

## Let Not Your Heart Be Troubled

*Then He arose and rebuked the wind, and said to the sea, "Peace, be still!" And the wind ceased and there was a great calm. But He said to them, "Why are you so fearful? How is it that you have no faith?" And they feared exceedingly, and said to one another, Who can this be that even the wind and sea obey Him.—Mark 4:39-40*

The events of this week have left us all a little shaken. A time of victory and rejoicing at the Boston Marathon turned to tragedy. The scene of the young boy who exuberantly hugged his dad to congratulate his triumph; moments later turned to a horrific death scene. The security guard went to work Thursday evening, so pleased to be working at MIT only to be assassinated in his vehicle. The explosion in Texas unexpectedly took the lives of many who had come to work on what seemed to be a mundane day. This week in some neighboring towns, I have seen images of flooding and ruin.

These may seem extreme or you may pass them off as the times we live in but the truth is that life changes in a moment. We cannot put our confidence in the events of the day. We may have well intentioned plans, but we may be struck by sickness, accidents, disasters, or just major annoyances.

God tells us not to be anxious about these events. He tells us not to focus on the news of the world, but on the never changing Savior. We are to let the word of God saturate our hearts and our mind to direct a steady walk through the events of the day.

Jesus said, "Peace be still!" to the restless waves and He says that to our agitated hearts. No matter what happens, He will never leave us, "*Be strong and of a good courage, fear not, nor be afraid of them; for the LORD thy God, He it is that doth go with thee; He will not fail thee, nor forsake thee*" Deuteronomy 31:6.

*Be still and know that I am God; I will be exalted among the heathen, I will be exalted in the earth.—Psalm 46:10*