



Finding Peace

Serving Leaders in Life

These devotional thoughts are drawn from the free download at <https://www.bibles.com/beyond-disaster-download.html>

Pastor: In order to lead your congregation most effectively, it will be important to prioritize your own personal **WELLNESS**. We hope the following resources encourage that priority.

Pause for the next few moments:

- Focus on your own well-being.
- Share your emotions with God.
- Be honest with God! Tell Him exactly how you're feeling. He already knows, so talk about it with Him.
- Do you feel God has broken His promise to protect you from evil?
- Do you feel abandoned by Him? Are you angry?
- Pour out your pain to God.

There are many examples of people expressing their feelings to God in the Bible. These are called "laments." Did you know that there are more lament psalms in the Bible than praise psalms?

In a lament, people call out to God asking, "Why don't you protect me? Where are you? How long will this suffering last?" They tell God what they want Him to do, desiring Him to look at their circumstances. Sometimes they remind themselves of how God helped them in the past, or how God helped His people in the Bible. This can spark hope.

Lament is often what faith looks like in hard situations. It is a sign of faith that God is listening, cares, and has power to help.

Now voice your personal prayer to God.

Father, I release the fears and anxieties I face today and place them in Your hands. Help me surrender my tendency to try and control uncertainty. May the truth that You are sovereign over every daily detail bring peace to my heart and my mind. In Jesus' name, amen.



BE ANXIOUS FOR
NOTHING
BUT IN EVERYTHING BY
PRAYER & SUPPLICATION
WITH THANKSGIVING
— LET YOUR REQUESTS —
BE MADE KNOWN TO GOD
AND THE PEACE OF GOD
WHICH SURPASSES ALL
UNDERSTANDING
WILL GUARD YOUR HEARTS & MINDS
— THROUGH —
CHRIST JESUS

PHILIPPIANS 4:6-7

Download the graphic above. It's from, *More Faith: An 11-Week Action Plan to Overcome Anxiety* by Max Lucado. <https://www.amazon.com/Less-Fret-More-Faith-Overcome/dp/1400207495>

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