

**The Chapel Family Bible Reading Program – October 22 - 27**  
***Doing Life Together – SHIFT from Anxiety to Peace***

**MONDAY:**

**KEY VERSE:** Proverbs 3:5

**OBSERVATION:** God has not only gone public with this secret, but he invites us and longs for us to know it. He does not want us to merely know about this secret — not to merely preach it, explain it, enjoy the idea of it, or wish for it — but to know it by experience. The secret to contentment is very simple. And it does not require heroic acts of piety. No, in fact it requires a childlike response from us. The secret is beautifully summed up in this phrase: “Trust in the Lord with all your heart”.

**TUESDAY:**

**KEY VERSE:** Genesis 3:6

**OBSERVATION:** What happened with Adam and Eve in the garden is that they broke trust with God by eating the forbidden fruit. When they did this, they unhinged their reason from Reality and besides living in a world subjected to futility, they had to deal with the overwhelming complexities of the knowledge of good and evil without the capacities of wisdom and knowledge and strength to adequately process them.

**WEDNESDAY:**

**KEY VERSE:** Ephesians 2:8-9

**OBSERVATION:** The devil’s treachery and Adam and Eve’s fall from grace is why God chooses to save us by grace through faith, and not through works. God is looking for trust. Our works are important, in fact they’re crucial, but only in that they demonstrate that we trust God.

**THURSDAY:**

**KEY VERSE:** John 14:15

**OBSERVATION:** We do not need to understand the “why” to every command of God or be able to answer every objection or shadow of doubt cast upon God’s word. But we do need to trust God and therefore obey him. In fact, God is particularly glorified when, in the face of disorienting temptation, we do not fully understand God’s reasons and we trust and obey him anyway — we rest our reason on the Reason of God.

**FRIDAY:**

**KEY VERSE:** Proverbs 3:5-6

**OBSERVATION:** Trusting God is not easy, but it’s not complex. The knowledge of good and evil is complex. It produces Gordian knots we cannot untie. But we were never meant to. We were meant to trust God with them. And when we do, it is a great relief.

**SATURDAY:**

**KEY VERSE:** Philippians 4:6-7

**OBSERVATION:** God promises to give us peace and contentment if we trust him (Philippians 4:6–7). He really wants us to experience them in increasing measure, even here in this troubled world (John 16:33). So he has given us the simple, hard secret: Trust me. It is the only way.