



# Finding Peace In Our Chaotic World

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# OPENING MEDITATION

LIVING IN DEPENDENCE ON ME is the way to enjoy abundant life. You are learning to appreciate tough times, because they amplify your awareness of My Presence. Tasks that you used to dread are becoming rich opportunities to enjoy My closeness. When you feel tired, you remember that I am your Strength; you take pleasure in leaning on Me. I am pleased by your tendency to turn to Me more and more frequently, especially when you are alone.

When you are with other people, you often lose sight of My Presence. Your fear of displeasing people puts you in bondage to them, and they become your primary focus. When you realize this has happened, whisper My Name; this tiny act of trust brings Me to the forefront of your consciousness, where I belong. As you bask in the blessing of My nearness, My life can flow through you to others. This is abundant life!

Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe. —PROVERBS 29:25

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." —JOHN 10:10

**from *Jesus Calling* by Sarah Young (May 2)**

# Martha & Mary

(Luke 10:38-42)

As they continued their journey he entered a village where a woman whose name was Martha welcomed him.

She had a sister named Mary [who] sat beside the Lord at his feet listening to him speak.

Martha, burdened with much serving, came to him and said, "Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me."

The Lord said to her in reply, "Martha, Martha, you are anxious and worried about many things.

There is need of only one thing. Mary has chosen the better part and it will not be taken from her."

# Observations

- Martha was anxious and worried about many things.
- Jesus' words weren't a condemnation of hospitality.
- Mary was recollected and present to Jesus.
- The message speaks about the need for balance.

# Challenges

- ▶ Toxic levels of noise and distractions in our everyday world.
- ▶ Our brains are getting wired differently because of media.
- ▶ Society doesn't value prayer and recollection.
- ▶ We have to actively foster a deeper prayer life and detach from getting pulled into the chaos.

# Identity & Human Development

**Immature Identity**—The immature identity is overly concerned with externals like appearance, material possessions, and friends or associates. Such an identity is typical in adolescents and young adults. The problem with building a life around such fleeting realities is that those realities could easily disappear, causing our identity to disappear along with them.

**Functional Identity**—Those who define themselves by their role in life, such as a career, job title, cause, or status. This is common from young adulthood to about age forty. Although significantly better than an immature identity, the person with a functional identity can have problems if he or she stops developing at this point. In addition, one's functional identity can be instantly lost if the person is fired or discovers that his or her cause is no longer worth fighting. An additional danger of the functional identity is that many at this level think they have "made it" because their role in life is "bigger than themselves." Such a role can be noble and meaningful.

# Identity & Human Development

**Strong Identity**— is determined by life choices, which are based on one's core values and beliefs. Those with strong identities actively live in pursuit of goodness, truth, prudence, faith, hope, love, etc., and they can quickly spot counterfeits. A strong identity is often the result of some sort of conversion to faith or other life-altering experience, and is capable of weathering storms. A person with a strong identity is countercultural, or as St. Paul tells us, a "new creation" (see 2 Corinthians 5:17). A strong identity is not easily lost to sudden weight gain, hair loss, or stock market drop. The mere fact that you are reading this book is likely evidence of your strong character. You have already determined that something is amiss in our culture and you want to do something about it. The problem we are facing as a media- and technology-dominated culture is that such a culture inherently works against the forging of strong identities.

**from *Noise—How Our Media-Saturated Culture Dominates Lives and Dismantles Families* by Teresa Tomeo pp.26-27**

# Our Cooperation

- ▶ Understand God's Plan (Mission and Purpose) A Christian Anthropology
- ▶ Dependence On Grace
- ▶ Humility
- ▶ Appropriate Support Structures
- ▶ Boldness (Anointing of the Holy Spirit)

# Wisdom

“Put simply, we are no longer able to hear God - -There are too many different frequencies filling our ears.”

**Pope Benedict XVI**

# Ocean of Mercy

- ▶ <http://youtu.be/liKVdU7k4zI>