

Southern Adventist University
Knowledge Exchange

The Main Thing Devotional

Office of Ministry and Missions

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Be Still

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“And [Jesus] arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm,” Mark 4:39, ESV.

Be Still

I’m writing to you from Orlando, Florida this morning where I am joining a graduate class intensive to complete my degree. While all is calm today, barely a breeze or a cloud in the sky, as you may be aware, Hurricane Ian is looming over the state, sending many into a frenzy and changing many plans. For many, there is a great fear about what the storm may bring – upheaval, damage, disaster.

Do you find yourself bracing for an impending storm of some sort in your life? Perhaps a situation threatens to impact your family, your academics, your finances, your hopes and dreams in some profoundly negative way resulting in the involuntary tensing of your muscles, a whirling mind, and overcoming you with stress or anxiety. Metaphorically, on the horizon of your life, the dark clouds of oppression, doubt, and intensity signal difficulty and trials. And if you aren’t bracing for a storm currently, chances are high that you have weathered a storm before or will experience one of some sort in the near future.

In Mark 4:37 Jesus and his disciples find themselves in a fierce storm. “A great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling.” And just like the disciples, you may be questioning, *does Jesus even care that I’m fighting for my life, fighting for my relationship, fighting for...?* God can handle your questions and doubts. Whatever you might be up against today, tell Jesus about it; go to Him with your questions and fears. As Isaiah confirms, God may not always remove the storms from your life, but He will be present with you through them declaring:

“Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Savior. I give Egypt as your ransom, Cush and Seba in exchange for you. Because you are precious in my eyes, and honored, and I love you,” Isaiah 43:1-4, ESV.

In the midst of the disciples’ despair, Jesus arose from His respite, stretched out His hands and said, “Peace, be still.” In the midst of your storm today, Jesus offers His perfect, faithful peace because He loves you. By making the Main Thing [Jesus], the main thing this week, may you experience His calm presence and peace in a deeply meaningful way.

REFLECT

- How is God inviting you to find stillness today?
- In the stillness, bring Jesus your honest doubts, questions, burdens, and fears.
- By being still, even just for a few moments, what does Jesus speak to your heart, mind, and soul that offers comfort and peace in the midst of your current circumstances?

NEWS & RESOURCES

- Follow **@ministryandmissions** on Instagram for updates on events and programs as well as encouraging messages and [check out our website](#) for many new resources.
- If you are feeling anxious or have recently experienced loss or grief, call 423.236.2782 to talk to a counselor on campus! (This is a free service for Southern students.)
- **Talk** with Chaplain [Anna Bennett](#) or [Joseph Khabbaz](#) if you need someone to pray with or have a desire to grow spiritually.

Blessings