

appnotes

DAY 1 READ PSALM 4:1-8

1

What is troubling you today? Life can throw some pretty harsh challenges at us. These challenges can steal our peace and our joy if we let them. In Psalm 4, David shows us to put our trust exactly where it belongs and to avoid the temptation to be like the world. The world embraces the lie that we can find a lasting peace through things and circumstances, but we can't. The world asks, "Who will bring us prosperity?" But David says that he would rather have a heart filled with peace than all their grain and new wine. When we place ourselves under the protection of God, our peace is no longer dependent upon uncertain circumstances and things. It is no longer like the shaky peace that the world offers. It is peace that allows us to rest when the world around us appears to be falling apart.

DAY 2 READ GENESIS 16:1-6

2

I usually pack bags when I take a trip, don't you? But when we begin our life as a Christian, we can leave our baggage behind. We can walk away from the bad habits and behaviors associated with our sinful past. Later, when things get tough, we are tempted to pick up our old baggage again and try to fix the problem in our strength. Abraham and Sarah were tempted this way, and it led to family troubles that continued for generations. When we pick up our old baggage, we say to God, "When it comes to this issue I cannot trust You to lead my life." But when we go back to our old ways we give up on God's best. What are you tempted to settle your way instead of trusting God to handle?

DAY 3 READ PHILIPPIANS 4:6-7

3

Have you ever been in a tough situation only to have a well-meaning friend tell you not to worry? "That's easy for you to say" probably passed through your mind. The Apostle Paul told the Philippian church not to worry, but he also told them specifically how to do that. He said that, rather than live in anxiety, they could take all their needs and fears to God through prayer and ask for Him to meet those needs. We should never be embarrassed to tell God that we are needy. Paul also reminds them to ask with thanksgiving, not only for what He has done but also for what He will do. Then, he said, God will replace their fears and needs with a supernatural peace that defies all human understanding, peace that will amaze them. What do you need to release into God's hands so you can have peace?

DAY READ PSALM 42:1-11

4

If you ever feel that things have gotten as bad as they can be, read Psalm 42. It portrays a man that has lost everything. He once led processions into worship, but now he is pursued by his enemies. He has fallen into a deep and overwhelming depression. He cries uncontrollably, and he can see no way out of his troubles. He struggles to reconcile his feelings and his faith. He knows God is faithful even though he is miserable. How are we to survive in such circumstances? This man speaks truth to himself, instead of just listening to himself. He reminds himself of God's character and God's closeness, and that one day he will get through this because of God's goodness.

DAY READ COLOSSIANS 1:11-12

5

Whether we like to admit it or not, Christians are all a Work in Progress. No matter how far along we are, we still have a ways to go. Paul had a prayer for the Colossian church. It was a fourfold prayer. He prayed that they 1) would be filled with the knowledge of God's will, 2) that they would live lives fully pleasing to Him, 3) that they would produce good works, and that 4) they would be strengthened with patience and longsuffering with joy. This prayer sums up God's will for you and me, but it's going to take time for us to get there. We grow as we pray and obey. What steps could you take in your life right now to ensure that you continue on the path to full maturity in Christ?

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

facebook.com/parkerhill.org