



Week 1: Don't Stop Believin' and Don't Stop Abiding

- Psalm 62:5** “REST in God alone, my soul, for my hope comes from him.”
Psalm 46:10a “Be STILL and know that I am God.”
Exodus 14:14 “The Lord will fight for you; you need only to be STILL.”
Psalm 37:7a “Be STILL before the Lord and WAIT patiently for him;
Isaiah 30:15 “In repentance and REST is your salvation, in quietness and trust is your strength.”
Psalm 62:1 “Truly my soul finds REST in God; my salvation comes from him.”
Matthew 11:28 “Come to me, all you who are weary and burdened, and I will give you REST.”

Biblical hope is not wishful thinking; it is a *confident certainty* rooted in God's faithfulness and power.

HOPE SHOT: *My hope is in the intervention of heaven!*

The hallelujah I raise when I have nothing else to offer is not a pitiful consolation offering. It is a powerful sign of dependence and trust. It is a sign of faith in His ability to save, to redeem, to restore, to heal – to intervene on our behalf.

- John 12:1-8** Mary anoints Jesus
¹Six days before the Passover, Jesus came to Bethany, where Lazarus lived, whom Jesus had raised from the dead. ²Here a dinner was given in Jesus' honor. Martha served, while Lazarus was among those reclining at the table with him. ³Then Mary took about a pint of pure nard, an expensive perfume; **she poured it on Jesus' feet and wiped his feet with her hair.** And the house was filled with the fragrance of the perfume. ⁴But one of his disciples, Judas Iscariot, who was later to betray him, objected, ⁵“Why wasn't this perfume sold and the money given to the poor? It was worth a year's wages.” ⁶He did not say this because he cared about the poor but because he was a thief; as keeper of the money bag, he used to help himself to what was put into it. ⁷“Leave her alone,” Jesus replied. “It was intended that she should save this perfume for the day of my burial. ⁸You will always have the poor among you, but you will not always have me.”
- Luke 10:38-42** Mary and Martha
³⁸As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹She had a sister called Mary, **who sat at the Lord's feet** listening to what he said. ⁴⁰But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!”
⁴¹“Martha, Martha,” the Lord answered, “you are worried and upset about many things, ⁴²but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

John 11:28-33

The death of Lazarus

²⁸After she had said this, she went back and called her sister Mary aside. “The Teacher is here,” she said, “and is asking for you.” ²⁹When Mary heard this, she got up quickly and went to him. ³⁰Now Jesus had not yet entered the village, but was still at the place where Martha had met him. ³¹When the Jews who had been with Mary in the house, comforting her, noticed how quickly she got up and went out, they followed her, supposing she was going to the tomb to mourn there. ³²When Mary reached the place where Jesus was and saw him, **she fell at his feet and said,** “Lord, if you had been here, my brother would not have died.” ³³When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled.

So how do WE do that, exactly? How do we abide like Mary?

Practice Stillness

We have to give ourselves permission to pause, quiet our worries, and release the need to control every outcome. We have to sit still.

1 Kings 19:12

“After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.”

God’s presence is often found in quiet, still moments rather than in chaos.

Luke 5:16

“But Jesus often withdrew to lonely places and prayed.”

If Jesus, Himself, had to quiet the noise and get away to pray, what makes us think that we can get through this life without doing the same thing?

Focus on the Present

Acknowledge the small graces and daily support surrounding us right now, even in small measures. Daily gratitude.

Reflect, Read Scripture, and Pray

Reading scripture, quiet reflection, and specific, big bold, persistent prayer. These can help steady our minds when life feels turbulent. They refocus our priorities and our game plan. They shift the burden. They shift the focus away from our weakness and onto His strength.

A prayer from Tim Keller:

Lord,
I worry because I forget your wisdom.
I resent because I forget your mercy.
I covet because I forget your beauty.
I sin because I forget your holiness.
I fear because I forget your sovereignty.
You always remember me.
Help me to remember you.
Amen.

Leave it at the feet of Jesus and trust in the intervention of Heaven!