

**January 24 / Sunday**

**Don't Worry. Wait.**

Read [Isaiah 40:27-31](#) / [Psalm 46:1-3, 10](#)



**25 / Mon – Name it** | Read [Matthew 6:25-34](#)

Did you know that it is a sin to worry? Does this mean you should never be concerned about things happening around you? No. Concern is natural but worry is concern-on-steroids. It is such a big deal that Jesus addressed it in this section of the Sermon on the Mount with a command: *do not worry!* Then he goes on to explain why. As you think about what most concerns you today, what might be causing concern to morph into worry. What can you do to interrupt that downward spiral?

**26 / Tue – Future events** | Read [Deuteronomy 31:6](#) / [Matthew 28:20b](#) / [Peter 5:7](#)

Most worry comes from trying to avoid something bad you expect in the future. *This happened to me the last time or to someone I knew so I need to be worried about what is coming next.* It is true, experiences *can* help you make wiser decisions, which you should, but the future is unknown to everyone except God. God is everywhere at the same time, so he is already in your future, just as he's in your present. You will never face anything in the future by yourself. Do you believe it?

**27 / Wed – Unintended consequences of impatience** | Read [Genesis 15:1-6](#) and [16:1-4, 11-16](#)

Abraham's wife Sarah was a worrier. She knew God had promised them a son but it was taking so long she gave up hope and decided not to wait any longer. She took matters into her own hands and the consequences have echoed down through centuries, causing strife to this very day. Have you ever impatiently taken action that complicated things even more? What happened? Looking back, what could you have done differently? How will that affect any future choices?

**28 / Thu – Excitement can jump the gun** | Read [Matthew 28:18-20](#) / [Acts 1:1-5](#) and [2:1-12, 41](#)

If you've lost someone you dearly loved, you can imagine the incredible joy Jesus' disciples felt when he came back from the grave. For almost six weeks, they got to see him, talk with him, eat meals together, ask questions, and hear answers. Before Jesus left, he gave them an assignment. How excited they must have been to get started but Jesus said...*wait*. They obeyed and you can read what a difference it made in Acts 2. Do you trust God enough to wait when he asks you to?

**29 / Fri – But I already know...** | Read [Proverbs 3:5-7](#) / [Psalm 46:10](#) / [Isaiah 64:4-5](#)

Waiting can be difficult. Especially if you believe you know what to do next. Proverbs 3 cautions us about trusting our own perceptions and believing we have all the information we need. It has been said that God's will is exactly what you would choose if you knew all the facts. But humans rarely do. When you get quiet and wait and listen, you will come to understand that God is God and that he does act for those who wait. Where could you apply this truth right now?

**30 / Sat – What kind of God do you trust?** | Read [Isaiah 40:27-31](#) and [40:10-14, 21-26](#)

In verse 27, there is a familiar complaint - God, do you even know what is going on here? Read the response to that question in verses 28-29 and the promise in verse 31 that those who wait on and hope in the Lord will renew their strength. You can only believe this to be true when you correctly understand who God is. Read verses 10-14, 21-26 again. *That* is who God is. How does holding a high view of God increase your ability to trust him?