



“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”- 1 Timothy 4:8

## GOOOOO HURRICANES!!

Congratulations to Hurricanes HSVG for taking Second Place in the Cypress Christian Warriors Tournament last weekend! A shout-out too to all players within the program for continuing to set the bar high in attitude and application. While results may not always go our way, it’s reassuring that we continue to compete with Character, Class and Commitment.

## DEVOTIONAL THEME: PEACE – “The Lord is with you wherever you go.” (Joshua 1:9)

The impending betrayal, trial and crucifixion of Jesus did not take the Savior by surprise. On the contrary. He knew EXACTLY when, where and how it would all take place. His disciples, on the other hand, were not privy to the Lord’s eternal perspective. They were anxious, full of questions, doubts and fears. Just before praying for Himself, the disciples and for future believers (John 17), Jesus foretold the immediate future, “You will leave me all alone. Yet I am not alone, for my Father is with me. I have told you these things, so that in me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world.” (John 16:31-33). Trouble, trials, heartaches and pains...they’re all part of our earthly existence, and no one is exempt. Notice Jesus didn’t tell His disciples “If” you have trouble, but rather “when” you have trouble. Adversity is inevitable and inescapable. It’s at this time that we need reassurance – confidence and peace that regardless of our current circumstances, Jesus is still in charge; He’s still on His throne! After all...He is our Prince of Peace! (Isaiah 9:6)



## PERSONAL REFLECTION – “Be at peace, not in pieces”

Jesus does not abandon us to our struggles. In fact, Psalm 46:1 is a marvelous reminder of His faithfulness when we might fear the worst or when life just hurts: As you read the following Scripture, breathe in the comfort of God’s Word and be encouraged: **“God is our refuge and strength, an ever present help in times of trouble.”** He provides peace in the midst of our pain; peace when all seems lost; peace when we feel abandoned; peace when we’re suffering unjustly; peace when the world is spiraling out of control. Truly, only the Lord can replace our anxieties with the peace of God which transcends all understanding to guard our hearts and minds in Christ Jesus (Philippians 4:7).



Sadly, many people are able to mask the absence of true peace in their lives. They role-play, acting in a way they’re “supposed to” in order to fit in, or through fear of having their true struggles revealed. Depression, anxiety, sadness, loneliness are no respecters of age either. We can be “hit” with these debilitating conditions in our youth as well as our adult life. How are YOU doing in this area? Are you battling your way through life, putting on a brave face while at the same time, inwardly grieving? Others may not see it, but you know the truth – the REAL truth about your inner turmoil. If this strikes a chord with you, remember:

1. You’re not alone. Many have faced, and defeated the “hidden diseases” of the mind and heart
2. Seek help. Tell your parents or a trusted friend. Share your burdens and struggles and understand that this is not a sign of weakness, but rather strength
3. Pray and ask for prayer from others for God to give you His peace in the midst of your trial
4. Trust God – no matter what. Allow Him to meet you where you’re at. Nothing is too big for our Lord to conquer

Looking forward to seeing you next week!

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“Sharing biblical truth to reach, teach & encourage next generation leaders through soccer”

**“I can do all things through Christ who strengthens me.” - Philippians 4:13**