

appnotes

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

1

Have you ever been in an earthquake? It's unsettling to feel solid ground stir like the sea and see walls ripple like water. There are times when we receive news that rocks our world. When the cancer is back we feel like the rug has been pulled out from underneath us. When we suffer through no fault of our own we can feel cheated and confused. It is in those moments that we run. We run in circles trying to understand why. We run to things that will alleviate the pain, if only for a moment. Or we can run to God, like Psalm 46 talks about, and find that He is our very present help in trouble. The peace of God comes when we pause in the presence of God. Run to Him today.

DAY **READ PSALM 73:1-23**

2

Have you ever wondered why you had to shoulder a trial when someone who does the opposite of what God says gets to live a happy life? You're not alone. In today's reading, Asaph found himself on the slippery slope of envy. When he browsed Facebook he saw lots of big smiles, healthy faces, tons of confidence, and prosperity—and all from people that didn't care about God at all. In comparison, Asaph's life wasn't looking so good. In that moment he questioned whether following God was even worth it. Then he remembered that there is more to life than the here and now. In the end, Asaph found something greater than wealth, health, and carefree living. He found that all He needed was God.

DAY **GENESIS 50:15-21**

3

When life stinks it's usual to ask, "Why me?" In today's passage, we find a guy who had gone through some terrible circumstances. Without really knowing why, he was betrayed by those closest to him, falsely accused and tossed into prison, abandoned and forgotten. Only later in life was he able to look back at all he had gone through and understand why. God turned the terrible into something truly beneficial. Because of what Joseph went through he was in a position to help others. The challenges you face today can be used by God tomorrow. Even when you are tempted to ask why, you can be certain that God is at work.

DAY READ JAMES 1:1-12

4

If God offered to remove any one problem from your life, what would you choose? In today's reading, James shares this surprising insight: we grow when we embrace what we don't want to face. The circumstances you hate, the problems that plague you, and the issues that haunt you don't have to define you, but they can be used by God to refine you. Have you ever noticed that when you go through a tough circumstance with someone it can draw you closer together? Here's what you need to remember: you will become more like Christ the tighter you cling to Him.

DAY READ 2 CORINTHIANS 1:3-7

5

God never wastes pain. He can redeem every ache of our souls. But God does more than turn the trial into triumph. He doesn't just show up at the end with a trophy. He runs with us through the pain. God is there when we hit rock bottom. When we feel like we cannot take any more. He is with us in the raw, raged-filled nights and in the emptiness that follow the torrent of tears. He is the Father of compassion and the God of all comfort. God is great at comforting. He knows how to simply be there, His presence bringing comfort and peace. He knows when to share the vital truth we need. And the amazing thing about it all? The suffering we experience softens our hearts to the suffering of others. Those who have been comforted gain the profound ability to comfort others too.

AppNotes are available on our Facebook page, Monday-Friday.

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