



June 28 – Hands Wide Open – Peace

Too often, each one of us are our own biggest barrier to experiencing all that God has for us. We put up walls, we strive to do the “right things”, we equate a relationship with God with a list of “I have to” or “I should”. What if we could get out of our own way and simply receive God’s presence...and in that, God’s peace with hands wide open? Join us this weekend as we experience doing just that!

Scripture:

I Kings 19:3-13

³ Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. ⁴ Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.” ⁵ Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” ⁶ He looked around and there beside his head was some bread baked on hot stones and a jar of water! So, he ate and drank and lay down again. ⁷ Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.”

⁸ So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. ⁹ There he came to a cave, where he spent the night. But the Lord said to him, “What are you doing here, Elijah?” ¹⁰ Elijah replied, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.”

¹¹ “Go out and stand before me on the mountain,” the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. ¹² And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper. ¹³ When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

And a voice said, “What are you doing here, Elijah?”

Philippians 4:6-9 NLT

⁶ Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. ⁷ Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. ⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Questions:

- Where do you look for God? Where do you see and/or feel God’s presence?
- How often do you go to God with wide open hands – and simply ask to receive God’s presence? Do ever simply listen or be at peace and abide in God’s love for you?
- This week, try allowing space so God can show up in a whisper, so God can show up in peaceful presence. Allow yourself to lean back into that presence more and more, breathe deeply and allow God’s peace to be a gift to you.

Reading for the Week: (when reading the scripture, read what comes before and after for full understanding & context)

Monday: Deuteronomy 4:29

Tuesday: Jeremiah 29:13

Wednesday: 1 Chronicles 16:11

Thursday: Psalm 63:1

Friday: James 4:8