**In that Moment**

Pacing the hallways of the trauma hospital in the middle of the night, I found myself pleading with God. It was in that moment, that I heard myself audibly saying, "God you are still good!" Adversity shakes us to our core and can bring us to a point of crying out to God with the hardest moments of our lives. It makes us come face to face with what we really believe. Will I really trust God? Will I be still and know that He is God?

Last week, Eric Reed, our Men's Minister led a devotional time for the staff and talked about the three sources of adversity in life:

1. Natural adversity (like hurricanes and freezing temperatures without power)
2. Adversity brought about by others (like a spouse that says "I'm leaving")
3. Self-inflicted adversity (making bad choices that wreck our lives and hurt those we love the most)

No matter what the source, adversity strikes us all. Arming ourselves with the scriptures, calling for godly people to pray, and receiving comfort from those that have gone before us are the good things that God gives us in these times. The scriptures bring truth, godly perspective and act as a balm for the soul. Keep these scriptures, and add the ones that have comforted you, close by in times of adversity.

**Proverbs 3:**
Let love and faithfulness never leave you;
    bind them around your neck,
    write them on the tablet of your heart.
Then you will win favor and a good name
    in the sight of God and man.

Trust in the Lord with all your heart
    and lean not on your own understanding;
in all your ways submit to him,
    and he will make your paths straight.

**Psalm 46:10a**
He says, “Be still, and know that I am God;

**Nahum 1:7**
The Lord is good, a refuge in times of trouble. He cares for those who trust in him.

**Zechariah 2:5**
 **5**The declaration of the Lord: “I will be a wall of fire around it, and I will be the glory within it.”

**Romans 8:28**
**28**We know that all things work together for the good of those who love God: those who are called according to His purpose

**Romans 8:38-39**
**38**For I am persuaded that not even death or life, angels or rulers, things present or things to come, hostile powers, **39**height or depth, or any other created thing will have the power to separate us from the love of God that is in Christ Jesus our Lord!

**Philippians 4:7**
“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

**James 1:2-3**
**2**Consider it a great joy, my brothers, whenever you experience various trials, **3**knowing that the testing of your faith produces endurance. **4**But endurance must do its complete work, so that you may be mature and complete, lacking nothing.

If we have not met, I want you to know that I walked into this church 24 years ago with a 5 year old daughter and a 2 month old son in tow. This church embraced me but bigger than that the gospel and what God did in my life changed this ordinary girl forever! And I know He will do the same for you! He will! Enjoy church, the SPF ministry and this SPF newsletter. Allow yourself to get excited about what God has in store for you and your children.

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