

Raising Your Spiritual IQ Part 4

Spiritual IQ is possessing the traits that increase my spiritual insight, strength, stamina and success.

Fools give vent to their rage, but the wise bring calm in the end. Proverbs 29:11

The person with high Spiritual IQ brings calm into every situation.

Faith: Confidence that what we **Hope** for is going to happen. *The Assurance* of things that we don't yet see. (Hebrews 11:1)

Confidence and assurance bring calm. Fear and worry bring stress.

*Jesus got into the boat and started across the lake with his disciples. Suddenly, a fierce storm struck the lake, with waves breaking into the boat. But Jesus was sleeping. The disciples went and woke him up, shouting, 'Lord, save us! We're going to drown!' Jesus responded, 'Why are you afraid? You have so little faith!' Then he got up and rebuked the wind and the waves, and suddenly there was a great calm. The disciples were amazed. 'Who is this man?' they asked. 'Even the winds and the waves obey him!' **Matthew 8:23-27***

How I Remain Calm

All storms have context
(Matthew 8:1-4, 5-13, 14, 16)

Jesus Christ is the same yesterday, today and forever. Hebrews 13:8

All I have seen God accomplish helps me know He will accomplish more

Worry is a choice, so is calm

*When Jesus saw the crowd around him, he instructed his disciples to cross to the other side of the lake. Then one of the teachers of the religious law said to him, 'Teacher, I will follow you wherever you go.' But Jesus replied, 'Foxes have dens to live in, and birds have nests, but the Son of Man has no place to lay his head.' Another of his disciples said, 'Lord, first let me return home and bury my father.' But Jesus told him, 'Follow me now. Let the spiritually dead bury their own dead.' **Matthew 8:18-22***

You must not have any other god but me. You must not make for yourself an idol of any kind.
Exodus 20:3-4

For me to live is Christ and to die is gain. **Philippians 1:21**

It is better to take refuge in the Lord than to trust in princes. Today's circumstances would be politics. **Psalm 118:9**

Trust in your money and down you go. **Proverbs 11:28**

Commit everything you do the Lord. Trust Him and He will help you. **Psalm 37:5**

In peace I will lie down and sleep, for you alone, O Lord, will keep me safe. **Psalm 4:8**

God, I place my whole life in Your hands and I will trust all the outcomes of every situation to You and I will remain confident and assured and filled with hope no matter what.

No one who trusts in the Lord will ever be disgraced. **Psalm 25:3**

Dear brothers and sisters, when troubles come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. **James 1:2-3**

Letting the Holy Spirit control your mind leads to life and peace. **Romans 8:6**

**Worry is when the circumstances of life are in my hands.
Faith is when my circumstances and future are in God's hands.**

**Worry is when I trust Me
Calm is when I trust God**

His peace will guard your hearts and minds as you live in Christ Jesus. **Philippians 4:7**

God you will keep in perfect peace all who trust in You, all whose thoughts are fixed on you.
Isaiah 26:3

Did I not tell you, IF YOU BELIEVE, you will see the glory of God. **John 11:40**

**If you are going to worry, why pray?
If you are going to pray, why worry?**

Today, I surrender the outcome of that to God's wisdom and care. Whatever He does, wherever He leads me from here, however He responds, EVEN IF IT'S HARD, I will trust Him.

My Prayer:

God, stretch my faith and teach me the secrets of CALM FAITH. God, I give you my thoughts. Put your Spirit as a guard on my mind. God forgive me for my idols; those parts of life I have put before you or trusted more than you. God, help me recall your faithfulness through my life, so that I will have strong faith in my future. In Jesus name I pray, Amen.