

● WARM UP

My dad had an open clinker-built dinghy when I was small and he used to love to go fishing. He had an 18 horsepower Evinrude outboard and he'd take me and three of his mates out on the Hauraki Gulf (that is four big men and a kid!). We used to catch a lot of snapper in the days before the trawlers swept them up.

One day on one such trip, when I was about 9, a southerly chop blew up and as darkness fell we headed home in the teeth of some strong winds and vicious waves. I cannot remember ever being more filled with fear. There was not a lot of freeboard.

On this day Dad had taken one of the local ministers with us and as each wave broke over the boat and we bailed, wet, freezing and scared, I remember meeting his eyes, and this guy smiled at me. He wasn't scared. We got home OK, but only just.



● READ Philippians 4:6-7

● BACKGROUND

"Be anxious about nothing" sounds like the sort of advice someone well off might tritely give to others who are struggling with the burden of life's issues. But when Paul wrote this, he was in prison and his long-term outlook in the hands of the Romans was bleak. The Philippians he was writing to were, on the surface, in a far better situation than Paul was. With that perspective, these words boldly jump out as a statement of power!

● QUESTIONS

- 1 How is it possible to *"be anxious about nothing,"* given the nature of our lives?
- 2 What does it mean to give thanks in every situation? How can we do this?

- 3 What do you understand by the peace of God? Share your experiences of what this has meant in your life.

● CONSIDER THIS

The people of Russia received a sobering reminder of the ever-present danger we face from meteors and asteroids, which sometimes strike the earth unexpectedly. On 15 February 2013 a meteor exploded over the Russian city of Chelyabinsk in a blast which injured over one thousand people. This meteor is estimated to have weighed approximately 10,000 tons and measured 55 feet in diameter before exploding with 500 kilotons of force.

Amazingly, the blast was about thirty times more powerful than the explosion produced by the nuclear bombing on Hiroshima, Japan in 1945. Scientists around the world and the Russian government were completely caught off guard by this unusual event according to reports. "Our ground facilities and, as I understand, those abroad too did not monitor this celestial body," stated a spokesman for the Russian space agency Roscomos.

A final thought from the Lord Jesus, from John 14:27 - *"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."*

What is God saying to me?

● LET'S PRAY

● REAL LIFE STORIES OF GOD'S POWER



I was more down than up with asthma. As I went to [Bill's] meeting I could feel a real tightness in my neck as if someone was holding really tightly around my neck. Bill prayed for me and I very distinctly recall a releasing, a setting free of that tightness, and ever since I can say I have not got asthma and it has been awesome!
Wayne