

# Freeze!

CHRIS HUGHES | MARCH 1, 2018



I took this picture two weeks ago while on a walk with my dog, Rollie, where we often see rabbits running through the brush and the grass.

When we happen upon them, they usually freeze, waiting to see if we notice them and trying to decide where the closest escape route is away from us. The funny thing is my dog, who is not the most observant (particularly since our Beagle is no longer here to alert him), does not normally even know they are there. If he does, it is usually too late as they run into the underbrush.

**Psalm 37:7 (NLT) says, “Be still in the presence of the Lord, and wait patiently for him to act. Don’t worry about evil people who prosper or fret about their wicked schemes.”**

When faced with situations that I cannot fix, especially with my family, worry makes its home in the pit of my stomach and restless nights become the norm. I despise the feelings that not being able to fix things makes me feel and I want to run from them. But God calls me to be still, no matter where I am or how I feel. I am not to worry or fret, simply be still in his presence. And this is the key: not to be still out of fear like the rabbits I encounter on walks. But to be still in God, knowing he alone is my protector, my safe place when what I am experiencing both inward and outward feels so very hopeless or out of my control.

I think of the last nine months and the healing journey I am on with God.

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I think of how often I was and still am at times like the animals my dog and I encounter: frozen in place, trying to figure out on my own an escape route, a quick fix to whatever I am feeling in that moment. And then I read Psalm 37:7 again, and realize Jesus wants me to be still in his presence. I don’t need to figure out an escape route because that is not my job; it is his.

So my prayer today for myself and for any of you who are facing situations or emotions that make you freeze in fear or want to run, is that instead, you will freeze in Jesus and remember he’s got this, all of this, all the time. I don’t need to fix it. I need to focus on the Fixer.

## March 4, 2018

FOCUS Wesleyan Church

In Christ Alone - “Israel and the End Times”

### Sermon Notes:

Zechariah 14:4-9

Matthew 24:32-44

Hosea 9:10a

## **1. The regathering of \_\_\_\_\_ is the super-sign that God has given of the last days**

Ezekiel 37:10-14

## **2. The \_\_\_\_\_ we see today in the Middle East is just as the \_\_\_\_\_ predicted**

## **3. The \_\_\_\_\_ conflict of man will be \_\_\_\_\_ on Jerusalem and the Middle East**

Zechariah 12:2-3

John 21:20

## **4. The \_\_\_\_\_ of \_\_\_\_\_ cannot happen until the full gathering of the Gentiles**

Romans 11:25

1 Thessalonians 5:4-8

**Reflection:** What is one new thing you believe God spoke to you today as a result of worshipping at FOCUS?

\_\_\_\_\_

The Word of God directs us as we consider what the **next step** is for our lives. What is your next step?

\_\_\_\_\_

**Challenge:** This week I will pray for the unsaved friend(s) or family member(s)

\_\_\_\_\_

### ***Communion at FOCUS***

Every Sunday at FOCUS we celebrate the Lord's Table, also known as Communion. We have open communion which means all are invited to receive. We receive communion elements by intinction. Tearing off a small piece of the loaf of bread, dipping it in the communion glass of juice, and then consuming it immediately. Please note, upon your request, we also have gluten free elements for those with gluten and other major food allergies.

### ***FOCUS Youth Group meeting tonight! 6:30 - 8PM***

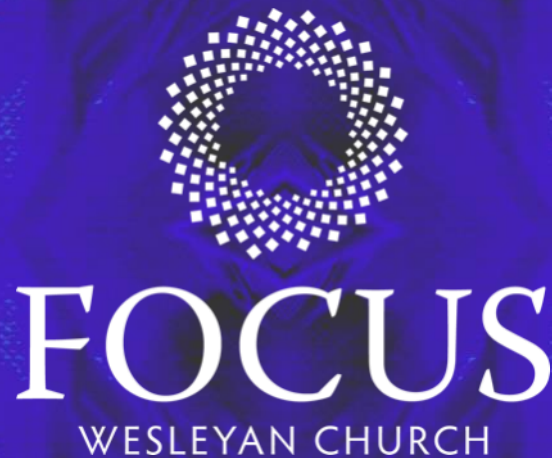
We hope to see you and any friends who don't already attend a Youth Group on Sunday evenings tonight!

### ***More Than Funny - Tour Michael Jr. March 25, 7 PM***

Tickets are between \$15-\$20 person. The event will be hosted by *Central Baptist Church* in Winchester. Please sign up today on the information desk if you would like tickets!

### ***Wednesday Night Meal***

We would like to invite you and your family to join us for supper this Wednesday night. The meal will be ready at 5:30 PM. You have been invited to come and share a delicious meal and uplifting fellowship with us.



WELCOME

THANKS FOR JOINING US

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