



## May 31 – Being Present

So often it is implied that “at church” we’re supposed to be happy people, have it all together or at least look like we do – and never admit that we are hurting, angry, doubting or anything “negative”. But the truth of our lives is we are all a bundle of emotions, and all those emotions are as much a part of our faith as the rest of life. Join us this weekend as we take time to look at what it means to be “fully present” with God – all emotions included!

### Scripture:

#### Psalm 46:1-3, 10-11 NLT

God is our refuge and strength, always ready to help in times of trouble. <sup>2</sup>So we will not fear when earthquakes come and the mountains crumble into the sea. <sup>3</sup>Let the oceans roar and foam. Let the mountains tremble as the waters surge!

“Be still...and know that I am God! I will be honored by every nation. I will be honored throughout the world.”

<sup>11</sup>The Lord of Heaven’s Armies is here among us; the God of Israel is our fortress.

#### Matthew 14:22-33 NLT

<sup>22</sup>Immediately after this, Jesus insisted that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home. <sup>23</sup>After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone. <sup>24</sup>Meanwhile, the disciples were in trouble far away from land, for a strong wind had risen, and they were fighting heavy waves. <sup>25</sup>About three o’clock in the morning Jesus came toward them, walking on the water. <sup>26</sup>When the disciples saw him walking on the water, they were terrified. In their fear, they cried out, “It’s a ghost!” <sup>27</sup>But Jesus spoke to them at once. “Don’t be afraid,” he said. “Take courage. I am here!” <sup>28</sup>Then Peter called to him, “Lord, if it’s really you, tell me to come to you, walking on the water.” <sup>29</sup>“Yes, come,” Jesus said. So, Peter went over the side of the boat and walked on the water toward Jesus. <sup>30</sup>But when he saw the strong wind and the waves, he was terrified and began to sink. “Save me, Lord!” he shouted. <sup>31</sup>Jesus immediately reached out and grabbed him. “You have so little faith,” Jesus said. “Why did you doubt me?” <sup>32</sup>When they climbed back into the boat, the wind stopped. <sup>33</sup>Then the disciples worshiped him. “You really are the Son of God!” they exclaimed.

### Questions:

- What are your hands doing now? What kind of position are they in? Are they tense? Folded? Crossed? Our hands can send all kinds of messages – what kind of messages did your hands send today?
- What is your attitude toward God? What message are you sending to God with your life position? Are you expecting God to show up amid an overcrowded schedule? Waiting for God to show up miraculously? Or do you carve time out to be fully present with God?
- This week – try carving out 10 minutes in your day to simply breathe and be present with God. See what happens!

### Reading for the Week:

**Monday:** Luke 9:57-62

**Tuesday:** Matthew 24:42-44

**Wednesday:** Isaiah 41:8-10

**Thursday:** Joshua 1:7-9

**Friday:** Psalm 139:7-10