

# appnotes

## DAY **READ PSALM 46:1-11**

1

Is there ceaseless noise and activity in your life? Are you overwhelmed by the turmoil that sometimes seems like mountains moving, seas surging, earth trembling—blaring distractions? Is this all-consuming activity or fear threatening to swallow you and your peace of mind? Stop your spinning world! Be still. God calls us to step out of the traffic, sit with Him, and take a long, loving look at our Most High God. Make time daily to talk to Him. Listen to His whisper through the Scriptures. He promises to be your safe hiding place and your protection. He stands waiting, still, ready to help whenever we need Him. Be still and get to know God.

## DAY **READ GENESIS 1:1-31, 2:1-3**

2

And you think you're busy? Never in history has there been such labor as the first work week. God created light, water, sky, plants, moon, sun, stars, fish, birds, animals, man, and woman. He completed the supernatural work that only God could do. But, in His divine wisdom, He knew that labor required rest. So, on the seventh day of creation week, God rested. And that seventh day of rest He blessed and made holy . . . did you catch that? The rest was blessed and made holy. Perhaps the most fruitful, fulfilling, and blessed day of your week will be the day you rest. Even God rested, and you surely have not done more work this week than He has. Follow the example of your Father . . . rest and seek Him.

## DAY **READ LUKE 24:13-35**

3

What if the next time you went out for a stroll, you bumped into Jesus? That's what happened in today's reading. The most significant event in history had just occurred; Jesus had been resurrected. The tomb was empty. Instead of rushing back to Jerusalem to show Himself and spread the word of this incredible miracle, Jesus chose to walk along the road to Emmaus with two of his friends ... as if He had nothing else to do. He explained to them all of the prophecies of Scripture concerning Him, not a quick discourse! He stayed the night and ate with them. He showed us that God has time for us. Love takes time. God is willing to give it. Are you willing to walk with Him? Grab your sneakers, take a walk, and talk to God.

## DAY READ LUKE 5:12-16

4

Are there crowds following you, demanding your attention? Probably not. But no doubt, you are crowded—with appointments, jobs, children, home responsibilities, and extra-curricular obligations. Crowds ... they press, they worry, they frustrate, they demand. What would Jesus do in your situation? How would He handle the stress? Today's Scripture leaves no question about that. "He withdrew to lonely places and prayed." Here is the answer for your crowded life. Could your "lonely place" be early in the living room before the house begins to buzz with activity? Could your "lonely place" be behind a closed door? Wherever it is, the important thing is your prayer. Tell God about the things that crowd you. Ask Him to help you. Turn a crowded life into a calm life by spending time alone with God.

## DAY READ JOEL 1:1-20

5

Have you felt empty, purposeless ... dry as dust? The first chapter of Joel says that their vines, trees, ground, grain, and streams were all dried up, just like their souls. The Bible equates a self-consumed and proud life—a life that leaves no room for Him and denies Him—with a dry and thirsty land. Have you felt empty, fruitless, purposeless, and parched? Your soul is screaming for the only water that satisfies ... Jesus. He said that, when we drink the water He gives us, we will never thirst. Jesus is the well that won't run dry in the dry seasons of life. His lavish, unconditional love and abundant grace can water the driest soul and bring fruit to a barren life. Draw from His well daily and watch the dried up and withered bloom and flourish.

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