

# Unshaken

Sally Burke &  
Cyndie Claypool de Neve



HARVEST HOUSE PUBLISHERS  
EUGENE, OREGON

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Published in association with William K. Jensen Literary Agency, 119 Bampton Court, Eugene, Oregon 97404.

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Published by Harvest House Publishers

Eugene, Oregon 97402

[www.harvesthousepublishers.com](http://www.harvesthousepublishers.com)

ISBN 978-0-7369-6973-4 (pbk.)

ISBN 978-0-7369-6974-1 (eBook)

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**Printed in the United States of America**

17 18 19 20 21 22 23 24 25 / VP-JC / 10 9 8 7 6 5 4 3 2 1

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I keep my eyes  
*always on the Lord.*  
With him at my right hand,  
*I will not be shaken.*

Psalm 16:8

## From the Mysteries of Space to the Certainties of Christ

Sally Burke,  
president of Moms in Prayer International

*W*ith a baby in my arms and a toddler clinging to my leg, I listened to my husband deliver the news that would change our family forever. Ed and I had met while working as engineers on the space shuttle. As handsome as he was, I was attracted to his brilliant mind—and now I was pretty sure he had lost it. As my smart, scientific, and normally sensible husband started to explain how he had accepted salvation in Christ during his morning commute, my life flashed before my eyes.

I was blessed to grow up on the river banks of Cocoa Beach, Florida, a few blocks from the beach. From our beautiful home, I could hear the sea waves crash against the sand, beckoning us to come play. I was raised in a loving family with wonderful parents, two brothers, and a sister, yet we weren't a family of believers, and I lived the way of the world. I sought to fill the superficial desire of worldly lusts.

In whatever I pursued—whether it was sports, academics, or work—I strived for excellence. I loved being a trailblazer, going where few women had gone before, first as one of the few female

lifeguards in Cocoa Beach, and later, after graduating from the University of Florida, pursuing a career in the male-dominated space shuttle program. I delighted in my accomplishments and where success could take me. Outside, life was good. But inside, I was filled with uncertainty and a shakiness about what lay ahead.

Even as I drove my new sports car across the country to work as an engineer on the space shuttle in Palmdale, California, daunting questions plagued me. What would tomorrow bring? What was the next goal I should accomplish? And what if I didn't accomplish it? What if I failed?

Once settled into my professional role, I tried to stifle those questions so I could fully embrace my incredible opportunity to work with some of the most brilliant minds in our country—including that handsome, young engineer, Ed, whom I eventually dated and married.

After we had our first of four children, we agreed I'd quit my paying job and replace it with the even harder but much more rewarding job of raising our children. Life was still good, but without God we were walking a self-centered, worldly path. The uncertainty and shakiness continued to grow as I felt the weight of responsibility for the little lives we had brought into the world.

Then came that fateful day when everything changed.

## When God Comes into View

Ed came home from work with startling news. On his commute he tuned his radio to Pastor John MacArthur, and for the first time he understood what it meant to be "saved." Right there in the car he accepted Jesus as his Savior. As he explained his decision, I stood there stunned. Was he overworked? Had he lost his mind? Was this going to harm our very comfortable way of life? Why would he rock the boat this way?

Despite my questions and doubts, Ed stayed committed to his new faith in God. Gone was the worldly perspective we had always

accepted. In its place was a new, godly one. When Jesus comes into view, everything changes. And over the next several months, my husband *changed*. His thinking was different. He had a new strength from within and a desire to live for God. He knew I was leery of the decision he'd made, but instead of arguing with me or forcing his beliefs on me, he persistently prayed for me.

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When Jesus comes into view, everything changes.

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That following Christmas I was expecting one of Ed's usual, wonderful, sparkly gifts. Filled with excited anticipation, I was shocked to unwrap...a Bible. *Really?* I thought. *This is my Christmas present?* As he shared about the care and time he took finding just the right Bible for me, I was intrigued. Since this clearly was a treasure worth far more than any precious stone to him, I decided to read it.

I started at the beginning with the book of Genesis, but it didn't click. So I skipped to Psalms. Wow! As I read the beautiful poetry and the powerful truths stated so simply, I kept thinking that whoever wrote this book was brilliant, like a great calculus professor explaining a difficult concept in a way each student could understand and apply it successfully. God's truth washed over me, opening my eyes to the eternal truth, making me see that the "truth" of the world I had believed was all wrong. I came to an undeniable conclusion: The Bible was truth. Then my husband suggested I read the book of John in the New Testament. Before I finished the first chapter, I knew Jesus was God! I bowed and accepted Him as my Lord.

## From Outer Space to Inner Peace

As I began to read God's Word and pray, an anchor to my soul was giving me a great peace. A relationship like no other was being



established. The God of the universe was hearing and answering prayer. The truth of God's Word was alive in me. "The sanctifying work of the Spirit, to be obedient to Jesus Christ and sprinkled with his blood: Grace and peace be yours in abundance" (1 Peter 1:2).

As I surrendered my life to God, my priorities shifted. I once had hungered to find ways for humans to reach the stars and the heavens, but now I had an urgency within me to speak intimately with the One who ruled the heavens and the earth. I longed for His peace. I called out to the Lord to teach me to pray. This prayer request would forever change and bless my life. The God who created the universe was listening to me. The answer to this prayer would make an impact not only on my own life but also on the lives of those around me. It would give me the greatest joy of a relationship with my Lord and my Savior. It would be an incredible journey in my walk with the Lord.

God chose to answer this prayer through an invitation from my dear friend Nancy to attend an event focused on how we could pray for our children and schools. It was 1990. That morning we joined many other moms to hear ministering words from Fern Nichols, who founded Moms in Prayer International (then Moms In Touch) in 1984. Fern's powerful words about prayer sank deep into my heart. I left that event profoundly changed by the realization that my children's lives could be blessed through prayer. They could find favor in their teachers' eyes and grow in their relationship with Christ.

My eldest was going to first grade. I was sending him off to a school I had no control over, and, for the first time, I wasn't in charge of his day, his friends, his lessons, or his influences. With all the horrifying news we hear and see happening in our schools, affecting the lives of children, I was motivated to learn more about praying for my kids. I didn't even think about the fact that I had never prayed out loud or been taught how to pray. All I thought about was that my children needed my prayer.

Through biblical, intercessory prayer, the power of God moves

profoundly in the lives of those for whom we pray. I desperately wanted God to intervene on behalf of my children and their school. As I stepped into my very first Moms in Prayer group, the women lovingly welcomed me. Though I didn't utter a prayer for the entire hour, I felt accepted. When I realized we would follow four simple steps of prayer, I was relieved and my self-consciousness began to fade. I could feel the presence of God powerfully in that room as we praised Him—me in my heart and the others out loud through His Word, the Holy Bible. Each step was as powerful as the first. Praise was followed by a time of silent confession, then thanking God for answered prayer (talk about a Holy Spirit party!), followed by praying scriptures and praying specifically for our children and then each child's school.

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Through biblical, intercessory prayer, the power of God moves profoundly in the lives of those for whom we pray.

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Even though I never spoke a word, I felt God lifting my spirit as I gave Him my worries. He replaced those worries with His peace that passes all human comprehension, just as He promises in Philippians 4:6-7. The hour flew by. I knew I would be back the next week! Great peace entered my heart and stayed with me.

### The Influence of Mothers' Prayers

God began to stretch our hearts to pray for all the children, not only our own. He answered our prayers so powerfully that even our non-Christian principal and teachers gave us prayer requests. My son's teacher heard I was part of this prayer group and gave me a prayer request for a critically ill student in his class who was not

expected to make it through the weekend. Our group lifted him up to our loving heavenly Father. On Monday, I asked the teacher how the student was. She said he was miraculously healed! I was stunned, and the engineer in me wanted to know how, so I asked. I still remember the teacher's confident reply: "It was your prayers!"

When a vice principal left the school for another one, she asked if we could start a group for her new school. At the time, she didn't know the Lord! God surprised and delighted us again and again. During that first meeting, when I, like countless other women, was introduced to Fern's challenge and calling to pray for our children, I knew God was doing something in me. But I had no inkling of how many remarkable happenings He would unfold through the prayers of moms everywhere.

We witnessed revival and spiritual awakening in our elementary school and the schools that surrounded us as other moms came together to pray. We watched Christian students and teachers making an impact on their campuses for Christ and standing up against the world's temptations. Soon I was not only praying out loud, but God was calling me to equip women in my area to exchange fear, worry, and anxiety for the power of prayer.

In 2008 God called me to Moms in Prayer International headquarters, working with women in more than 140 countries. In the most desperate and hopeless situations, I have witnessed God move through women's prayers, making an impact in their communities for Christ. Shaken women become unshaken when they remember the Christ who lives in them is eager to answer their prayers—but they need to ask Him. God has called us to this day and time when our news is filled with terror. Yet we can stand not only unshaken but as women who affect others for Christ.

*Shaken* women  
become *unshaken*  
when they remember  
the *Christ* who lives in *them*  
is *eager* to *answer* their *prayers*  
—but they need to *ask* Him.

For 30 years, I've been studying God's Word and praying God's Word. I have witnessed God transform lives across the globe. I have seen hopelessness, fear, anxiety, and tragedy turn to hope, peace, power, and praise. Women exchange worry to become mighty prayer warriors. They know without a doubt they have been chosen by God to live for Him in His power, strength, and abundance. The stories you will read of Moms in Prayer women are just a few examples of what God is doing in answer to our prayers. These stories have touched my life in a deep and rich way, growing my faith. My prayer is they will also impact your life and grow your faith in a faithful God.

## No Greater Adventure

In 2015, Fern Nichols was planning to retire from the day-to-day operations of Moms in Prayer. With the knowledge that I can do all things through Christ who strengthens me (Philippians 4:13), I humbly accepted the request from Fern and the Moms in Prayer board of directors to take up the leadership baton of the international prayer ministry and become president of Moms in Prayer International. I know now, just as I knew then, that I can't do this on my own; I trust in the power of Christ to empower and strengthen me to call women to pray.

Shortly after the announcement, Fern and I were on Dr. James Dobson's radio show. I remember him asking me if I missed the excitement of working on the space shuttle. But truly, nothing compares to the exciting adventure I'm now on, hearing how God is answering prayers and changing lives for Christ. This is the most exciting adventure I could imagine. What a great privilege to be part of a ministry that equips and empowers women around the world to stand unshaken. I'm witnessing women gathering together and making a difference through prayer—transforming their lives, their children, their schools, and their lands. What could be more

exciting than that? Others could work on the space shuttle, but this I would not want to miss!

## The Secret to the Unshaken Life

With this book, Cyndie—my coauthor and former co-laborer at Moms in Prayer International—and I want to share how to live out the four steps of prayer to remain unshaken in our sometimes crazy world. When we're bombarded with news updates of terrorism, threats of a stock market plunge, and the barrage of media and internet images that run counter to our morals and values, it seems impossible to find peace. Is it possible to rest assured in Jesus Christ, knowing beyond a shadow of a doubt that the promise of Romans 8:28—that He will work everything together for good—is true? Can we truly remain unshaken?

Yes! We can live a faith unshaken and undeterred by anything the world, life, and our own fears present. The secret is found in Psalm 16:8: "I keep my eyes always on the LORD. With him at my right hand, I will not be shaken." Join us on this life-changing journey as we look at how we can incorporate the four steps of prayer—praise, confession, thanksgiving, and intercession—into our daily lives. As we grow in our relationship with Christ through prayer, we begin to develop a life of peace, hope, and trust—a life that can stand unshaken despite the chaos around us. As you deepen your prayer life, watch for God to transform not only your own life but also the lives of your family and those around you.

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Yes! We can live a faith unshaken and undeterred by anything that the world, life, and our own fears present.

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## For Your Unshaken Journey

In this book, Cyndie and I will share biblical truths and practical tips, as well as stories of women from around the globe who have uncovered the secret of standing firm and remaining unshaken through the power of Christ. Throughout these chapters, we'll have full-page quotes to encourage you as you learn to stand unshaken. You're welcome to snap a photo of a quote with your phone to refer back to it during the day, to text to a friend who needs encouragement, or to share on social media (#unshaken). You're also welcome to make a copy of your favorite full-page quote and hang it on your refrigerator, bathroom mirror, or office wall.

Throughout part 2 of this book, you'll encounter Mentor Minutes, which offer more wisdom from Fern Nichols, founder of Moms in Prayer International. We know her insights will bless your journey and encourage each step you take.

Together, we'll explore how to stand firm when faced with the worst, using some of our own personal stories: watching a child wither away because of an illness, experiencing financial distress from a devastating job loss, living with the heartbreak of a loved one serving time in prison. We'll discover truths that lead us to hold on to hope when life seems overwhelming. To help these truths sink in, we suggest working through the companion book *Unshaken Study Guide and Personal Reflections* as you read each chapter. Our desire is that the thought-provoking questions, which can be used individually or as a Bible study in a group format, will help the truths of Scripture take root in your life, allowing Christ to direct your heart to focus on Him, to fill your heart with His peace so you can stand unshaken even in the midst of the scariest times.

# 1

## Living Unshaken in a Shaken World

*Truly my soul finds rest in God; my salvation comes from him.*

*Truly he is my rock and my salvation; he is  
my fortress, I will never be shaken.*

PSALM 62:1-2

**P**etrified, the young woman took a step forward. With neither a mother nor a father to lean on for guidance, she strived to listen to her godly guardian. He was telling her to go, to step out in faith, but she was frightened. Why her? Why now? What if she was chosen?

The prize for winning this beauty pageant was more than a crown—it was a whole kingdom. And young Esther wasn't sure she wanted to win. After all, she would wind up married to someone she knew only from the troubling stories she had overheard: stories of a king who had banished his wife for not coming when he demanded! Yet the beautiful teen trusted God and followed the path He had set before her. She had no idea at the moment of her feeble obedience that her one action would ultimately save her people from possible extinction.

“Who knows but that you have come to your royal position for such a time as this?” encouraged Mordecai, her guardian and cousin (Esther 4:14). God helped Esther, who was probably no older than



a high school freshman, to stand unshaken as she took a bold step of faith to save her people. She told Mordecai, “Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish” (verse 16).

Did you catch that? “If I perish, I perish.” As she stood resolutely in the face of uncertainty, anguish, and possible death, she had no doubt what might be at stake. How does a young woman develop such inner strength? How does she remain unshaken? What was that fortitude that kept her persevering even in the face of possible death for herself and her people?

Her guardian, Mordecai, probably raised her upon the principles presented in Deuteronomy 6:5-7: “Love the LORD your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.”

Even though Esther was an orphan, her guardian must have so impressed those principles on her heart that at a pivotal moment in history she became a beautiful depiction of Psalm 16:8: “I keep my eyes always on the LORD. With him at my right hand, I will not be shaken.”

Esther no doubt kept her eyes on the Lord—dwelling on the promises and attributes of God. As soon as we focus our minds on our heavenly Father, our earthly problems seem so minor in comparison to His might. For Esther, hers were no small problems. She faced an agonizing dilemma of catastrophic significance. And what did she do? She fasted, and called others to fast along with her.

## Turning Our Focus to God

What do most of us do when we're stressed? Yep, that's right! As the saying goes, “Stressed spelled backward is desserts.” But young

Esther did not call on her ever-willing attendants to find her some delicious morsel. She didn't dive for the ice cream or scour around for chocolate, confiscating the M&Ms out of the trail mix. She didn't collapse on the couch, requesting a glass of wine. She did quite the opposite—she fasted.

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As soon as we focus our minds on our heavenly Father, our earthly problems seem so minor in comparison to His might.

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The purpose of fasting is to focus all that attention we give to food onto God. Imagine if we did that every time we felt stressed. Imagine if instead of plopping in front of the couch with our favorite Netflix show and a huge bowl of hot-fudge-drenched ice cream, we sat down with our Bibles, pouring out our hearts before the God of all wisdom, letting Him speak to us through His infallible Word. Imagine the peace that would fill our hearts if we called a friend and prayed together over the phone. Or imagine how small our problems would seem if we intentionally began to pray through these four steps of prayer: praise, confession, thanksgiving, and intercession?

As you will discover during our journey together, when we cast our problems in the light of who God is, our once-enormous stresses begin to dwindle in comparison to the size of our great God! If each day we strive to keep our focus on our Creator, then when life's roadblocks and stressful situations come barreling into our path, we will look to the Lord in prayer as our first response, not our last resort.

I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure,

because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay. You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand (Psalm 16:8-11).

The “right hand” was saved for the place of honor. Even in times of heart-pounding stress, when we place God first, He makes our hearts glad and fills us with joy in His presence. And look at the result in verse 11. He makes “known to me the path of life.”

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If each day we strive to keep our focus on our Creator, then when life’s roadblocks and stressful situations come barreling into our path, we will look to the Lord in prayer as our first response, not our last resort.

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## Clinging with Confidence

We have seen women in over 140 countries stand unshaken—some in the face of great danger for themselves and their families. One day at the Moms in Prayer International headquarters, we received a call from a surprisingly calm group leader who wanted to let us know ISIS was invading her land and she was migrating with her family to a safer location. This mom clung to the truths she learned through the powerful four steps of prayer (which will be explored further in part 2). She knew without question that God would guide her and her family. Even as evil surrounded her, she was not shaken.

Can you imagine the fear that could have gripped her heart? Yet she stood confident in Christ’s power to overcome. Most of us will

probably never face what Esther did or what the prayer warrior fleeing ISIS endured. Yet every day provides opportunities to remember to stand firm in Christ.

For me (Cyndie), watching my sister Cathy Chan stand strong despite wave after wave of devastating health news for her husband and her newborn granddaughter was both harrowing and inspiring. She is the one who introduced me to Moms in Prayer and helped me start my very first prayer group. Now, as she boldly allowed friends and family to weather the storms with her, she was a great example of living an unshaken life, with her eyes focused firmly on the Lord.

### “My Soul Finds Rest in God Alone”

For Cathy, the ominous potential for death in her family was overwhelming. The heartache was palpable, yet she turned to God with unwavering faith. She meditated on Psalm 62:1-2 many times a day. “Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken.”

Time and time again, alongside other moms, Cathy had witnessed the power of prayer while lifting up the concerns of their public high school and the vulnerable teens navigating a torrential storm of temptations and drama. Then she found herself clinging to those same principles of prayer.

After open-heart surgery, Cathy’s husband, Dickson, was cleared, somewhat miraculously, for a kidney transplant. The business owner and father of four boys needed to find a kidney match. Frail and never too far from his dialysis machine, Dickson soon realized the Creator of the universe had been preparing his new kidney since he was a child growing up in Brazil. No one would ever have guessed that his childhood schoolmate, Dave Santos, a Caucasian son of missionaries, would one day be a perfect kidney match for Dickson, a Chinese immigrant to Brazil and then to the United States. Two

years after the transplant, Dickson and “Dave the Donor” are both doing extremely well, thanks to God graciously answering the many prayers of friends from around the globe.

Sadly, the potential of losing her husband and watching him waste away as they traveled from doctor appointment to doctor appointment wasn't the only opportunity for Cathy to hold fast to God's promises. Her granddaughter, born to her eldest son, started her life ahead of schedule, bathed in prayer. Because the premie required so many exams, her retinoblastoma, a rare and often fatal cancer of the retina, was discovered early. Sweet little Ruby and her parents often drive two hours each way to see specialists who keep a close watch on the cancer, aggressively treating any new tumor growth.

Shortly after Dickson's kidney transplant, his dad died suddenly. It was a year that would cause anyone to feel shaken. Through the grief and anguish, the Chan family bonded together. As 2 Corinthians 4:8 declares, “We are hard pressed on every side, but not crushed; perplexed, but not in despair.” A few verses later, Paul continues with words of great encouragement. “Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal” (2 Corinthians 4:16-18).

Following Paul's example in Corinthians is not simple or easy. Some days are harder than others. And that's when we turn our eyes back to God, the author and perfecter of our faith (Hebrews 12:2).

### Wait and Watch with Expectation

The Chan family's faith-filled prayers are evident in the spiritual life of Ruby's older brother, Rock. Even at just five years old, he has become quite a prayer warrior. Cathy and Dickson enjoy spending

time with Rock when his parents take little Ruby to her oncology appointments a couple of hours away. Cathy shared this story that beautifully illustrates the power of modeling prayer to the next generation. This also serves as a sweet reminder to wait and watch with expectation, hope, and unshakable trust that God will answer our prayers.

**O**n the day we're treating our dear grandson to an outing, I say, "Hey, Rock, Grandpa and I are going to take you over to the pier for a walk. I sure hope we see some dolphins."

Rock immediately starts sincerely praying, "Jesus, I'm asking You that we could see Your beautiful creations today. We would love to see Your dolphins and maybe whales. You have made so many beautiful creatures, and we would love to see them today."

As we park our car, he prays again. "Jesus, it's time. You can open the door and let them go, because we're here."

When we arrive at the beach and start walking on the pier, he prays out loud. "Jesus, You made the beautiful sea creatures. We would love to see a parade of dolphins. We are ready and looking." So of course I'm praying that he won't be disappointed and wondering how we will deal with that if he is—all the while scanning the horizon and begging God to please let us see a dolphin.

Then I spot what appears to be some splashing beyond the waves and tell Rock. We all look, and indeed it is a dolphin. Then we see a few dolphins. And then, I kid you not, by the time we reach the end of the pier, there is a full dolphin parade! There are at least seven dolphins in a line, and they are not just swimming along. No, they are performing. They are jumping and flipping around.

Rock immediately prays. "Thank You, Jesus, for the dolphin parade. Thank You for doing it. Thank You for Your beautiful ocean creatures."

I am dumbfounded. The faith of a little child teaches us so much. In my heart, I pray right then. “Thank You, Jesus, for meeting us at the pier today. Thank You for the beauty of Your creation and for my fantastically spiritual five-year-old grandson and for Dickson’s renewed strength and the beauty of the ocean and for Your gorgeous sunset. Thank You for the joy You set in our hearts. Thank You for answered prayers. Thank You for a dolphin parade. I will *never* forget today.”

God not only answered the prayers of this young child’s heart, but He did so in a way that was truly “more than all we ask or imagine,” as it says in Ephesians 3:20. God may be working mightily behind the scenes of your life right now, putting pieces together in ways you’ve never imagined. But along the way, He delights in giving us “kisses on the cheek”—Moms in Prayer International founder Fern Nichols’s description of the sweet encouragement God bestows to encourage us in the midst of longstanding trials. Yet sometimes we miss those sweet “kisses” because we’re not looking for them. This big brother of a little cancer patient was looking for glimpses of God’s goodness. And our loving Creator showed up in a huge way.

### Do You Want to Remain Unshaken?

Both Cathy and Queen Esther struggled with fear and real concerns. But when they set their eyes on the Lord and not on their earthly circumstances, God gave them His powerful combination of strength, peace, wisdom, and clarity. He helped them each stand resolutely, unshaken in the face of death.

God may be  
*working mightily*  
behind the scenes of your life  
*right now,*  
putting pieces together in ways  
*you've never imagined.*



Do you want to remain unshaken?

Think of that difficult prayer request that knots up your stomach and squeezes your heart. God can answer it in a way that's so unexpected and better than you could have designed had you tried to maneuver each one of the pieces. Rest in the truth of Ephesians 3:20-21:

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

We'll be exploring together how we can use the principles in Philippians 4:4-9 to exchange our fear and gut-wrenching anxiety for God's inexplicable peace.

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. 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. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

These words were written by Paul, who continued to rejoice, to be gentle, to pray, and to maintain the mind of Christ. Even when he was shipwrecked, thrown in jail, and threatened with death, Paul wasn't anxious or worried. He poured out his heart to God in both

petition and thanksgiving. And what was the result? A peace mere humans cannot comprehend. Placing our faith and trust in our heavenly Father, allowing Him to be the blessed controller of our lives, results in a peaceful heart, free of worry—a heart that can stand resolute and unshaken.

In the next few chapters, we'll look at the four steps of prayer and how we can, in practical terms, hand our anxiety, fears, and worries to God and allow Him to replace those emotions with His peace that truly “transcends all understanding.”

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