

Outline Calm Down

Isaiah 7:4; Acts 19:36 & John 14:1—6

Introduction: What's the News media to do if the pandemic basically over? The best of times in American History were in the 1900's. There have been some tough times but it has been some of the best times I think because: the inventions & accomplishments. Yes, it was not perfect, & it certainly had its problems too.

I'd have to say our world is in a mess. Nobody appears to get along with anyone else. Politicians, political parties, medical doctors don't agree with what needs to be done with the virus. We seem to have our own individual problems & I get to where I am at my wit's end. It is then God seems to say...don't panic & calm down. Psalms 46:10; Acts 19:36 (NASV); Isaiah 7:4.

There are times we need to stop & evaluate things. The Weather world gave us the word 'calm' in the first place. Calm means the wind is moving less than 1 mph or less. The **Beaufort Scale** which measures the wind strength has calm on the low end of the spectrum & on the other end is hurricane force winds that are 70 mph.

Where would the Beaufort scale register the winds of your soul? The American Psychological Association has indicated that 80% or more of Americans are under significant stress due to the mess of the world right now.

Just saying, 'calm down' does not help much does it? Jesus is the only answer. John 16:33.

Jesus felt the troubles & stress of life too Jn. 11:33; Jesus had & felt many of our human emotions (Jn. 11:35). The night Jesus was betrayed Jn. 13:21; Then again when he was on the way to Gethsemane Matt. 26:37 & 38. Jesus knows about our emotional concerns.

So, what are we to do according to Jesus? **John 14:1—6**

First be calm. 14:1

The disciples were upset. He just told them He was leaving & they couldn't come with Him (Jn. 13:33). Why can't we come?

Jesus asked them & us to Trust Him.

Believe in the person, me. 14:1 & 6. Just who is this? You answer for yourself! Do you really believe Jesus is the Son of God?

Believe in a Place. 14:2

I am the One who is preparing it. 14:3 I am coming back to get you.

Accept Me, it's My Plan for you! Now & for Eternity.

Without faith it is impossible to please God! Heb. 11:6 Will you trust Him today?