



✈️ It's Cold Outside But I'm Okay.

PREVIEW

Today's world is in disarray. News headlines and social media give us a constant report of economic Inflation, social injustice, widespread violence, government corruption, and an explosion of mental health issues. However, it great to know that though the world might be in chaos, God can give us peace and safety in the midst of the chaos.

PRAISE

Think of a time when God kept you safe and peaceful when life should've been chaotic and turbulent. Share your personal story of when God did this. Ask several others to share their story.

Give a time limit of 1-2 minutes.

PARABLE

Have you ever stepped outside on a cold and extremely windy day? Did you notice how right away how you were affected by what was going on outside. You likely had to squint your eyes to keep dust out. You probably had to pull your shirt collar over you nose to breath right. If you went without a jacket, likely you instantly regretted it. If you went out barefooted, you probably had to move quickly as the cold ground started to become painful. But then relief! Because now it's time to go inside!! What happened when you went inside? Did you notice how you were immediately shielded from the uncomfortable outdoor elements? You no longer had to squint your eyes or cover your nose with your shirt because there was no extreme wind.

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PARABLE *(continued)*

Your cold bare feet were no longer in pain as the warmth of the carpet thawed them. Your teeth no longer chattered, because the warmth of the indoors allowed you to relax. You were no longer affected by the elements outside. The wind is still blowing. The ground is still cold. The dust is still carried by the wind. But now the difference is you're inside, safe, and comfortable from the elements outside.

World events tend to stir fear, anxiety, and in some cases anger. These things can affect who you are as an individual. The events you see and hear about can make you anxious or scared. The injustices can make you mad. However, being in God can keep us safe mentally, emotionally, and spiritually though our world is in turmoil. The events have not stopped. They are still happening. However, because we are in God our hearts, minds and emotions are kept safe because we understand that he is in control. The world is in chaos, but our mental, emotional, and spiritual wellbeing are not governed by the chaos. They are governed by God and who he is.

PRESENT

Israel was on their way out of Egypt. They had come to the shore of the Red Sea. In front of them stood a large and deep body of water. Behind them was a vicious army of soldiers, chariots, and horses on their way to attack. They were surrounded. There seemed to be no way out. In the following verses we see, they had become anxious, scared, and even angry because of what surrounded them...and they (Israel) said to Moses, "Why did you bring us out here to die in the wilderness? Weren't there enough graves for us in Egypt? What have you done to us? Why did you make us leave Egypt? Didn't we tell you this would happen while we were still in Egypt? We said, 'Leave us alone! Let us be slaves to the Egyptians. It's better to be a slave in Egypt than a corpse in the wilderness!'" Exodus 14:10-12 NLT

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PRESENT *(continued)*

As we can see, they are panicking, scared, and mad. As crazy as it sounds. As much right as they have to be anxious, scared, and angry because the insane, impossible conditions around them, Moses tells Israel: "Don't be afraid. Just stand still and watch the Lord rescue you today. The Egyptians you see today will never be seen again. The Lord himself will fight for you. Just stay calm." Exodus 14:13-14 NLT

Two things stand out

1. "Don't be afraid", and 2. "Just stay calm". Because truthfully you can have peace in the midst of a world of chaos if you're in God.

PRACTICE

The next time you find you're becoming anxious, scared, or fearful about anything, put your mind on God, and remind yourself that you can have perfect peace if you keep your mind on him because the Bible tells us:

"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!" Isaiah 26:3 NLT

It would be great to memorize Isaiah 26:3 and the next time you are confronted with chaos, quote it.

PRAYER

Place your hands on your head and pray, "Jesus, I thank you that you allow us to have a relationship with you. I thank you, that you love me and care about me. I ask to let my mind have peace in any storm I experience. I ask that you remind me about your peace when my world is in chaos, and that you give me faith to experience that peace.

PLUS

What are some crazy situations where we can experience the peace of God? Ask your members if they believe they can experience the peace of God in the middle of trouble.