

SURVIVING THE HEAT

23rd June 2025



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Blessed is the man that trusteth in the Lord, and whose hope the Lord is. [8] For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see (FEAR) when heat cometh, but her leaf shall be green; and shall not be careful (WORRIED) in the year of drought, neither shall cease from yielding fruit. -Jeremiah 17:7-8

Heat in the Bible and in life generally signifies trouble, hardship, suffering, adversity, and trials.

In life, we all encounter different levels, dissensions and intensity of heat. However, we should be encouraged that God has also made a way of escape for those who trust and hope in him.

"Thou shalt be hid from the scourge of the tongue: neither shalt thou be afraid of destruction when it cometh" (Job 5:21).

Yet, Scripture reminds us that in Christ, we have an anchor for our souls (Hebrews 6:19). This anchor doesn't prevent the storms from coming, but it does keep us secure when they do. The peace of God is not the absence of trouble, but the presence of Christ in the midst of it.

When Paul wrote to the Philippians about "the peace of God," he was in prison, facing possible execution. His circumstances were anything but peaceful, yet he could testify to a peace that "surpasses all understanding." This peace comes not from positive thinking or denial of reality, but from a deep trust in God's character and promises.

Today, if you're facing a storm, remember that your anchor holds. Take time to meditate on God's promises in Scripture. Bring your anxieties to Him in prayer (Philippians 4:6). And rest in the truth that the same power that calmed the storm on the Sea of Galilee is at work in your life today.

Peace isn't found in the absence of the storm, but in the presence of the Savior who walks with us through it.