



Much change in the last 2 years.





Holmes-Rahe stress scale

Swordfighting – Ephesians 6:17

- Is God really there?
- Is God really good?
- How can God allow such suffering?
- What did I do to deserve this?
- Am I really doing what God wants me to do with my life?
- Why is God so far from me?



I remain confident of this: I will see the goodness of the LORD in the land of the living. Wait for the LORD; be strong and take heart and wait for the LORD.



Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Do not be wise in your own eyes; fear the LORD and shun evil.

Jeremiah 29:11-13

"For I know the plans I have for you", declares the LORD, "plans to prosper you and not to harm you, plans to give you a hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart."

¹Comfort, comfort my people, says your God.

He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.

²¹ Do you not know? Have you not heard? Has it not been told you from the beginning? Have you not understood since the earth was founded? 22 He sits enthroned above the circle of the earth, and its people are like grasshoppers. He stretches out the heavens like a canopy, and spreads them out like a tent to live in.

²³ He brings princes to naught and reduces the rulers of this world to nothing. ²⁴ No sooner are they planted, no sooner are they sown, no sooner do they take root in the ground, than he blows on them and they wither, and a whirlwind sweeps them away like chaff.

²⁵ "To whom will you compare me? Or who is my equal?" says the Holy One. ²⁶ Lift up your eyes and look to the heavens: Who created all these? He who brings out the starry host one by one and calls forth each of them by name. Because of his great power and mighty strength, not one of them is missing.

²⁷Why do you complain, Jacob? Why do you say, Israel, "My way is hidden from the LORD; my cause is disregarded by my God"? 28 Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.

²⁹ He gives strength to the weary and increases the power of the weak. 30 Even youths grow tired and weary, and young men stumble and fall; 31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.