

ANCHORED IN THE AFTERMATH

Day One – When the Storm Breaks

Scripture: “*God is our refuge and strength, a very present help in trouble.*” – Psalm 46:1

Storms don’t always come with thunder and lightning. Sometimes they arrive as an unexpected phone call, a financial setback, or the crushing news that changes everything. Other times, they really are the kind that rattle our windows, uproot trees, and leave us standing in the aftermath, wondering how we’ll ever put things back together.

No matter what kind of storm we face, the first moments afterward are often filled with shock, fear, and questions. *Where do I even begin? How do I move forward?* It’s in these moments of uncertainty that we need to pause and remember: God is our refuge. He has not abandoned us in the chaos. He is not distant. He is present, and He is strong enough to hold us when we feel weak.

Before we begin the long road of recovery—before repairs, before rebuilding, before routines return—we must first anchor our hearts in God’s unshakable presence. He is the steady shelter when everything else shifts. His love is the calm center in the middle of swirling winds.

When the storm breaks, we do not have to face the damage alone. We face it with the God who says, “I am with you always.”

Reflection:

- Think back on a storm or crisis in your life. Where did you notice God's presence, even in small ways?
- What would it look like to lean on Him as your refuge *today*?

Prayer:

Lord, storms come suddenly and shake me to my core. When I feel overwhelmed and unsure of what to do next, remind me that You are my refuge and strength. Hold me close and help me to trust that You are present, even when life feels broken. In Jesus Name We Pray, Amen.

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