

Hope for the Heart : **He is the Calm in Your Storm** *Mark 4:35-41(Amplified Bible)

Christ knew his disciples needed time alone with him apart from the throng of people so he directed them to travel across the Sea of Galilee. Exhausted, he fell asleep in the boat. A fierce whirlwind strikes suddenly, churning the waves into giant jaws of death! Terrified, they awaken Jesus, 'Teacher, don't you care if we drown?' Jesus arose to rebuke the wind and hush the sea into perfect calm. 'Why are you so afraid? Do you still have no faith?' They were struck with awe and the deep realization that Jesus was no mere man, but One who possessed the power to command nature's forces! Christ desires that we come away with him often; for life has a way of surprising us with unexpected storms. Stress steals our control; releasing our fears, overwhelming us so we realize that we need God to come near. Our faith may flicker like a dimly burning wick or be no stronger than a broken reed; but he can ignite our trust into a bright flame, growing our hope into a tender plant. When suffering makes us wish we could see the end of the road and things have not turned out the way we planned, God is weaving our story into something eternally beautiful that we may not be able to see on earth. Even though Christ may not shield us from the devastating aftermath of a crisis; his presence, power and peace are there amid stormy winds. We can choose to go through life's trials alone or we can walk with the One who cants to carry us home. John 14:1

Help for the Home : **Mexican Breakfast Chilaquiles & Smoothie Bowl, 3 Ways**

Mexican Breakfast Chilaquiles

*6 large eggs *1/2T.canola oil *5oz.Tortilla chips *1 c.shredded Pepper Jack Cheese
*1 Avocado, thin sliced *1 cup diced Tomatoes *Sour Cream *Lime Wedges
*Beat eggs w/1/4t.salt; In oven-safe 12" skillet, heat oil on medium; Add eggs;
Gently scramble. Transfer to bowl; set aside; wipe skillet clean. Preheat broiler
Spread half chips in same skillet, sprinkle half cheese, top with rest of chips
+ cheese, then eggs; broil until cheese is melted + chips begin to brown, 1-2 minutes;
Remove from oven; top with avocado + diced tomatoes, sour cream, lime wedges.

Smoothie Bowl, 3 Ways

TROPICAL in blender pulse one banana (sliced, frozen) & 1 cup each frozen mango
Chunks & frozen pineapple chunks with 1 cup almond milk; add Kiwi, sliced
BERRY-COCONUT Blend one banana (sliced, frozen) & 1 cups frozen mixed berries
with 1 cup coconut water. Top as desired.

ORANGE-PEACH Blend one banana (sliced, frozen) & 1-1/2c.frozen Peaches &
1/2 c.Greek Yogurt with 3/4c.orange juice. Top as desired.