

Staying Calm in Troubled Times

A serene landscape of a calm lake reflecting mountains and a forested shore. In the foreground, a log and a rock float in the water.

John 14:1-6

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"Let not your heart be troubled; you believe in God, believe also in Me..."



Calmness in scripture

- Psalm 107:24 He calms storm, waves are still.
- Luke 8:24 Jesus rebukes the wind and waves
- Psalm 131 I have calmed and quieted my soul
- Prov 17:27 person of understanding has calm spirit
- Isaiah 7:4 Be careful, keep calm, don't be afraid...

BEAUFORT	AVG MPH	KNOTS	EFFECT
0 (calm)	0	0-1	Smoke rises vertically in the air. The sea is smooth.
1 (light air)	1.2-3	1-3	Smoke moves slightly in the direction of the wind.
2 (light breeze)	3.7-7.5	4-6	You can feel wind on your face and hear leaves rustle in the trees.
3 (gentle breeze)	8-12.5	7-10	Smoke moves horizontally with the wind and small branches sway.
4 (moderate breeze)	13-18.6	11-16	Loose dust and sand on the ground move, large branches sway, loose paper blows around, and fairly frequent whitecaps occur on the sea.
5 (fresh breeze)	19.3-25	17-21	Surface waves form on the water, and small trees on land sway.
6 (strong breeze)	25.5-31	22-27	Trees bend with the force of the wind, which also causes whistling in telephone wires and some spray on the sea surface.
7 (moderate gale)	32-38	28-33	Large trees sway.
8 (fresh gale)	39-46	34-40	Twigs break from trees, and long streaks of foam appear on the ocean.
9 (strong gale)	47-55	41-47	Branches break off of trees.
10 (whole gale)	56-64	48-55	Trees are uprooted, and the sea takes on a white appearance.
11 (storm)	65-74	56-63	Widespread damage.
12 (hurricane)	75+	64+	Structural damage on land and storm waves at sea.



John 14:1-3

- "Let not your heart be troubled; you believe in God, believe also in Me. 2 In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. 3 And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also."

A Stress-free life?

- John 16:33 These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."

Jesus felt pressure..

- John 11:33 He groaned in the spirit and was troubled.
- John 12:27 "Now My soul is troubled, and what shall I say? 'Father, save Me from this hour'?"
- John 13:21 When Jesus had said these things, He was troubled in spirit..
- Hebrews 4:15 we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.

Jesus comforted his disciples...

- John 13:33-36 Little children, I shall be with you a little while longer. You will seek Me; and as I said to the Jews, 'Where I am going, you cannot come,' so now I say to you.
- 36 Simon Peter said to Him, "Lord, where are You going?" Jesus answered him, "Where I am going you cannot follow Me now, but you shall follow Me afterward."

1 Believe in a person...

- John 14:1 "Let not your heart be troubled; you believe in God, believe also in Me.



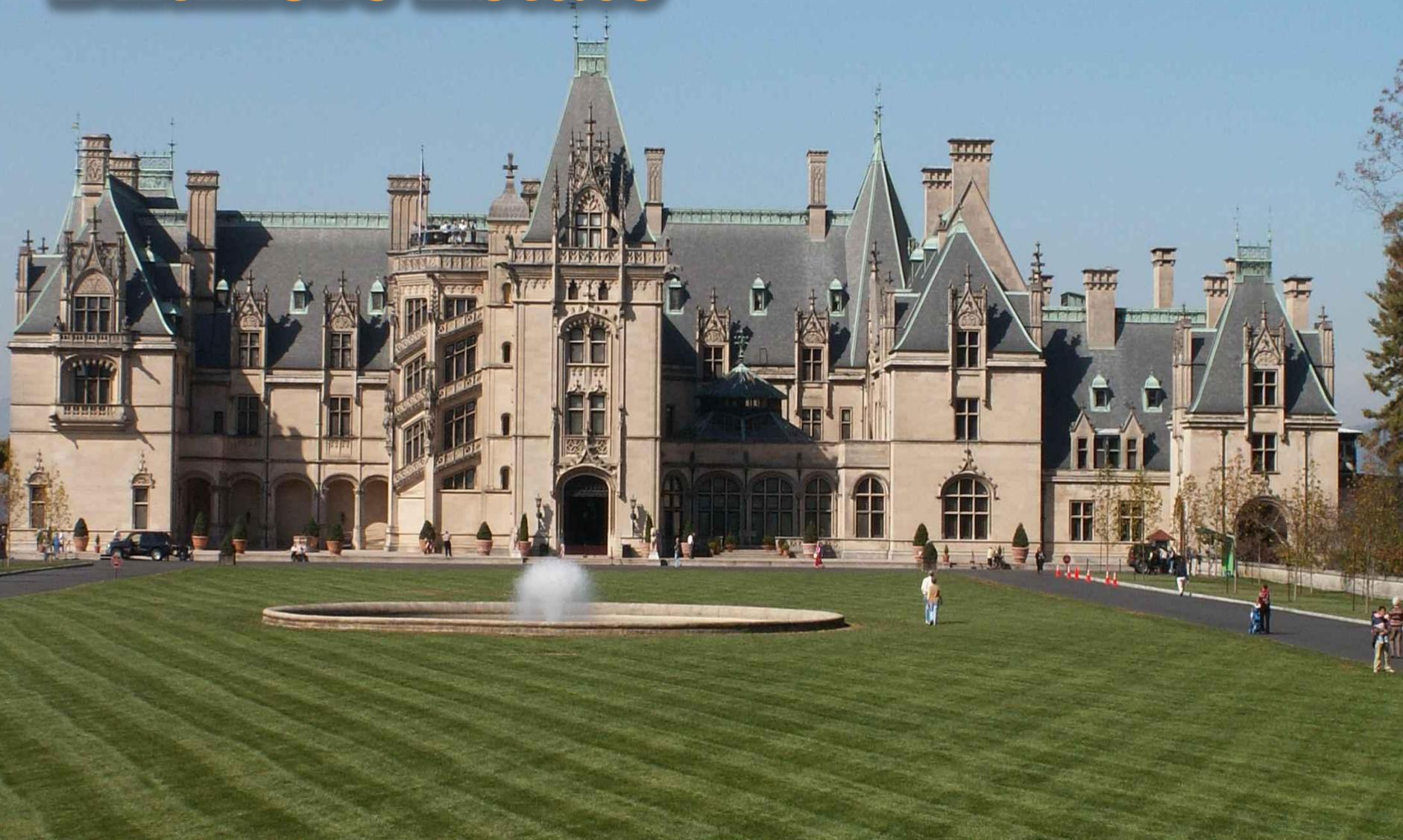
1 Believe in a person...

- Deut 6:4-5 "Hear, O Israel: The Lord our God, the Lord is one! 5 You shall love the Lord your God with all your heart, with all your soul, and with all your strength.
- John 1:1 In the beginning was the Word, and the Word was with God, and the Word was God. NKJV
- John 10:30 I and My Father are one."

2 Believe in a place...

- John 14:2 In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you.

Biltmore Estate



Hearst Castle



Jesus had no home

- Matthew 8:20 And Jesus said to him, "Foxes have holes and birds of the air have nests, but the Son of Man has nowhere to lay His head."

3 Believe in a promise..

- John 14:3 And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.

3 Believe in a promise..

- Luke 16:22 So it was that the beggar died, and was carried by the angels to Abraham's bosom..
- John 17:24 "Father, I desire that they also whom You gave Me may be with Me where I am, that they may behold My glory which You have given Me; for You loved Me before the foundation of the world.

“I shall return”



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Boosevelt Will Restore League His Army States

General Mitchell Pleads 'U. S. And Chinese Troops In Tokyo'

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Temperature

4 Believe in a plan..

- John 14:4-6 And where I go you know, and the way you know." 5 Thomas said to Him, "Lord, we do not know where You are going, and how can we know the way?"
- 6 Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me.
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4 Believe in a plan..

- Matthew 7:13 "Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it."
- John 8:24 if you do not believe that I am He, you will die in your sins."
- Acts 4:12 Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved."
- 1 Timothy 2:5 For there is one God and one Mediator between God and men, the Man Christ Jesus..





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