

## **Devotional Day: 20: This Heart of Mine**

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This heart of mine is secure and at rest in His presence, in His presence.

*"I was in the boat and the storm around me was violent. We were being tossed around like a rag doll.*

*I looked around me and water was beginning to fill the boat. At that moment a sinking feeling began to fill my heart as well. Dread.*

*I was used to travelling by sea: I was a fisherman. Over the years I'd had some close calls but this ... This was something entirely different. It seemed today we would lose the battle and the sea would overcome us.*

*The towering waves continued to slam us, each shove causing cries to ring out from the men around me. We were all terrified. As I looked around I could see some of them fighting a losing battle with the sails and others fruitlessly attempting to bail out water.*

*I was about to make a silent prayer up to God when I realised God was with us. But where was He in all this!*

*He was asleep!*

*How could He be asleep in all this turmoil? How could He be at rest?*

*He looked secure, certain that He was going to reach the other side. I wasn't so sure. Everything around us was screaming we were not going to make it.*

*"Wake Him up! Wake Him up! Can't you see we are to going to drown?"*

*I looked at the faces of the men around me, their eyes seemed empty, portraying men who had come to the end and were about to die.*

*We just followed Jesus, and now we were all about to go under.*

*Jesus awoke, or rather was awakened.*

*I can never forget the look on His face. It was one of disappointment; and His words...*

*How could we have little faith, couldn't He see we were all about to die but...*

*But...*

*I saw Him calm the raging see. He stilled the waves. The very ones that threatened to engulf us with their towering battle rams. He did it with words which accomplished more than all the fussing and all the worrying we did, which had not saved us. But His words did.*

*It seemed as if He was in complete control all along.*

*I couldn't believe it. But the sea was still. It seemed at complete rest*

*Mathew 8:23-27 NLT, "Then Jesus got into the boat and started across the lake with his disciples. Suddenly, a fierce storm struck the lake, with waves breaking into the boat. But Jesus was sleeping. The disciples went and woke him up, shouting, 'Lord, save us! We're going to drown!'*

*Jesus responded, 'Why are you afraid? You have so little faith!' Then he got up and rebuked the wind and waves, and suddenly there was a great calm.*

*The disciples were amazed. 'Who is this man?' they asked. 'Even the winds and waves obey him!'"*

Why do we stress and worry about things when God is in complete control of them? Do we not know that stressing and worrying does not add one iota to our issue being resolved?

Do we not know God is with us wherever we go?

He will never leave us or forsake us. Does the Word not say this?

Are we not the carriers of His presence? Has He not told us this?

So why do we still stress and worry?

*Psalm 139:17-18 NLT, "How precious are Your thoughts about me, O God. They cannot be numbered! I can't even count them; they outnumber the grains of sand! And when I wake up, You are still with me!"*

Do we not know that God is mindful of us, all the time! There is not a day, an hour, a minute or a second when He does not think about you. His thoughts to you are for good and not evil. He wants to bless you.

So why do we still stress and worry?

He is in complete control!

### **Application**

Let us be always mindful of God throughout our day whether at work, or at home and watch the difference it makes. Let us be always mindful that we are the temple of God. We carry the presence of God wherever we go. So who can be against us if God is for us?

Let us always be mindful of Him so we can truly sing:

"Love divine, Joy unspeakable

... This heart of mine is refreshed (**secure**) and at rest in His presence, in His presence."