

Calm Amidst Chaos - Part 1

Learn to be calm by growing in your understanding of God's sovereignty.

Sovereignty: the term the Bible uses to describe God's perfect control and management of the universe.

"The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word" (Hebrews 1:3 NIV)

"He is before all things, and in him all things hold together" (Colossians 1:17 - NIV)

There is no wisdom, no insight, no plan that can succeed against the Lord. (Proverbs 21:30)

God's sovereignty gives Christ-followers an inside track to peace ... "*others see the problems of the world and wring their hands. We see the problems of the world and bend our knees.*" (Max Lucado)

Learn to be calm by replacing guilt with grace.

Jesus came to take away the sins of the world (John 1:29 - Phillips)

Learn to be calm by rejoicing in the Lord always.

"You intended to harm me, *but God* intended it for good to accomplish what is now being done, the saving of many lives. So then, don't be afraid. (Joseph speaking to his brothers - Genesis 50:20-21)

"In all things God works for the good of those who love him, who have been called according to his purpose" (Romans 8:28 - NIV)

"He will keep in perfect peace all those who trust in him, whose thoughts turn often to the Lord." (Isaiah 26:3 - TLB)

Devotional/Discussion Guide

- Begin with prayer. If you are in a group, this is important and if you are by yourself, it is equally important. Ask God to guide your time.
- How would you rate your levels of anxiety? What causes the most anxiety in your life? How do you deal with it? Why? When?
- What do you think about God? How do you describe God? What words do you use? Have you ever used the word "sovereign?" Look at the definition on the other side (under the first point). Do you believe that God is in total control? Why or why not? What difference does it make in your life? Describe it if you can.
- Look at and read the Bible verses under the first point on the other side. Google some others about God being in control. Do you think most people in this country would agree that God is? Or do you think they would say God is not? Why?
- If God is sovereign, then what difference should it make in your life as you deal with the issues of life?

- Point 2 deals with guilt as a cause of anxiety. Is this something that affects you? How so? We talk a lot about God's grace here at Good Sam. Do you buy it? How can or how has grace helped you deal with guilt?
- The final point is trying to teach us to be people calm by ALWAYS rejoicing in the Lord. Do you think this is humanly possible? Why is it important? From what you know about the Apostle Paul, who wrote these words, why are they significant?
- Have there been times in your life when you have had a sense of calm in the midst of real chaos? Was God present? How so?
- Close your time with prayer. Pray not only for yourselves but for the needs of your group, family, this church and school as well please.