

## **EIBC Devotional #9 - “The Calm *in* the Storm”**

Emerald Isle Baptist Church

Pastor Zach Emory

### **Scripture - Psalm 46**

<sup>1</sup>God is our refuge and strength, a very present help in trouble. <sup>2</sup>Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; <sup>3</sup>though its waters roar and foam, though the mountains tremble with its tumult.

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<sup>10</sup>‘Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth.’ <sup>11</sup>The LORD of hosts is with us; the God of Jacob is our refuge.

As beach-dwellers, you know how quickly the Atlantic ocean can churn up when a storm is on the horizon. You plan your boat trips according to the weather forecast, looking for a sea of glass so that you don’t get battered by the waves. Life mimics the ocean. One moment you are sailing along and all is well, and the next your life is churned up by bad news, negative emotions, or a wrong encounter. We cannot escape the fact that life is a rollercoaster with ups and downs, peaks and valleys; we can, however, remember where to seek refuge when the waves threaten to swallow us up. Psalm 46 reminds us that no matter what we are facing, we can cease our strivings and rely on God, Our Refuge and Strength. He is always present with us, and sometimes all we have to do is stop swimming against the current and simply float downstream. We will not fear—no matter the chaos around us and within us. If you reflect on your life, you may remember other times when you thought you would never escape the tumultuous waves, but finally a ray of light shone through and His voice said, “Peace, Be Still!” We have no reason to doubt God’s providence now. Trust that He is still in control.

### **Questions for Reflection -**

What storms of life are you facing?

How can you reassure yourself and others of the “calmness of Christ”?

### **Prayer -**

Heavenly Father, we affirm our faith in You as our source of strength and our refuge. Help us to be patient and to endure when chaos is around us, and let us remember that You are in control. In the name of Christ Jesus, Amen.