christ fill your hearts and minds to overflowing.

Karen Roberts

Our Amazing God

7 Remarkable Insights About God

Checklists for the week: groceries, work, school, chores, dentist, music lessons, soccer, homework, dinners. Oh, and Bible study. Lord, help me make it through this week!

We have checklists for work, for home, and for the grocery store.

Have you ever made a checklist of God's attributes and then reviewed them with Him?

The list could go on and on couldn't it? What if you were to choose seven aspects of God and talk them over with Him? That's what David did in Psalm 139.

The Checklist

1. "O Lord, You have searched me and known me!" [Psalm 139:1](#) David is speaking to Yēhovah, the proper name of God which is not even pronounced. "I AM" knows David. He knows you. He knows your actions, your thoughts, your words, and your paths. He knows them before you know them. He even knows the number of hairs on your head! This knowledge that He has of you is higher and deeper than what you can imagine. He knows you intimately, and He takes action. **He knows your circumstances. He knows that you're anxious and fearful about the future.**
2. "You hem me in, behind and before, and lay your hand upon me." [Psalm 139:5](#) God knows you and protects you. Protects you from yourself AND from others. **God protects His children. His plans for you and your family are good.**
3. "Where shall I go from your Spirit? Or where shall I flee from your presence?" [Psalm 139:7](#) God is always present with you. It does not matter where you go; He is with you. If you go where you should not, He is with you. If you go in the right direction, He is with you. Moreover, His hand holds you ... in the good and in the bad. **In the bad and the good. God will never leave you or forsake you.**

4. “Even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you.” [Psalm 139:12](#) God is light, and He lights the way for you. His light will lead you out of the darkness. **Watch for God’s guidance. He will light the way for you.**
5. “For you formed my inward parts; you knitted me together in my mother’s womb.” [Psalm 139:13](#) God created you with loving intricacy. Imagine your body and your mind. **Your body has the capacity to heal.** Your body has parts that you do not even understand. You are able to think, to laugh, to cry, to touch God. All because the Lord lovingly formed you. Praise the Lord!
6. “How precious to me are your thoughts, O God! How vast is the sum of them!” [Psalm 139:17](#) God loves you so much that He is always thinking of you. You might love someone and think of that person often, but God is thinking of you ALL the time! **God is thinking about you all the time, and He has plans for you, and they are good.**
7. “Oh that you would slay the wicked, O God! O men of blood, depart from me!” [Psalm 139:19](#) God does have enemies, people who hate Him. We do not understand how people could hate God, and we want God to take action. He will in His perfect timing. **God hates wickedness and disease. Nothing is too hard for God.**

Pray Psalm 139

Search me, O God, and know my heart! Try me and know my thoughts!
And see if there be any grievous way in me, and lead me in the way
everlasting! [Psalm 139:23-24](#)

Meditating upon the nature of God and the response of others to our loving Creator causes us to ask Him to remove anything in our lives that might grieve Him and to ask Him to lead us, so that we will be with Him forever.

What if you were to meditate upon Psalm 139 this week and make it your own by reading one verse and talking to God about how it relates to your life today and then another and another?

Many Christians have prayer journals of requests and praises that serve as checklists on what to request in prayer and how to thank God. But what if we were to start our prayers focusing upon one or two attributes of God before we start the

requests? Would our prayers change?

My Prayer

Almighty God and Glorious Father, You are holy and righteous, higher and deeper than we could ever understand. We praise You and honor You for who You are in all Your Majesty. Search us and purge any wicked thing out of our lives and take us by the right hand and lead us in Your way. We love You and want to glorify You. Amen

Jesus Loves You

Frustrated because you can't seem to be the kind of person that you want to be?

Although you get up in the morning and you tell yourself that you will be kind, not offend, and have a great outlook, you slip up before you get out the door, especially in this season of uncertainty. It seems like the world is getting more tangled than ever.

You tell yourself, "I'm never going to be comfortable again. No one knows what I'm going through, and no one cares. I've failed my family, my church, and my creditors."

There is someone who cares deeply. In fact, He loves you. Jesus loves you.

All of us have sinned, fallen short of God's requirements. That's you and me. We're all failures.

The consequences of that sin is death and separation from God forever--hell. But God, in all His glory, loved you and me so much that He sent His Son, Jesus, into the world.

Jesus shed the glory that He had in heaven with God to enter the world as a baby, born to a poor virgin and a carpenter who was engaged to her. Jesus walked the countryside proclaiming "the kingdom of heaven is at hand." He taught the people, healed all who came to Him, raised the dead, and performed miracles. Jesus showed the people God in the flesh. He lived His life serving others and loving others.

No greater love has a man than to lay His life down for others. That is what Jesus did for you. He who never sinned became sin, your sin, and the sin of the entire world. He paid the price we owed, death.

Jesus was the Perfect Sacrifice.

Jesus, the Perfect Sacrifice, died on the cross.

Jesus, the Perfect Sacrifice, lay three days in the tomb because of our sins.

Jesus, the Perfect Sacrifice, rose from the dead, conquering death after three days.

Jesus, the Perfect Sacrifice, **LIVES!**

Jesus, the Perfect Sacrifice, **carried** His blood into the heavenly Holy of Holies and sprinkled His blood.

Jesus, the Perfect Sacrifice, **made** the way into the Holy of Holies through the veil, His torn flesh.

Jesus, the Perfect Sacrifice, **paid** the price for our sins.

Jesus, the Perfect Sacrifice, now **sits** at the right hand of the Majesty in the heavens and **serves** as our High Priest.

Jesus, the Perfect Sacrifice, is the **Superior High Priest**.

Jesus, the Perfect Sacrifice, **speaks** to the Father on our behalf.

Jesus, the Perfect Sacrifice, **LIVES!**

Jesus, Perfect Sacrifice, has **given** us new life, eternal life!

Jesus, Perfect Sacrifice, **loves** you.

If you would like to know this Perfect Sacrifice, you can - today.

The Bible tells us that while we were sinners, Jesus died for us, and this demonstrated God's love for us, [Romans 5:8](#). Why was it necessary for Jesus to sacrifice His life for us? [Romans 6:23](#) tells us, "the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."

What you must do

Confess with your mouth that Jesus is Lord of your life and believe in your heart that God raised Jesus from the dead, [Romans 10:9](#). Pray this prayer with me.

Jesus, forgive me of all my sins. Thank You for taking my sins upon Yourself on the cross. You paid the price I owed by dying on the cross. You were buried, and You rose from the dead three days later. Thank You! I turn from my sins now and want to follow You and make You Lord of my life. Help me, Jesus. Thank You for blessing me and guiding me. In Your name, I pray, Amen.

If you have confessed Jesus as Lord, and you believe that God raised Jesus from the dead, then you have an amazing adventure ahead of you. [Romans 12:1](#) tells us that we need to present our bodies to God as a living sacrifice, holy and acceptable as our service to Him.

Tips for moving forward

- **Find** a Bible teaching church, a church that teaches word-by-word from the books of the Bible.
 - Attend church regularly **after the lockdown**.

- Join a Bible study group in that church **after the lockdown**.
- **Read** your Bible every day.
 - Before you read, pray that the Holy Spirit will teach you what you need to know from that Scripture.
 - Ask yourself what you learn about God from that Scripture.
 - Ask yourself what you learn about yourself from that Scripture.
 - Ask yourself how you can apply what you have learned to your life today.
- **Pray** for a mature Christian to mentor/disciple you.
- **Thank** God for what He is doing in your life.
- **Watch** God work.

My Prayer

Father in heaven, thank You for Your great love for Your created ones. Thank You, Jesus, for becoming the Perfect Sacrifice and creating the way to new and eternal life in You. We praise You and honor You. In Your name, we pray, Amen.

If you prayed the prayer to accept Jesus into your life, please email me at Karen@PossessHisPromises.com to let me know, and I will pray for you.

Scriptures to Consider

Take the next five days to consider Scripture.

Day 1

Pray that the Holy Spirit would teach you what He would have you to learn today. Read Mark 8:34-35 in the morning and read it at night

And He summoned the crowd with His disciples, and said to them, “If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me. For whoever wishes to save his life will lose it, but whoever loses his life for My sake and the gospel’s will save it.” Mark 8:34-35

What does it mean to deny yourself? What does it mean to take up your cross and follow Jesus?

What do you learn about Jesus in this Scripture?

How can you apply this to your life?

Day 2

Pray that the Holy Spirit would teach you what He would have you to learn today. Read Matthew 22:37-40 in the morning and read it at night.

And He said to him, “‘YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.’ This is the great and foremost commandment. The second is like it, ‘YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.’ On these two commandments depend the

whole Law and the Prophets.” Matthew 22:37-40

What do you learn about God from this Scripture?

What does God want us to do?

How can you apply this to your life?

Day 3

Pray that the Holy Spirit would teach you what He would have you to learn today. Read Matthew 22:37-40 again in the morning and read it at night.

And He said to him, “**YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.**’ This is the great and foremost commandment. The second is like it, ‘**YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.**’ On these two commandments depend the whole Law and the Prophets.” Matthew 22:37-40

Does God ask us to feel loving towards Him or towards our neighbor? What if we don’t feel like loving our neighbor?

Jesus came to fulfill the Law. How does Mark 8:34-35 relate to these Scriptures?

How can you apply this to your life?

Day 4

Pray that the Holy Spirit would teach you what He would have you to learn today. Read Luke 10:27-37 in the morning and read it at night.

“YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR STRENGTH, AND WITH ALL YOUR MIND; AND YOUR NEIGHBOR AS YOURSELF.” Luke 10:27

Who loved his neighbor and why? Did the Scripture indicate that he felt love?

What did it cost the Samaritan? Did the Samaritan think about the cost? Who was the Samaritan focused on?

How can you apply this to your life?

Day 5

Pray that the Holy Spirit would teach you what He would have you to learn today. Read John 3:16 in the morning and read it at night.

“For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life. John 3:16

What did it cost God to love the world?

Who was God focused on? Did God grumble about His sacrifice? What does this tell you about God?

How can you apply this to your life?

Additional Scriptures:

Deuteronomy 9:10

Ezekiel 28:25; 36:28

Romans 5:8

2 Corinthians 5:5-18

Galatians 1:4; 2:20

Ephesians 5:2

Revelation 1:1

Ephesians 2:4-10

But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved), and raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus, so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, so that no one may boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

Redirected Disappointment

Are You in the Cave of Despair?

I cry out to God Most High,
to God, who vindicates me.
He sends from heaven and saves me,
rebuking those who hotly pursue me—
God sends forth his love and his faithfulness.
I am in the midst of lions;
I am forced to dwell among ravenous beasts—
men whose teeth are spears and arrows,
whose tongues are sharp swords. [Psalm 57:2-4](#)

This Psalm may represent David's anguish when he found a cave in Abdullam to hide from the king of Achish in Gath. [1 Samuel 22](#)

Desperate to get away from Saul, David fled to Gath, a key Philistine city, enemy territory. The Philistines recognized him; he pretended to be insane, and he fled to the cave. In all likelihood, Saul's rage against David extended to his family, and they joined him in the cave.

Huddled in the cave, David talks with God and states the facts in the first verses of the Psalm.

1. God **vindicates** him.
2. God **saves** him.
3. God **rebukes** those who pursue him.
4. David lives among his enemies.
5. David's enemies speak fierce words against him.

David turns his thoughts from his enemies to God.

Be exalted above the heavens, O God;
Let Your glory be above all the earth. [Psalm 57:5](#)

Back to his problems. He's in the pit, the cave. Selah may mean a pause, a crescendo, or a musical interlude. In this Psalm, it is a turning point.

They have prepared a net for my steps;
My soul is bowed down;
They dug a pit before me;
They themselves have fallen into the midst of it. Selah. [Psalm 57:6](#)

David turns his thoughts from his problems to God and determines what he will do.

My heart is steadfast, O God, my heart is steadfast;
I will sing, yes, I will sing praises!
Awake, my glory!
Awake, harp and lyre!
I will awaken the dawn.
I will give thanks to You, O Lord, among the peoples;
I will sing praises to You among the nations.
For Your lovingkindness is great to the heavens
And Your truth to the clouds.
Be exalted above the heavens, O God;
Let Your glory be above all the earth.

David Chose to Take Action

David has will-power. In the middle of problems, it's not easy to do what he chose to do.

1. He will **keep** his heart steadfast.
2. He will **sing** praises.
3. He will **awake** the dawn.
4. He will **give** thanks.
5. He will **sing** praises again.

Why will David take these actions?

1. God's lovingkindness is great to the heavens.
2. God's truth is great to the clouds.

David's Prayer Steps

Whether it's sickness, quarantine, isolation, finances, jobless or work issues, marriage problems, a prodigal, this is a psalm to turn to. David found the prayer steps to take.

1. He **cried out** to God and acknowledged God's faithfulness.
2. He **stated** the problem.
3. He **turned** his thoughts on God's works.
4. He **exalted** God.
5. He **stated** his problem again.
6. He **decided** to sing praises and give thanks to God.
7. He **exalted** God.

**Fleeing the king of Gath.
Running from Saul.
Huddling in a cave with his family.
Singing praise to God.
David ... a man after God's own heart.**

Cry out to God right now. He is faithful. He is our great Provider and Healer. Turn your eyes to Him.

My Prayer

Father in heaven, You are faithful, Your lovingkindness is great to the heavens. Thank You that You listen to our heart's cry and that You provide all we need; You heal our marriages, our families, our relationships and our diseases. That's why in the midst of our troubles we can sing praises to You. You are in control and have already worked out things in our best interests. Be exalted above the heavens, O God. Let Your glory be above all the earth.

The Value of Memorials

We observe, we talk, and we remember. We remember what was done, what was said, and what happened.

How we choose to view our past informs our future. We can sit down and frown. We can talk about how life isn't fair.

We can wonder, "Why is this happening?"

We can comfort one another and recount all that we learned from the bad, and all the blessings that have been poured out upon us.

America creates memorials to remember the great sacrifices of our military men and women and the great works of past leaders like Martin Luther King, Jr. and Abraham Lincoln.

In the tangle of the Coronavirus, the world is creating memorials to remember how people came together digitally to bring smiles, to honor healthcare workers, first responders, grocery store clerks, and many others.

I like to remember my milestones and celebrate how God has used those milestones for good.

We have memorials throughout my house. We have a mezuzah on our front doorpost to remind us we to love the Lord our God with all our heart, mind, soul, and strength. We also have a cross by the front door. We have Christian paintings and works of art throughout our home.

How about you?

4 Reasons to Create Memorials in Your Home

Then Joshua called the twelve men whom he had appointed from the children of Israel, one man from every tribe; and Joshua said to them: "Cross over before the ark of the LORD your God into the midst of the Jordan, and each one of you take up a stone on his shoulder, according to the number of the tribes of the children of Israel, that this may be a sign among you when your children ask in time to come, saying, 'What do these stones [mean] to you?'" [Joshua 4:4-6](#)

The Israelites were about to take Jericho, but first, they had to cross the Jordan River. God parted the river, and about 40,000 men crossed the river on dry land.

Impossible! With God, all things are possible.

Something to tell their children about in addition to God providing manna from heaven and water from a rock.

So, they set up a memorial - 12 stones from the middle of the river.

1. Memorials **remind** God's people how He has worked in their lives. In addition to the stone memorial by the Jordan River, God established the [Passover Feast as a memorial](#) to remind the Israelites how He brought them out of slavery and Egypt.
2. Memorials **prompt** children and others to ask what they mean - a teaching tool - a curiosity prompter, [Joshua 4:6](#)
3. Memorials **worship** and **honor** Jesus. Wherever the Gospel is preached, Jesus promises that His anointing for burial by the woman in Simon the leper's home will be told. [Mark 4:9](#)
Jesus established a memorial celebrating His great sacrifice on the cross.
“And He took bread, gave thanks and broke it, and gave it to them, saying, “This is My body which is given for you; do this in remembrance of Me.”
[Luke 22:19](#)
4. Memorials **honor** God. Our prayers and gifts become memorials before God, [Acts 10:4](#). When I notice the mezuzah on our doorsill, I pause and put my hand on it and recite the verse. Could that honor God?

My Prayer

Our dear Father in heaven, we honor You and thank You for all that You have done in our lives. Show us how to memorialize Your works, so that they will prompt us to pause and remember what You have done. Cause our memorials to create curiosity in our children, grandchildren, and visitors, so that they ask what they mean. We love You, Lord, and thank You for working all things for good for those who love You and are called according to Your purpose, whether we perceive them to be bad or good. Help us train our minds to ask what we have to learn from our experiences and to choose to look at all things as ways we can grow in our relationship with You. In Jesus' name, we pray, Amen.

Scriptures to Consider

Day 1

Pray that the Holy Spirit will teach you what He wants you to learn today. Read Psalm 46 in the morning and read it at night.

God is our refuge and strength, a very present help in time of need. ... The LORD of hosts is with us; the God of Jacob is our refuge.

What do you notice about God?

What is man/woman commanded to do?

How can you apply this to your life?

Day 2

Pray that the Holy Spirit will teach you what He wants you to learn today. Read Psalm 42 in the morning and read it at night.

Jesus said, “Blessed are they that do hunger and thirst after righteousness, for they shall be filled.” Matthew 5:6

What do you notice about the Psalmist?

What do you notice about God?

How can you apply this to your life?

Day 3

Pray that the Holy Spirit will teach you what He wants you to learn today. Read Psalm 43 in the morning and read it at night.

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. Hebrews 12:1-2

What do you notice about the Psalmist?

What do you notice about God?

How can you apply this to your life?

Day 4

Pray that the Holy Spirit will teach you what He wants you to learn today. Read Romans 8:18-38 in the morning and read it at night.

He will wipe away every tear from their eyes; and there will no longer be any death; there will no longer be any mourning, or crying, or pain; the first things have passed away. Revelation 21:4

What do you notice about the Christian?

What do you notice about God and Jesus?

How can you apply this to your life?

Day 5

Pray that the Holy Spirit will teach you what He wants you to learn today. Read Philippians 4:4-8 in the morning and read it at night.

Be glad in the Lord and rejoice, you righteous ones;
And shout for joy, all you who are upright in heart. Psalm 32:11

What are you asked to do?

What is the promise?

How can you apply this to your life?

Additional Scriptures

Psalm 32:10; 37:23-24; 40:1-3; 10

Isaiah 41:10

John 16:33

2 Corinthians 1:3-4

1 Peter 5:6-7

1 Peter 4:12-13

Isaiah 40:28-31

Do you not know? Have you not heard?
The Everlasting God, the Lord, the Creator of the ends of the earth
Does not become weary or tired.
His understanding is inscrutable.
He gives strength to the weary,
And to him who lacks might He increases power.
Though youths grow weary and tired,
And vigorous young men stumble badly,
Yet those who wait for the Lord
Will gain new strength;
They will mount up with wings like eagles,
They will run and not get tired,
They will walk and not become weary.

Defeated Worry and Fear

Worried About Today and Tomorrow?

“You drove 30 minutes away to get food? You couldn’t find eggs? I have plenty; I can share. Do you have toilet paper, enough cleaning supplies, enough food; are you stocked up?”

My daughter and I have never talked about trouble finding eggs and sharing what we have with each other. We’ve never asked each other if she had toilet paper, cleaning supplies, and food. But that was our conversation this afternoon.

Last week’s trips to the grocery store were shocking. This is not the cleanser or toilet paper aisle, this is the pasta, canned food, and staples aisle.

Pandemic. Lockdown mode. Scarcity. Uncertainty. Loss of finances. Loss of health. Loss of life.

Are you worried about tomorrow?

Israel knew the hardships of scarcity and isolation, and in the time of Jesus, they were working hard to provide for themselves. In [Matthew 6:21](#), we read that Jesus said that where your treasure is, there will be your heart. In these unfamiliar times, we’re focused on gathering supplies and keeping away from others who might be infected.

Jesus says, “But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?” [Matthew 6:30](#)

**Worried about the things that won’t last,
like toilet paper, eggs, and pasta.**

One day in the 1800s, [George Muller](#) stood before the children in his orphanage and thanked God for the food that He would provide for them. There was no food in the orphanage, but Muller knew that God would provide.

Knock, knock. God had awakened the baker that morning at 2:00 a.m. to start baking bread for the children.

Another knock. The milk truck broke down right in front of the orphanage, and

the milkman offered all the milk on the truck to the children.

God provides for His children

“Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’” [Matthew 6:31](#)

Jesus has everything under control. Yes, we are to be wise and follow the guidelines, for our bodies are the [temple of the Holy Spirit](#), and we must take care of our bodies and the bodies of others.

“But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.” [Matthew 6:33-34](#)

Like George Muller, we know that we must feed our bodies and take care of our bodies, but we are privileged to have God as our sufficiency.

What if we were to begin thanking God for His provision, His healing, and His work in us and through us? What if we asked God to show us what we can learn from this situation?

God loves you, and His plans for you are good. He is working in you and writing His story through you. It’s a story of love and hope.

It is well with my soul.

Is it well with your soul?

My Prayer

Father, thank You for how You are revealing Your story of love, hope, and salvation to the world. As we face scarcity, disease, and uncertain times, spur us to seek Your face first. Pour out Your wisdom on the world’s leaders, physicians, and healthcare workers as they tend to the sick. Abundantly supply Your people with Your perfect wisdom and Your amazing love. Help us be a light to the world, a light that points to You and Your love and provision. In Jesus’ name we pray, Amen.

Fear Flight

Do you ever wonder where you are going? Have you been driving down the highway and talking on the phone – hands-free of course – and you missed your off-ramp? Go ahead, admit it. I’ve driven past my exit and gone a mile or so before I even noticed!

In the first weeks of the quarantine, my husband, Keith, and I lined up outside the grocery store, and we planned which aisles we would go down, so that we could find those things we needed most, but we would be so focused on those things that we forgot some of the other food that we needed. If we get distracted by food, toilet paper, tissues, and eggs, do you suppose that we make some wrong turns in our walks with God?

We get caught up in our problems, and sometimes we get so tired of the hustle, that we want to run away from it all.

“Oh, that I had wings like a dove! I would **fly away and be at rest**; yes, I would wander far away; I would lodge in the wilderness. [Psalm 55:6-7](#)

In Genesis 12 and 15, God promised Abram that he would be the father of a great nation, but he had no son. Sarai, his wife, was barren. They had waited for 10 years, and no son was born. So Sarai decided to help God out with His promise.

“Now Sarai, Abram’s wife, had borne him no children. She had a female Egyptian servant whose name was Hagar. And Sarai said to Abram, ‘Behold now, the LORD has prevented me from bearing children. Go in to my servant; it may be that I shall obtain children by her.’ And Abram listened to the voice of Sarai. [Genesis 16:1-2](#)

Since this was the custom of the day when there were no children from the wife, Abram complied with Sarai’s direction.

Hagar became pregnant and started feeling a little cocky. She began thinking that her position was elevated, and somehow, she was better than Sarai.

As a result, Sarai treated Hagar harshly.

Sarai lashes out at Abram, too, and what does he do? He tells her to do with Hagar as she pleases.

Sarai becomes very harsh with Hagar.

Dragged from her homeland, made a nomad, made to serve a woman who called upon a strange God, and then forced to have sex with the woman's husband! Now, Hagar was pregnant with a son who would be this man's and woman's son. It was more than she could bear, and she ran away.

Hagar flees towards Shur (towards Egypt), and the Angel of the Lord finds her by a spring of water, [Genesis 16:7](#).

“Hagar, Sarai's maid, where have you come from, and where are you going?” She said, “I am fleeing from the presence of my mistress Sarai.” (Genesis 16:8).

God Works in the Suffering

Return and submit to Sarai. I will greatly multiply your descendants. (Genesis 16:9-10)

The Angel of the Lord is none other than Jesus. What an encounter and a promise! Jesus is blessing an Egyptian slave with the promise that her descendants will become a multitude, a powerful people, the father of the Arab nation.

Hagar marvels that the God of Abram sees her and has given her this incredible promise in the midst of hardship. She calls Him, *El Roi*, “The God Who Sees.”

She is the second one mentioned in the Bible to give God a name. Melchizedek called God, *El Elyon*, the Most High God, in Genesis 14:18. Hagar calls God, *El Roi*, The God Who Sees. She met the God of Abram.

The Egyptians worshiped gods like Ra, the sun god; Isis, goddess of life; or Osiris, the god of the dead. These gods were geographically restricted and did not have power outside of Egypt.

Here was a God who related personally to individuals, and in particular, to Hagar, a slave, not of the chosen family, a poor woman running from a harsh environment, from great trials back to her homeland, Egypt. In the wilderness, she meets God.

God gives her an amazing promise, but He tells her to return to the harsh environment, to return to Sarai and Abram.

Go back, Hagar, and submit to Sarai. Serve her and keep My promise in your heart and before you.

Hagar returns.

Ishmael is born, and for 13 years, he grows into a young man. Then God visits Abram again and reinforces His promise of making Sarai the mother of nations. As a sign of God possessing Abram and his household, God establishes circumcision of all the males.

Abram obeyed, and all males, including Ishmael, were circumcised. Ishmael was circumcised – marked for God!

God then changes Abram and Sarai's names to Abraham and Sarah, a spiritual turning point.

The next year, Isaac is born to Sarah. Perhaps 3 years later, Sarah weans Isaac, and Abraham throws a big party. But Ishmael, perhaps 16-years-old, scoffs at Isaac.

That was the last puff of sand in the face for Sarah.

She demands that Abraham send Hagar and Ishmael away for good. Abraham protests, but God tells him to send away Ishmael, the son of the flesh, from the promised son, Isaac.

Paul writes in Galatians 4:24-28 that Hagar and Sarah represent the two covenants. Hagar represents the Law given to God's people at Mount Sinai. Sarah represents the New Covenant, freedom in Jesus. [Galatians 4:24-28](#)

[David Guzik](#) observes: "Significantly, Sarah could live with Hagar and Ishmael until the son of promise was born. Once Isaac was born, then Hagar and Ishmael had to go. In the same way, a person could relate to the law one way before the promise of the gospel was made clear in Jesus Christ. But now that it has been made clear, there is nothing to do but to cast out the bondwoman and her son."

So Abraham fills a skin with water and packs some bread, and sends Hagar and Ishmael off into the desert.

He was rich! Couldn't he have loaded some of his riches, and a generous supply of food on a camel and sent a servant or two with them?

He didn't. He relied upon God providing.

Here were Ishmael and Hagar wandering in the Wilderness of Beersheba.

Soon, the skin of water was empty. Their tongues stuck to the roof of their mouths. They were hot, and hopeless.

Hagar couldn't bear seeing Ishmael in agony, so she sat him under some bushes

and sat down a few yards away and cried out to the Lord.

Ishmael was also in agony and crying out to the Lord, and God heard, [Genesis 21:17](#).

What troubles you, Hagar? Fear not. I have heard Ishmael.

I can imagine what my response would be. What troubles me? I ran away the first time, and You told me to return to the servitude and the mistreatment. I bore Abraham a child. I saw Ishmael grow, and I remembered Your promise. Then Isaac comes along! The trouble begins again. Now my son's a young man, and we've been sent out into the desert to die!

Up! Lift up the boy, and hold him fast with your hand, for I will make him into a great nation." [Genesis 21:18](#)

Applying Hagar's Story to Today

Arise. Lift up others. Hold fast.

That's what the Lord tells you and me to do in our hardships. That's what He is telling us to do in the middle of this pandemic.

Know that God has heard us.

Get up, trust God, and know that there's work to do. Perhaps it's helping a neighbor. Perhaps it's staying home and pressing into God. Perhaps it's reaching out to your friends and relatives via social media or the phone to give them an encouraging word.

God opened Hagar's eyes, and she saw a well. God provided for Ishmael and Hagar, and Ishmael became a great nation, and they dwelled in the Wilderness of Paran. This area is associated with Mount Sinai.

Hagar and Ishmael are pictures of the Law and works as opposed to grace, only possible through Jesus.

Hagar, a bondservant from Egypt, met the **God Who Sees** and **Hears** and obeyed Him. She became the mother of a great nation.

She rose up from her self-pity. She lifted up Ishmael, the chosen son to raise 12 princes and be the father of a great nation.

Hagar tightly held Ishmael by the hand as she led him in the Wilderness of

Paran, dwelling in the land where God gave Israel the Law. She pointed her son to the God of Abraham.

Are you rising up from your circumstances to lift others up?

God directs; we follow.

There's more to the story. In Genesis 25, we learn that Abraham was full of years and knew that he was going to step into heaven, so he gave gifts to his six sons by his concubines and sent them off to the east. He then gave Isaac his inheritance and died.

Together, Ishmael, a picture of the Old Covenant, and Isaac, the picture of the New Covenant, bury Abraham in the cave of Machpelah, [Genesis 25:9](#).

The Old Covenant and the New Covenant joined together. Jesus fulfilled the Old Covenant, bringing the New Covenant.

Like David, we tell God that our troubles make us want to fly away. Then, we remember the goodness of the **God Who Sees us and Hears us**.

Cast our burdens on the LORD,
And He shall sustain you;
He shall never permit the righteous to be moved. [Psalm 55:22](#)

My Prayer

Our God Who Sees Us and Hears Us, You see our troubles, and You tell us not to fear. You hear our cries and tell us to rise up and lift others up. For You will work Your good works in and through us. Lead us, Father, in the way You would have us to walk, so that we will point others to You and Your eternal lovingkindness. In Jesus' name, we pray, Amen.

Scriptures to Consider

Day 1

Pray that the Holy Spirit will teach you what He wants you to learn today. Read Psalm 85 in the morning and read it at night.

Steadfast love and faithfulness meet; righteousness and peace kiss each other. Faithfulness springs up from the ground, and righteousness looks down from the sky. Yes, the LORD will give what is good, and our land will yield its increase. [Psalm 85:10-12](#)

What do you notice about God?

How do the sons of Korah pray?

How do you pray? What can you learn about prayer?

If you believed this prayer, would there be room for worry or fear?

Day 2

Pray that the Holy Spirit will teach you what He wants you to learn today. Read Psalm 18 in the morning and read it at night.

The LORD is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. [Psalm 18:2](#)

What do you notice about the Psalmist?

What do you notice about God?

How can you apply this to your life right now, in the middle of your challenges today?

Day 3

Pray that the Holy Spirit will teach you what He wants you to learn today. Read Luke 12:13-34 in the morning and read it at night.

Instead, seek his [God's] kingdom, and these things will be added to you. "Fear not, little flock, for it is your Father's good pleasure to give you the kingdom. Sell your possessions, and give to the needy. Provide yourselves with moneybags that do not grow old, with a treasure in the heavens that does not fail, where no thief approaches and no moth destroys. For where your treasure is, there will your heart be also. [Luke 12:31-34](#)

What do you notice about the rich man?

What does Jesus teach us to do?

How can you apply this to your worry and fear today?

Day 4

Pray that the Holy Spirit will teach you what He wants you to learn today. Read James 1:2-12 in the morning and read it at night.

Blessed is the man who remains steadfast under trial, for when he has stood

the test he will receive the crown of life, which God has promised to those who love him. [James 1:12](#)

List the promises you find in these Scriptures.

What are you learning in your current trials? How is God working in you through your trials?

Day 5

Pray that the Holy Spirit will teach you what He wants you to learn today. Read Matthew 6:24-34 in the morning and read it at night.

Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? [Matthew 6:25](#)

What are you asked to do?

What is the promise?

How can you apply this to your life today?

Additional Scriptures

Genesis 21:16-17

1 Corinthians 10:5

Philippians 4:6-8; 4:11-13

2 Timothy 1:7-8

1 John 4:18

Psalm 103:1-5

Of David.

Bless the LORD, O my soul,
and all that is within me,
bless his holy name!

Bless the LORD, O my soul,
and forget not all his benefits,
who forgives all your iniquity,
who heals all your diseases,
who redeems your life from the pit,
who crowns you with steadfast love and mercy,
who satisfies you with good
so that your youth is renewed like the eagle's.

Steadfast Hope

Hold Fast to Hope

Let us hold fast the confession of our hope without wavering, for He who promised is faithful. [Hebrews 10:23](#)

Have you been to a rodeo? Did you clench your teeth and tighten your back when the horse threw the cowboy?

Maybe you haven't been on a bucking or run-away horse, but your circumstances today feel like it. Sometimes you just want to give up and retreat to your bed. I've been there.

Maybe you have COVID-19, or you think you have been exposed to it. Perhaps you have a relative or friend who is enduring the virus. You're out of work and don't know how you will pay the bills.

In this lockdown mode, you're stuck at home with your family, and it's getting a little tense.

Whatever it is, you're holding on for dear life.

Did you know that we have **promises** from God that the battle is His? [1 Samuel 17:47](#) Even in a fallen world when bad things happen to good people, we have the promises from God that ultimately, all will work together for good to them who are called according to His purpose.

We can confidently expect the promise of eternal life, the promise of God's Sabbath rest mentioned in [Hebrews 4](#). God is Faithful, and He is true and just.

How to Hold Fast

1. **Cleave.** We must cleave to the Lord. It's like being joined with God as a husband and wife who are committed to each other for a lifetime are joined together as one. "You shall walk after the LORD your God and fear Him, and keep His commandments and obey His voice; you shall serve Him and **hold fast** to Him." [Deuteronomy 10:4](#)

2. **Secure, possess.** We must consider the Word of God our valued possession as we meditate on it day and night. “Moreover, brethren, I declare to you the gospel which I preached to you, which also you received and in which you stand, by which also you are saved, if you **hold fast** that word which I preached to you.” [1 Corinthians 15:1-2](#)
3. **Retain.** Against all forces, we must retain a firm grip on the hope that Jesus has given us with confidence and rejoicing. We are the household of Jesus if “we **hold fast** the confidence and the rejoicing of the hope firm to the end.” [Hebrews 3:6](#)
4. **Master.** With power, we must become master of our confession of hope in Jesus' promise. “Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us **hold fast** our confession.” [Hebrews 4:14](#)
5. **Possess.** The promises that we have are treasures that we must not allow to be taken by anyone or anything. We must possess them at any cost. We must be strong. “But **hold fast** what you have till I come.” [Revelation 2:25](#) “Behold, I am coming quickly! **Hold fast** what you have, that no one may take your crown.” [Revelation 3:11](#)

JESUS who promised is faithful. Jesus is the Faithful One. He is the One Who gave the Promise. [2 Timothy 2:11-13](#)

Hold Fast!

My Prayer for You

Lord, God Almighty, thank You for all that You are and all that You are doing in our lives. Empower us to hold fast to You, Your Word, Your precepts, and Your love. We love You, Lord, and hold fast to You.

5 Reasons for Hope

“Before I formed you in the womb I knew you; Before you were born I sanctified you; I ordained you a prophet to the nations.” [Jeremiah 1:5](#)

“I chose you to tell My people that they have sinned, and I'm bringing judgment.”

“They won't listen to me or respect me! I'm not even 20!” Can you imagine the thoughts Jeremiah had as he heard what God was telling him to tell the Israelites?

“They will fight against you, But they shall not prevail against you. For I am with you,” says the LORD, “to deliver you.” [Jeremiah 1:19](#)

Tell My people that they will be overcome and go into captivity for 70 years because they have forsaken me and not repented of their wicked ways.

Alas! Lamentations! Jerusalem is lonely. It used to be full of people. Now, the few people it has scavenge for food.

Some of us know what it's like to scavenge for the supplies we need. We've seen the grocery store shelves bare. We've shopped several places, and have tried to find hand sanitizer, masks, and cleaning supplies.

We've even witnessed fully armed police officers at the entrance of the grocery stores.

But there is hope!

5 Reasons for Hope

This I recall to my mind, Therefore I have hope. Through the LORD's mercies we are not consumed, Because His compassions fail not. They are new every morning; Great is Your faithfulness. “The LORD is my portion,” says my soul, “Therefore I hope in Him!” The LORD is good to those who wait for Him, To the soul who seeks Him. It is good that one should hope and wait quietly For the salvation of the LORD. [Lamentations 3:21-26](#)

1. God is **merciful**. Gracious is the LORD, and righteous; Yes, our God is

merciful. [Psalm 116:5](#)

2. God is **compassionate**. Indeed we count them blessed who endure. You have heard of the perseverance of Job and seen the end intended by the Lord--that the Lord is very compassionate and merciful. [James 5:11](#)
3. God is **faithful**. God is faithful, by whom you were called into the fellowship of His Son, Jesus Christ our Lord. [1 Corinthians 1:9](#)
4. God is **good**. The goodness of God leads you to repentance [Romans 2:4b](#)
5. God **saves**. Our God is the God of salvation; And to GOD the Lord belong escapes from death. [Psalm 68:20](#)

3 Steps to Hope

1. **Examine** our ways and repent (turn to the Lord). Let us search out and examine our ways, And turn back to the LORD [Lamentations 3:40](#)
2. **Focus** our hearts on God. Let us lift our hearts and hands To God in heaven. [Lamentations 3:41](#)
3. **Cry out** to God. You drew near on the day I called on You, And said, "Do not fear!" O Lord, You have pleaded the case for my soul; You have redeemed my life. [Lamentations 3:57-58](#)

My Prayer

Our merciful Father, You are so patient with Your people. Your mercies and compassions are new every morning. Father, we have sinned. We have turned from You and gone after that which is worthless. You, alone, are good. We pause to examine ourselves, and we turn from our wicked ways. Help us to focus upon You and Your goodness. Draw near to us, Father, for You have provided Jesus as our Redeemer. Thank you, Father. In Jesus' name, Amen.

Scriptures to Consider

Day 1

Pray that the Holy Spirit will lead you in all that He wants you to hear with your heart and mind. Read Psalm 31 in the morning and read it at night.

Be strong and let your heart take courage,
All you who hope in the Lord [Psalm 31:24](#)

David talks to himself and to God. What can you learn from his prayer?

What do you learn about God?

How can you apply this to your life today?

Day 2

Pray that the Holy Spirit will lead you in all that He wants you to hear with your heart and mind. Read Genesis 12:1-4 and Acts 26:1-8 in the morning and read it at night.

the promise to which our twelve tribes hope to attain, as they earnestly serve *God* night and day [Acts 26:7](#)

What do you learn about hope?

What do you learn about God's promises?

How can you apply this to your life today?

Day 3

Pray that the Holy Spirit will lead you in all that He wants you to hear with your heart and mind. Read Romans 8 in the morning and read it at night.

For in hope we have been saved, but hope that is seen is not hope; for who hopes for what he *already* sees? But if we hope for what we do not see, with perseverance we wait eagerly for it. Romans [8:24-25](#)

What do you learn about hope?

What was Paul's hope?

How can you apply this to your life?

Day 4

Pray that the Holy Spirit will lead you in all that He wants you to hear with your heart and mind. Read Romans 15 in the morning and read it at night.

For whatever was written in earlier times was written for our instruction, so that through perseverance and the encouragement of the Scriptures we might have hope.

[Romans 15:4](#)

Why is it important to have hope?

Why does Paul call God, the “God of hope”?

How can you apply this to your life?

Day 5

Pray that the Holy Spirit will lead you in all that He wants you to hear with your heart and mind. Read Colossians 1 in the morning and read it at night.

Christ in you, the hope of glory. [Colossians 1:27](#)

What is the hope of the gospel?

What is hope?

How can you apply this to your life?

Additional Scriptures

Ephesians 1:12; 18; 4:4

1 Thessalonians 1:3; 2:19; 5:8

2 Thessalonians 2:16

1 Timothy 1:1; 4:10; 5:5; 6:17

Titus 1:2; 2:13; 3:7

Hebrews 3:6; 6:11; 6:18-19; 7:19;

10:23

1 Peter 1:3; 13; 21

1 John 3:3

Psalm 95:6-7a

Oh come, let us worship and bow down;
let us kneel before the **LORD**, our **Maker**!
For he is our **God**, and we are the people of his pasture,
and the sheep of his hand. ...

Focused Prayer

Cry Out and Ask

Have you felt like you were walking on a daisy-lined path with the Lord, and then, the path ended? What do you do?

Pray

Hear, O LORD, when I cry aloud;
be gracious to me and answer me!
You have said, "Seek my face."
My heart says to you,
"Your face, LORD, do I seek."

...

Teach me your way, O LORD,
and lead me on a level path
because of my enemies. [Psalm 27:7-11](#)

Some think that David wrote these words before he was king, when his parents died, or he was being pursued by Saul. Others think that he wrote this when he was old and after his men told him that he should not go into war again. [2 Samuel 21:16-17](#)

Ancient pleas for favor and guidance, and yet, they are relevant to us today.

David knew how to get back on the right path. He prayed, and he trusted that God would hear him and answer him.

The desire of David's heart was to dwell in the house of the LORD all his life, to gaze on God's beauty, and to meditate/seek/inquire/consider the things of God.

[Psalm 27:4](#)

But he had the cares of this world all about him. Like us, David had enemies. Our enemies might be people who are trying to destroy us like David's enemies, or they might be sickness, financial problems, relationship problems (marriage, children, friends), or the cares of this world.

Like David, God's children can be assured that He is in control of our lives and

will work the outcome for our good because we love Him. [Romans 8:28](#)

Our Responsibility

For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock. [Psalm 27:5](#)

1. **Cry out to the LORD (prayer).** Ten times, it is recorded in the Psalms that David cried out to the Lord. He pled for mercy, deliverance from his afflictions, protection from his enemies, favor, guidance, understanding the ways of God, answered prayer, and he cried out in his devotions in the morning.

“Be gracious to me, O Lord, for to you do I cry all the day.” [Psalm 86:3](#)

When do you cry out to the LORD?

2. **Ask the LORD (petition).** In this prayer, David asks for favor (grace), answered prayer, understanding God's ways, and for guidance. “O God, hear my prayer; give ear to the words of my mouth.” [Psalm 54:2](#)

What are you asking the LORD?

God's Requirement

- **Seek God's face**, to strive after God. David set his focus upon seeking God, and it governs his self-talk and his direction.
 - “Seek the LORD and his strength; seek his presence continually!” [Psalm 105:4](#)
 - Jesus tells His followers, “But seek first the kingdom of God and his righteousness, and all these things will be added to you.” [Matthew 6:33](#)

The Outcome

“Splendor and majesty are before him; strength and beauty are in his sanctuary.” [Psalm 96:6](#)

“I believe that I shall look upon the goodness of the LORD in the land of the living!” [Psalm 27:13](#)

“Faith and prayer must go together. He that believes, let him pray-*I believe, therefore I have spoken*: and he that prays, let him believe, for the prayer of faith is the prevailing prayer.” [Matthew Henry](#)

“Goodness,” according to Strong's dictionary, means "fairness, beauty, joy, prosperity, welfare, and joy."

Are you looking upon goodness?

Our Action

“Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!” [Psalm 27:13-14](#)

My life's verse has been [Isaiah 40:31](#)

“But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”

My Prayer

Father of Mercy and Goodness, we wait upon You. We long for You to act. Father, have Your perfect way in the midst of this pandemic. Create an insatiable hunger for Your Word and an unquenchable thirst for the Living Water, Your Son, our Savior. Heal our land and our world as we humble ourselves, seek Your face, turn from our sins, and worship You. Thank You for what You are accomplishing in this world. We wait upon You. In Jesus' name, we pray, Amen.

The Prayer of All Time

Our Father Who is in heaven
Hallowed be Your name.
Your kingdom come.
Your will be done on earth as it is in heaven.
Give us this day, our daily bread.
Forgive us our debts, as we forgive our debtors.
Lead us not into temptation, but deliver us from the evil one.
For Yours is the kingdom, and the power, and the glory forever. Amen.
[Matthew 6:5-13](#)

How many times have you recited the “Our Father”? Hundreds? Thousands?
Have you meditated on this prayer?

The first time that God is referred to as a Father in the Bible is when God tells Moses to say to Pharaoh, “Thus says the LORD, Israel is my firstborn son, and I say to you, ‘Let my son go that he may serve me.’” ... [Exodus 4:22-23](#)

N. T. Wright, in *The Lord and His Prayer*, writes that “when Jesus tells his disciples to call God ‘Father,’ then, those with ears to hear will understand. He wants us to get ready for the new Exodus. We are going to be free at last. This is the Advent hope, the hope of the coming of the Kingdom of God.” (p. 4)

Jesus proclaimed that He was ushering in the Kingdom, “Repent, the kingdom of heaven is at hand.” [Matthew 4:17](#)

With that Kingdom in our hearts and spirits, God’s will is being accomplished, and His name is being revered and hallowed in our lives. It’s a process.

We're still in the desert on our way to the Promised Land.

Jesus is supplying us with our daily spiritual and physical needs, for He is the manna from heaven, the Living Bread, the Bread of Life. [John 6:51](#)

We’re still stumbling in this wilderness, and we sin.

We cannot pay the debt we owe for the wrongs we have committed against God, for one sin deserves death. Our Savior, Jesus, took our debts, our sins, upon Himself and paid the price for our debts.

“He himself, the carpenter, was called to take wood and nails to accomplish the real Exodus, the real defeat of evil.” (N.T. Wright, *The Lord and His Prayer*, p. 6)

Jesus was a carpenter. I wonder if Jesus thought of the cross each time He took a piece of wood in His hands to carve a yoke for an oxen or create a table for a family's home. I wonder if He winced when He hammered a nail into that wood.

He gave His all for us on the cross. How can we not forgive the debts of others? Jesus paid the price for their debts, too. Eternity awaits ... eternity with my Savior and Friend.

Jesus is taking His friends, His followers by the hand and keeping us in His right hand as He leads us through the valley of the shadow of death.

Although we may be surrounded by darkness and evil, sickness and solitude, Jesus prepares a table before our enemies. He will not leave us, and He is praying for us. He will not lead us into any trial or temptation that we cannot withstand, and He will keep us from the evil one.

My Prayer

Our Father in Heaven, Your name is holy and righteous. We long for Your kingdom to reign on earth. We long for sickness, death, and wickedness to be banished forever. Teach us, Lord, what You have for us to learn through this pandemic. Bring an awakening to those who don't know You, and a revival in all those who follow You. Give us what we need today, and cause us to trust You for tomorrow. For give us for our wickedness and help us to forgive those who have sinned against us. Lead us by the right hand.

Surely goodness and mercy will follow us all the days of our life.

**For Yours is the kingdom; Yours is the power, and
Yours is the glory forever! Amen.**

Praying Psalm 23

The LORD is my shepherd,
I shall not want.
He makes me lie down in green pastures;
He leads me beside quiet waters.
He restores my soul;
He guides me in the paths of righteousness For His name's sake.
Even though I walk through the valley of the shadow of death,
I 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 have anointed my head with oil;
My cup overflows.
Surely goodness and lovingkindness will follow me all the days of my life,
And I will dwell in the house of the LORD forever. [Psalm 23:1-6](#)

Pray Psalm 23 With Me

The Lord ...

You are THE Lord. There is no one like You. And You are MY Lord. Thank You for being my Lord.

Is ...

You ARE my Lord today, yesterday, and tomorrow! You are ever-present in my life, in the middle of my troubles. Thank You for being present today as my Lord.

My Shepherd ...

Lord, You guide me like a Shepherd. You follow me as I roam and make sure that I am OK. I trust You to guide me. You are the Great Shepherd, and You do not lose even one of Your sheep. I know Your voice, and I will follow You all the days of my life.

I shall not want.

Father, a Shepherd provides for His sheep, and You do it so well for Your children. Although there is scarcity, I lack nothing. I have all spiritual blessings, and I have all that I need physically. Help me to focus on what I have and to be content in all situations.

He makes me lie down in green pastures; ...

Father, in You, I rest in comfort. I trust in You. Wherever You lead me, I know You are there.

He leads me beside quiet waters.

Great Shepherd, You know that I spook easily, so You give me still waters to drink from. I thirst, and You give me Living Water. You have given me Jesus as my Savior. Thank you, Lord.

He restores my soul; ...

Father, when I'm stressed and not thinking right, You have given me Your Word, and I give You my body as a living sacrifice. Transform my mind and restore my soul. I wait for You, and You renew my strength.

He guides me in the paths of righteousness ...

Holy Spirit, You guide me in the ways of God. Thank You for Your patience as You correct me, teach me, and lead me.

For His name's sake.

Great Shepherd, Your name is holy; hallowed be Your name. It is for Your name's sake that I pray. I honor Your name.

Even though I walk through the valley of the shadow of death

Father, I'm walking through a hard time right now. The world is walking through sickness, death, scarcity, and uncertainty. We have troubles that may overtake us, but I know that You are there to walk us through this time.

I fear no evil, for You are with me ...

I trust You, Lord, and know that You will keep me from the evil one. You have promised to never leave me or forsake me. Whatever may come, I trust You, Jesus. Your plans are good for Your followers.

Your rod and Your staff, they comfort me.

Holy Spirit, You do correct me and use the rod sometimes to redirect me. And sometimes, You take that staff and yank me off the road of destruction. I take comfort in You, Holy Spirit, for You will keep me on the right path, if I follow Your direction. Even if I fall into a pit, Your staff will lift me out. Enable me to recognize it is You, so that I won't veer off the path of righteousness.

You prepare a table before me in the presence of my enemies;

Father, my enemies and my troubles have surrounded me, but You have provided for me and will never leave me. You have put a hedge around me. I rejoice in Your protection.

You have anointed my head with oil;

Lord, You have touched me and consecrated me. Your healing touch has renewed my strength. Your touch has been a healing balm to my soul.

My cup overflows.

Your riches are abundant, and You freely give them to me. I am most blessed.

Surely goodness and lovingkindness will follow me all the days of my life,

With You as my Shepherd, I know that Your plans for me are greater than I can imagine. You have prepared them from before the foundation of the world. I am lavished with lovingkindness and have eternity with You in my heart. How blessed I am!

And I will dwell in the house of the LORD forever.

I long to enter Your throne room and see You face-to-face. I want to sit at Your feet and behold Your beauty. Eternity with You! I rejoice in Your lovingkindness and mercy. You are above all, through all, and in all. In You, I live and move and have my being.

You are LORD. I praise You, honor You, and treasure You.
In Jesus' name, Amen

Praying Psalm 60

David cried out to God in [Psalm 60](#)

O God, You have cast us off;
You have broken us down;
You have been displeased;
Oh, restore us again!
You have made the earth tremble;
You have broken it;
Heal its breaches, for it is shaking.
You have shown Your people hard things;
You have made us drink the wine of confusion.
You have given a banner to those who fear You,
That it may be displayed because of the truth. Selah
That Your beloved may be delivered,
Save with Your right hand, and hear me.

Pray the Scriptures

Restore us, God. You're displeased with us. We're trembling because of what the future may bring. Heal our land, Lord. We've seen and experienced hard things. Help us to know what Your will is and which way You want us to go.

But this we know: Your banner of love and protection is over Your people.

We love the truth, for Jesus is the way, the truth, and the life, and we display Your banner.

Deliver Your beloved. Save us with Your right hand and hear us. We ask for Your healing, Your protection, and Your everlasting love.

And in that day there shall be a Root of Jesse,
Who shall stand as a banner to the people;
For the Gentiles shall seek Him,
And His resting place shall be glorious. [Isaiah 11:10](#)

Jesus, You are our banner, and we rest in You.

Father, Your banner of protection is love, a love that is stronger, more enduring, and abundantly generous. We delight in You.

Great is our Lord! He reigns in glory, majesty, power, and love!

If God's People

When I shut up the heavens so that there is no rain, or command the locust to devour the land, or send pestilence among my people, If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

[2 Chronicles 7:13-14](#)

Solomon had just finished building, dedicating the temple, and [praying](#) that the Lord would listen to the Israelites' prayers and have regard for their prayers. The God of the universe answered Solomon with the promises that He would hear from heaven, forgive their sin, and heal their land.

As God's people, let us humble ourselves, pray and seek God's face, and forsake our wicked ways and ask God to hear us, forgive us, and heal our land, America, and to heal our world of its sin and disease.

My Prayer

O LORD, God of Israel, there is no God like You, in heaven or on earth, keeping covenant and showing steadfast love to Your servants who walk before You with all their heart. Behold, heaven cannot contain You. Father, hear our prayer and heal our land. O LORD my God, listen to our cry and listen to the prayer that Your people pray. Listen to the prayers and pleas of Your people and forgive us of our sins against You. We humble ourselves before You and revere Your goodness and mercy. Blessed Redeemer, let Your eyes be open and Your ears attentive to the prayer of Your people. O LORD God, remember Your steadfast love. Abundantly pour out Your wisdom upon Your people, not the wisdom of the world but Your perfect wisdom. Guard our hearts with Your peace, a peace that passes all understanding, a peace that calms in the midst of a storm, in the midst of a pandemic. Father, bring a powerful awakening and revival in America and throughout the world. Show Your glory, Your power, Your healing, so that people

will know You for who You are. For nothing is impossible for You! You are God Almighty, Ruler of the Universe, the God Who Heals, the God Who Saves, the Merciful God, and Righteous Redeemer. In the name of Jesus, we pray. Amen.

Divine Peace

Resting Peace

Peace I leave with you, my peace I give unto you: not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid. [John 14:27](#)

You probably don't feel like you're jammed in traffic all the time right now. The roads look pretty good. If you're lucky, you may still be working or working from home.

Maybe you're working on the 10-page list of things you want to do around the house that you just never find time for.

Now, you may be tasked with homeschooling. You're feeling inadequate, but you're working at it.

Of course, there's so much more cleaning to do. We want to wipe away every last germ.

There's no time to rest, no time to enjoy this life you're living.

You feel like you're going in circles ... climbing spiraled stairs that never reach the top. You are working hard to be the person Jesus wants you to be, but you feel like you're failing. You're holding fast, but slipping • • •

Just thinking about it makes me want to give up, lie down, and take a NAP!

You can rest in Jesus today! • •

Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. [Hebrews 4:1](#)

This whirlwind of worry, fear, busyness, and preparations can become calm today.

You can rest in the finished work of Jesus. His peace is ours in the middle of a pandemic, joblessness, uncertainty, tension, and scarcity.

5 Features of Rest

The Puritan commentator John Owen described [five features](#) of this **rest** for the believer. (Bullets are mine.)

1. Rest means **peace** with God.

Peace that passes all understanding. [Philippians 4:7](#)

2. Rest means **freedom** from a servile, bondage-like spirit in the worship and service of God.

Where the Spirit of the Lord is there is freedom. [2 Corinthians 3:17](#)

3. Rest means **deliverance** from the burden of Mosaic observance.

Who can keep the Mosaic Law? No one. [Romans 3:10](#)

4. Rest means the freedom of **worship** according to the gospel.

We are free to dance before the Lord like David. [2 Samuel 6:14](#)

5. Rest means the **rest** that God Himself enjoys.

Imagine, we can rest like God! [Hebrews 4:1](#)

The author of Hebrews writes of the **rest of salvation** in chapters 3 through 4:8. As a believer, we can rest in the finished works of Jesus and cease to strive to work to be "good enough" to get into heaven. We can't become "good enough." No one can. The Bible tells us that there is no one righteous and that we are all sinners and have missed the mark. The price: death and separation from God forever. But there is one man who is perfect. One man who paid the price for the world's sin. One man who took our sins upon Himself and died. The Son of Man. God became Man and dwelt among us. Jesus. We can rest in His works, His death on the cross, His payment for our sins.

Salvation rest. **Peace** with God. **Freedom** in worship and service. **Deliverance** from the burden of the Mosaic observance.

So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his.

[Hebrews 4:9-10](#)

God rested after His work of creation was completed, and Jesus proclaimed that His work of redemption (paying the price for your sin and my sin) was done when He said "It is finished" on the cross. The rest that God enjoys can be ours as God sanctifies us.

Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. [Hebrews 4:11](#)

We have to work at entering the perfect rest. The door is open, but the enemy, Satan, doesn't want us to step through the door.

Satan put giants in the vision of the Israelites, and they didn't believe they could step into the promised land. **BUT** God said that **He** had given it to them. They refused to enter into God's rest for them. They did not believe God after all the works God had done for them—the plagues, the parting of waters, the manna from heaven, and more.

God's people, Israel. No faith that God would keep them safe. No peace and tranquility. No promised land.

Do you feel like that today? Be assured, that the Israelites had to possess the land; they had to possess God's promised rest, but they could only do it through God. Milk, honey, and abundant produce awaited them. But they had to enter the land.

That's the same for us, today.

God's rest. God's peace is available for you and me today. We just need to receive it and trust God.

Have you accepted Jesus as your Savior? Have you believed Him for your eternal life? If so, do you think that we can believe Him for rest ... **PERFECT REST?** His fullness of blessings in this life? Do we believe Him to enter that open door?

There is a rest that refreshes, a patient expectation and a tranquility for your soul. It's available today.

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.
[Matthew 11:28-30](#)

How to Enter God's Rest

So how do you enter that rest?

- Lay aside your burdens.
- Come to Jesus.
- Take His yoke upon you.
- Learn from Him. He is gentle and humble.
- Put on His yoke. It's easy and sure-fitting. The yokes had to fit the oxen perfectly, or the yokes might rub their hide and create sores. Then, they could not work. Jesus has created a sure-fitting yoke for us.
- Take on His burden. The burden Jesus has for us is light, and we can carry it as we walk with Him.
- Walk with Jesus. Jesus will walk by our sides, take us by the right hand and lead us.

Possessing the Promises

Hebrews 4 tells us that we must believe His promises --- all His promises. The Promised Land was right there for the Israelites. The spies brought back reports of abundance and a great land, but 10 of the spies were afraid to possess the land—they did not believe God when He said that He had given the land to them. Do you believe God's promises?

How do you know what God has promised in the Scriptures? You study His Word

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. [Hebrews 4:12](#)

The Scriptures tell us that God brings His followers fruitfulness, healing, peace, delight, strength, joy, power, faith, endurance, hope, love, and so on?

Rest in Jesus. Enter His rest today.

Enter God's rest by submitting to His guidance. Step into the Promised Land by ceasing from your works and allowing God to work through you. James tells us that without works, faith is dead. He writes that through our good works—works that God prepared for us to accomplish from before the foundation of the world—we will demonstrate that we are His daughters and sons.

Have you entered God's rest by laying down your works and taking up His works? If not, you can do it today.

Rest in Jesus today

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. [Hebrews 4:16](#)

Jesus paid for your sins and my sins, and He is our High Priest, talking to the Father on our behalf. You and I are invited to come boldly and confidently into God's throne room—not meekly, but boldly, as a little girl or boy would come into Daddy's office, climb up on his lap and tell him about the day. Ask him to kiss a scraped knee. Hug him and tell him she loves him.

Why are we to come into the throne room of grace? To receive mercy and grace to help us in our times of need.

- To get **mercy**—that's forgiveness—that's not getting what I deserve—death and separation from God forever--hell.
- To find **grace**—sometimes described as God's Riches At Christ's Expense—receiving what I don't deserve—eternal life with Jesus

REST IN JESUS TODAY!

My Prayer

Abba, Father, we come confidently, boldly, before Your throne of grace to rest in Your mercy and grace. You are our rest. You are our comfort. You are our peace. You are our freedom. You are our Sabbath Rest. We want to possess the promises that You have for us. Help us to step through the door and into the works that You have prepared for us from before the foundation of the world. Jesus, we believe; we know that as we learn from You, we will find Your yoke to be easy and sure-fitting. We will find that Your burden is just enough, for You are walking with us. Thank You for Your rest. In Jesus' name, Amen.

Scriptures to Consider

Day 1

Pray that the Holy Spirit will lead you in all that He wants you to hear with your heart and mind. Read Psalm 103 in the morning and read it at night.

Now the God of peace, who brought up from the dead the great Shepherd of the sheep through the blood of the eternal covenant, *even* Jesus our Lord, equip you in every good thing to do His will, working in us that which is pleasing in His sight, through Jesus Christ, to whom *be* the glory forever and ever. Amen. Hebrews 13:20-21

David tells his soul to bless the Lord. What can you learn from that command?

What do you learn about God?

How can you apply this to your life?

Day 2

Pray that the Holy Spirit will lead you in all that He wants you to hear with your heart and mind. Read Psalm 104 in the morning and read it at night.

for God is not a *God* of confusion but of peace, as in all the churches of the saints. 1 Corinthians 14:33

What do you learn about God?

What do you learn about God's power?

How can you apply this to your life?

Day 3

Pray that the Holy Spirit will lead you in all that He wants you to hear with your heart and mind. Read Psalm 85 in the morning and read it at night.

Lovingkindness and truth have met together;
Righteousness and peace have kissed each other. Psalm 85:11

What do you learn about the Psalmist?

What do you learn about God?

How can you apply this to your life?

Day 4

Read John 14:27 and Philippians 4:6-8 in the morning and read it at night.

Now the God of peace be with you all. Amen. Romans 15:33

Who gives us peace?

What is this peace like?

How can you apply this to your life?

Day 5

Pray that the Holy Spirit will lead you in all that He wants you to hear with your heart and mind. Read Colossians 3:1-15 in the morning and read it at night.

for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. [Romans 14:17](#)

What are you asked to do?

What is the promise?

How can you apply this to your life?

Additional Scriptures

Psalms 29:11; 34:14; 37:11; 37:37;

72:7

Proverbs 12:20

Isaiah 9:6; 26:3

Mark 5:34

Luke 1:79

Psalm 29:11

The LORD will give strength unto his people; the LORD will bless his people with peace.

This peace is *shalom*, completeness, health, prosperity, tranquility, contentment, and peace with God and man.

Galatians 5:22-25

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,
Meekness, temperance: against such there is no law.
And they that are Christ's have crucified the flesh with the affections and lusts.
If we live in the Spirit, let us also walk in the Spirit.

Prayer for Peace

Heavenly Father, You are the Creator of the Universe. You know the future as You know the past. There is no one like You, Lord. You created a perfect world with no spot or blemish, no sickness or death. Yet sin entered the world through a woman and a man, and the world has been cursed until Jesus returns to conquer death and Satan forever. Father, the world is tangled and writhing in its wickedness and sickness. Have mercy on Your creation, Father, for Your name's sake. Have compassion upon the world and forgive, Lord. Reveal Yourself in all Your goodness and lovingkindness. Bring those who do not know You to a revelation of Your goodness that leads them to repentance. Father, touch Your followers with an even greater hunger and thirst for Jesus, the Bread of Life and the Living Water.

Have mercy, Lord and heal our land and our world and bring Your peace that passes all understanding. In Jesus' name, Amen.

If you need prayer, please let us know at www.PossessHisPromises.com

Wishing you and your family the peace of God which passes all understanding.

May the grace and peace of our Lord and Savior guard your hearts and minds.

May you see God working in your life to accomplish His good works.