



# The HOLY FROG

Honour Others, Lower Yourself and Fully Rely On God. Blog



## PEACE in the TRIALS of LIFE!

**Twelve celebrities face physical and emotional stress, minimal rations, basic living conditions and of course trials! “ *It makes great telly!*” (Ant & Dec)**

In his first few days on the show, one of the celebrities, Jordan North, despite a fear of heights and snakes abseiled down a cliff, lay in an underground vault with thirty vipers and ate some unmentionables! Before each of these trials he was almost paralysed with fear which was probably why the Public kept voting for him to do them. Great telly!



Incredible as it seems, even in the midst of the panic, the stress and the emotional turmoil of the trials, Jordan found mental strength and comfort thinking about his happy place - Turf Moor, home of Burnley FC. Of course Jordan, and his fellow celebs have CHOSEN to go through the trials but **what happens when you face unexpected trials** and tough circumstances suddenly hit us? **Where do you go then?**

The sky was overcast, a strong breeze came off the sea onto Polzeath beach. My wife and I looked out across the water to the horizon and noticed a small dark cloud moving towards the land and growing bigger - quite fascinating. Then we realised it was a squall, heading in land, towards the beach we were on! We took hold of our boys (3 and 6 yrs old) and began to run towards the shelter of the car. We didn't make it. **Suddenly the wind was upon us.** I crouched down with my youngest, back to the wind, and held him close as the squall passed us. **But he was safe in my arms.** I looked up towards my wife and other son, still trying to run to the car, only to see them knocked off their feet by the powerful squall. It was kind of amusing and still makes me smile thinking about it, but they were okay, just a little disheveled!



At the moment we, as **S.Peters community**, find ourselves in the **middle of quite an unexpected storm** through the unfolding events of CoronaVirus. As the virus gets a grip and we have to adapt to the circumstances, there is no doubt that **we may feel blown in all directions** and long for it all to stop. In reality, although we are using all means possible to try and steer a way through the difficulties into calmer waters, **we are experiencing stressful times** that on occasions take us to our limit. Wave after wave of changes are crashing down upon us increasing the amount of work needed to to maintain a safe environment and effective levels of teaching and learning to keep the school moving forward. If we are honest, **even with all hands on deck and the experience, skill and commitment of staff, parents and students pulling together**, we may find ourselves worn down and exhausted trying to outrun the conditions. **What can we do?** Happy place anyone?

**Jesus talks about his peace being a reality in these moments.** Even in the toughest times, if we turn to God there is a depth of peace that his presence brings, which defies the physical circumstances we might endure and outlasts any temporal alternative we may look to. **All we need to do is focus on him.**

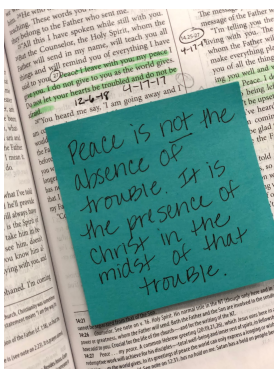
Jesus and his disciples went out in a boat. **A furious squall came up, and the waves broke over the boat so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion.**



The disciples woke him and said to him, "Teacher, don't you care if we drown?" He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. He said to his disciples, "Why are you so afraid? Do you still have no faith?" They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!" (Mark 4:36-41)



In this situation, **even with many years experience** of being on the water as fishermen, **the disciples struggled to battle the storm** in their own strength. Finally, as the waves broke over the boat, fearful for their very lives, they went to Jesus. Now where was Jesus? Sleeping comfortably - upon a cushion no less. Wow! Did he really not care about them? Of course he did. **He was with them in the storm.** Would the man whom they had seen caring for the sick, the outcast and sinners really abandon them? No! **He was IN THE BOAT!** Going through everything with them. All they had to do was turn to him.



My lad did not panic or try to outrun the squall but rested in my arms. He knew I was with him in the storm. Whatever the conditions around him were, his daddy was with him and that was enough to feel safe. **Resting in faith, trusting in God's presence and power to see us through the storm is not perhaps our natural reaction - it's a supernatural one!** Time and again, from one trial to another, our can-do human attitude of being in charge of our lives makes us lose our focus on who God is and we neglect to give Him our utmost attention.

However, in a moment we can choose to put our trust in him and know his presence. In that moment, we connect with our Father God.

**In that moment we know peace in the storm.**

### Chaplain's Challenge - Live it Out!

1. How many types of 'bad' weather can you name? E.G. squall, storm....
2. Explain a time you have been frightened or scared about something
3. Where is your 'Happy Place'?
4. How does the story of Jesus in the storm relate to your life in school, home or community?
5. When was the last time you prayed and felt different in a tough situation you were facing?

### READ and REFLECT

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27

### Prayer

Dear Father, in stressful times be my shelter, my rock, my hiding place and peace. May I know that you are 'in the boat' with me. I know you can calm the storm and 'get me out of there', but even if you don't and the situation is inescapable, I ask that you would shield me, crouch down with me in your arms and protect me so that I would know your presence even in the midst of the chaos around me. Thank you. **Amen**



**THANK YOU** to those who have donated food items for The Well and Good Shepherd.  
**Love your Neighbour** ends 27th November!  
 Please take donations to your Year Hub



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