

## *In uncertain times God is our rock – he's our Ebenezer*

### Potential Prayer activity:

Find a stone; write the word **Ebenezer** on the stone; put it in a place where you'll see it a lot each day; read some of the verses below; trust **God**; thank him.

### I Samuel 7:12

#### *New Living Translation (NLT)*

<sup>12</sup> Samuel then took a **large stone** and placed it between the towns of Mizpah and Jeshanah.<sup>[a]</sup> He named it **Ebenezer** (which means “the stone of help”), for he said, “**Up to this point the LORD has helped us!**”

#### *The Message translation*

Samuel took a **single rock** and set it upright between Mizpah and Shen. He named it “**Ebenezer**” (Rock of Help), saying, “**This marks the place where GOD helped us.**”

### Philippians 4: 6-7

#### *New Living Translation (NLT)*

<sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

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### ***The Message translation***

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the centre of your life.

### **Matthew 6:25**

#### ***New Living Translation (NLT)***

<sup>25</sup> "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?"

#### ***The Message Translation***

<sup>25</sup> "If you decide for God, living a life of God-worship, it follows that you don't fuss about what's on the table at mealtimes or whether the clothes in your closet are in fashion. There is far more to your life than the food you put in your stomach, more to your outer appearance than the clothes you hang on your body."

### **Matthew 6:34**

#### ***New Living Translation (NLT)***

So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

#### ***The Message Translation***

<sup>34</sup> "Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

### **Psalm 46:1**

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### ***The Message Translation***

God is a safe place to hide,  
ready to help when we need him.

### ***New Living Translation (NLT)***

God is our refuge and strength,  
always ready to help in times of trouble.

## **Psalm 121**

### ***New Living Translation (NLT)***

- <sup>1</sup> I look up to the mountains—  
does my help come from there?
- <sup>2</sup> My help comes from the LORD,  
who made heaven and earth!
- <sup>3</sup> He will not let you stumble;  
the one who watches over you will not slumber.
- <sup>4</sup> Indeed, he who watches over Israel  
never slumbers or sleeps.
- <sup>5</sup> The LORD himself watches over you!  
The LORD stands beside you as your protective shade.
- <sup>6</sup> The sun will not harm you by day,  
nor the moon at night.
- <sup>7</sup> The LORD keeps you from all harm  
and watches over your life.
- <sup>8</sup> The LORD keeps watch over you as you come and go,  
both now and forever.

### ***The Message Translation***

<sup>7-8</sup> GOD guards you from every evil,  
he guards your very life.  
He guards you when you leave and when you return,  
he guards you now, he guards you always.

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## Psalm 91:9-11

### **New Living Translation (NLT)**

If you make the LORD your refuge,  
if you make the Most High your shelter,  
<sup>10</sup> no evil will conquer you;  
no plague will come near your home.  
<sup>11</sup> For he will order his angels  
to protect you wherever you go.

### **The Message Translation**

Yes, because GOD's your refuge,  
the High God your very own home,  
Evil can't get close to you,  
harm can't get through the door.  
He ordered his angels  
to guard you wherever you go.

## Further Helpful Bible Passages

*(Extracts are given where readings are longer)*

## Psalm 23

*“Even though I walk through the darkest valley,  
I will fear no evil, for you are with me;  
your rod and your staff, they comfort me.”*

*(Verse 4)*

## Psalm 91

*“Whoever dwells in the shelter of the Most High will rest in the shadow of  
the Almighty. I will say of the Lord,*

*‘He is my refuge and my fortress, my God, in whom I trust.’”*

*(Verses 1-2)*

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## **Psalm 139**

*“Search me, God, and know my heart;  
test me and know my anxious thoughts.”*

(Verse 23)

## **Isaiah 41:10**

*“So do not fear, for I am with you; do not be dismayed, for I am your God.  
I will strengthen you and help you; I will uphold you with my righteous right  
hand.”*

## **John 14**

*“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.”*

(Verse 27)

## **Matthew 28**

*“Lo, I am with you always, even to the end of the age”*

(Verse 20)

## **Luke 12:22-34**

*“Who of you by worrying can add a single hour to your life?  
Since you cannot do this very little thing, why do you worry about the rest?”*

(Verses 25-26)

## **I Thessalonians 5**

*Rejoice always, pray continually, give thanks in all circumstances,  
for this is God’s will for you in Christ Jesus*

(Verses 16 – 18)

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## **Philippians 4:4-9**

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

*(Verses 6-7)*

## **I Thessalonians 5**

*“Therefore encourage one another and build one another up, just as you are doing”*

*(Verse 11)*

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