



CAMPUS
MINISTRY

CONCORDIA UNIVERSITY TEXAS

STUDENT DEVOTIONAL

CONCORDIA UNIVERSITY TEXAS



ENOUGH



CAMPUS MINISTRY

CONCORDIA UNIVERSITY TEXAS

Welcome to the Concordia University Texas family! We are so glad that you are a student or parent scrolling through this devotional. It is a gift made for you as you embark on your new adventure. We want to invite you to begin using these devotionals written by students, faculty, and staff as a way to connect to your faith identity. This year's school year theme is "Enough," based on a verse in the Bible that states, "My grace is enough for you, for my power is made perfect in weakness!" (2 Corinthians 12:9) It is super counter cultural to see our weaknesses as an advantage. Jesus became weak and died on the cross so that the world would become strong through receiving salvation. We hope that your faith would expand this year as you journey with us at Concordia and are strengthened by the encouraging message that God's grace, unconditional love, and mercy are strong enough for you, always and forever.

Peace and joy to you! Woosh!

-Jake Boessling, Campus Pastor



Day 1

PRAYER

*Jesus Christ, Thank you for loving me
right now, before I even begin my classes.
Your grace and love define me.
I am loved. Amen.*

Day 1

You are Loved

“Oh no,” you might be thinking. “They are already talking about God and stuff!” Before you throw this book into the trash, just give us one minute, and please read on. We want to share three words with you that we think can change your life.

We are grateful that you accepted our invitation to be a student at Concordia Texas. We can't wait to meet you very soon. We can only imagine the mixture of emotions as you embark on this next scene in your life story.

We are hoping that you have big dreams for your future. But what if it doesn't go the way you planned? What if you have a tough break up? What if you don't live up to a guardian or parent's expectations or your own? What if?

In those moments, when life doesn't go the way we planned it, we want you to know in advance the secret that gets us through every season of life.

Here it is: **You are loved. You are loved by God.**

I know you might be thinking, “What, really, that's it?” Think on it before moving on. The classic verse from John 3:16

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

-John 3:16-17

basically says, “You are loved by God so much that He sent His Son to die for you and the whole world.” The second verse is dope too, “You are not condemned but loved!” What does this mean for you? Before you ever type out a research paper...you are loved. No matter what you have ever done or said or thought...you are loved. As you get ready to head into new territory to make your own decisions...You are loved by God and by us.

Welcome to Concordia!



A black and white photograph of a simple wooden cross made of two weathered logs. The cross is positioned on a rocky, uneven terrain. In the background, there are dense bushes and trees, and a sky filled with dramatic, dark clouds. A semi-transparent black rectangular box is overlaid on the right side of the image, containing text. The text is in a serif font, with the title 'PRAYER' in a larger, bold font. The prayer text is in a smaller, italicized font. There are two horizontal yellow lines, one above and one below the prayer text.

Day 2

PRAYER

Jesus Christ, Thank you for liberating me by our work on the cross. Help me to use my freedom wisely, to grow into who you want me to be, and to serve you and the needs of my neighbor. Amen.

Day 2

True Freedom: An Infinite Possibility of Growth

Once in Life and Leadership class, a first-year student reported, “When I was out studying last night and saw that it was 2 am, I freaked out thinking, ‘I need to call Mom!’ I then realized that I didn’t have to call. I am in college; I am free to stay out as long as I want.”

This may be one of the memorable experiences you have. Sure, there will be obligations like washing clothes, or attending class, or team practice. Yet, your time is now your own to manage in a responsible way. No one is looking over your shoulder as in high school.

Freedom is a great blessing! Yet, you simultaneously discover that freedom is also, potentially, a great danger.

- You have freedom to be responsible... or irresponsible.
- You have freedom to complete an assignment...or procrastinate.
- You have freedom to open that door for someone else, or to ignore them.

All our moral choices fall on the pinpoint

So if the Son sets you free, you will be free indeed.

-John 8:36

Live as free people, but do not use your freedom as a cover-up for evil.

-1 Peter 2:16

of freedom.

When Jesus spoke of freedom in the verse for today, he did not mean that we possess an absolute freedom to do whatever we please... to be unloving or self-centered.

Instead, Jesus’ freedom means you are liberated from the self-centered prison of your own sin and guilt.

True freedom means:

- You are forgiven, and no longer have to go around punishing yourself because you didn’t do what you should have.
- You are free to grow into becoming who God wills you to be.
- You are liberated to take wise care of yourself, to help others, and to grow into your true self.

Augustine once wrote, “Trust in God and do whatever you want.” How will ****you**** use your radical freedom today?

Day 3

PRAYER

*O God, Abide with me today and
every day!*

Day 3

Spiritual Health

Take a skim or read through John 15:1-17, a popular passage about dependence on God displayed through vine and branches. If you grew up at any sort of Christian camp, you might know the song Peach of the Savior.

*He's a peach of a Savior,
He's the apple of my eye.
He prunes back the branches
When the branches get too high.
He bears fruit in season
And his love will never die
And that's why I'm bananas for
the Lord!
Glory, glory, we're the branches,
Glory, glory, we're the branches,
Glory, glory, we're the branches,
And that's why I'm bananas for
the Lord! Chomp!*

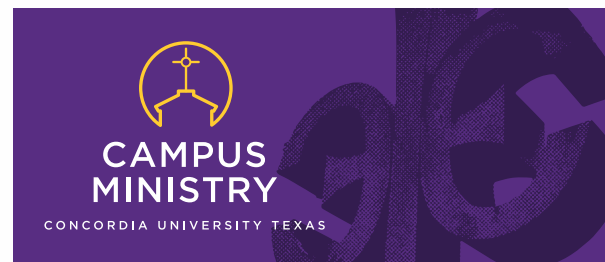
This passage always reminds me that all I can do is Abide, which means to stay connected or to dwell. We can strive for holiness and for perfection but only with the knowledge that we can accomplish nothing on our own, we need to fully depend on God. More of Him and less of me.

How do you make God more of your life? How do you make Jesus preeminent? Preeminent meaning something that surpasses all others and is very distinguished from others. My answer to these questions is very broad.

Bible study: getting into Gods word whether that's with friends, reading one verse in the.

I am the vine, and you are the branches.

-John 15:5





Day 4

PRAYER

Lord, let me cast all my burdens upon You, let me understand that You are here for me and always listening to me. Lastly, let me remember how You sacrificed all for me and my sins, Amen.

Day 4

Emotional Health

College is a very challenging time for emotional health, especially that first year away from home. You have all this change going on around you and your young life and it can be very overwhelming. I know for me it was extremely overwhelming, some days I would cry because I wouldn't know how to handle this strain on my heart in any other way. What I wasn't doing was confiding my anxieties and emotional strain into the Lord my God. The Lord asks us to cast our anxieties onto Him, and to not worry because He has our backs. If we do this, our hearts will feel less burdened with unnecessary emotional strain.

Life is hard sometimes, but keeping joy will help you through those especially challenging times. I know speaking from personal experience that there will be obstacles put in the way, and it may seem impossible to get past them and feel that joy again. However, if you just keep trusting in the Lord and His plan for you, you will feel so much joy and that burden weighing on your emotional health will be lifted.

We need to keep joyful hearts, because that is what makes us emotionally healthy. If we continue in our negative anxiety-ridden ways, we will lose the joy of the Lord, and to lose the joy of the Lord is so harmful to our emotional health. Here are some tips to have joyful hearts and good emotional health:

1. Always tell God how you are feeling, He is here to listen to you, don't worry about

A joyful heart is good medicine, but a crushed up spirit dries up the bones.

-Proverbs 17:22

rambling, sometimes it feels good to get it off your chest

2. Find joy in the little things, a new book, your favorite song, a good meal at a restaurant.

3. Once you find those joys, write them down so you can go back and reflect on them later

4. Find people who really truly care about you and your emotional health, surround yourself with people that are helpful, not harmful.

5. Establish good spiritual friendships that help you grow not only as a person, but grow as a son or daughter of Christ

Reminder: To fully rejoice in the Lord means to cast all your anxieties and burdens on Him, He's got this. Jesus came and took on all the sin of the world, including mine and yours, a little anxiety is nothing to the King of Kings.





Day 5

PRAYER

*Dear Lord, empower me to honor you in
the taking care of my physical
body. Amen.*

Day 5

Physical Health

As an incoming freshman it's probably safe to say you have been warned once or twice of the infamous freshman fifteen. Whether you believe it or not, I can say from personal experience that it is indeed very real if you let it be. While it was something I thought I could easily avoid, before I knew it, Whataburger at 3 am became the norm for me and my friends to celebrate our newfound freedom during freshman year. While staying up late bonding and having conversations with new friends was great for our relationship, it wasn't so great for my physical health.

Physical health is a gift from God that we are called to steward. If we look at I Corinthians 6, we read that our bodies are not our own, they are a part of God's body, and we are called to "...honor God with our body." In the same passage it defines bodies as being temples of the Holy Spirit, which signifies how important they are to God. God cares about our physical health, it's how he designed us to be, but the fall of humanity has left our bodies imperfect and our unhealthy desires relentless, making stewarding our health very difficult at times.

With diet culture and such harsh societal standards today, there are so many stigmas about being healthy that can make maintaining physical health simply feel restricting and overwhelming. This is a broken view of physical health. The thing that is first and foremost important to remember about health is that our bodies are a gift from God, our bodies are uniquely designed by God, and our bodies are loved by God as broken as they are. In Luke 6 it gives a clearer definition of what love looks like. Love is not something we are called to give for something in return. Rather, we are called to love while "expecting nothing in return." When

Your body is a temple of the Holy Spirit.

-1 Corinthians 6:19

we remember that this is the love God has for us and the love we are called to have with people, loving and caring for ourselves should be met with the same mindset. In order to fulfill our calling to care for others, we also must care for ourselves. We are called to nurture our physical health, not to gain something in return, such as looking a certain way. Instead, we are to honor one of God's greatest gifts to us, our body. In reality, we are not simply bodies, we are vessels with one life for God.

God does not simply leave us with the responsibility of physical health however, He plans on restoring our bodies in their entirety. He wants our bodies to be restored so much so that he destroyed his own body on the cross to allow us to have a perfect body once again in heaven. Physical health is important and is commanded by God for us to steward, but when we look at it as an act of love for God, rather than a chore, we get to find joy in the gift of physical health that God has given us.

How can we honor our body through physical health?

Mindset change: instead of viewing being active and eating healthy as something we HAVE to do, view it as something we GET to do and are called to do as a form of caring for the gift God has given us.

Make it enjoyable: stewarding health looks different for everyone. Maintaining health through moderation, not restriction, makes it feel a lot less daunting. This can look like swapping some fries with a side of fruit at Chick fil A and finding fun ways to move our body. (P.S. Austin is one of the greatest cities for active fun so let's get moving to glorify our savior!)

Day 6

PRAYER

Father in Heaven, Bless my friendships this year. Allow them to glorify you and help me to love others as you have loved me. When I feel like I cannot do it all, remind me that your love is enough. Amen!

CONCORDIA

Day 6

The Friendship Code

I remember the Milwaukee summers. After finishing another year of college in Nebraska, I joined my four young adult siblings in our Milwaukee home. We were ready for familiar food, clean bathrooms, and rekindled high school friendships. One summer I remember my sister returning from her first year at Concordia Texas (Woosh). She opened up about a relational tip from her Interpersonal Communication class. She told us the favorite thing she learned was this simple phrase: “Be interested not interesting.”

I could not believe that in all my years of solid and rocky friendships, I had never heard this simple tip. At least, I thought I had never heard it. What I didn’t realize was that my sister’s hot tip was actually a gentrified summary of God’s vision for friendship as described in Colossians—compassion instead of accomplishment; kindness instead of bravado; humility instead of humor; gentleness and patience instead of impressive advice. In summary, make it less about you and more about others.

As God’s chosen people, we have not only cracked the friendship code, we have reassurance of His unending friendship, His unending love which takes all of our virtues and binds them together.

When in conflict---love.
When you feel isolated---love.

Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

-Colossians 3:12-14

When you feel wronged---love.
When you feel inadequate---love.

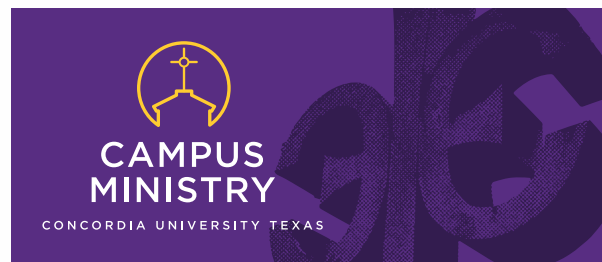
As we know, that is easier said than done! When I am in conflict, feel isolated, feel wronged or inadequate, I need to be loved not love others. Good news, you are. Christ loves us more than we can imagine, and this empowers us to love others, to love our friends, to love the seemingly unlovable. What does this look like? It looks a little like making it less about you and more about Him.

When in conflict
---**God can restore.**

When you feel isolated
---**God provides comfort.**

When you feel wronged
---**God loves you anyway.**

When you feel inadequate
---**Gods love is enough.**



Day 7

PRAYER

Lord, thank you for the gifts you have given me. Help me to use them to make a difference in the world! Amen!

Day 7

Everyone is Gifted

José sang like an angel. Andrea loved to organize. Nathaniel had the audience on the edge of their seats as they listened to him speak. Kylie nursed the sick back to health. Annie was a great listener and counselor. Rayvon could run like the wind. Ebony created meals that were both delicious and nutritious. Christopher's artwork was sensational and inspirational!

These are just a few examples of the ways people are gifted, and **EVERYONE IS GIFTED!** You can use your time at CTX to help discover your giftedness! Get involved in classes and extra-curricular activities! Try new things! Step out of your comfort zone!

Are you aware of the gifts and talents God has given you? What do you enjoy doing? What are you passionate about? Where do you find delight in helping others?

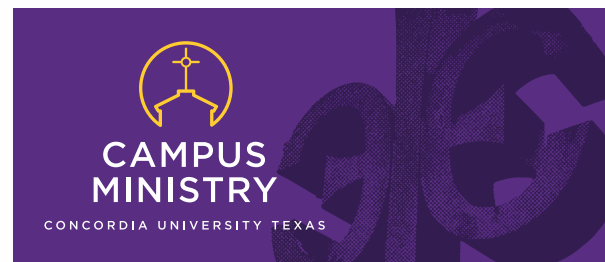
EVERYONE IS GIFTED and those gifts are meant for you to use to help those around you.

God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.

-1 Peter 4:10

"Your vocation in life comes from where your greatest joy meets the world's greatest need!"

- Frederick Buechner





Day 8

PRAYER

*Dear Lord, as much as it is in my power,
help me to live at peace with all
people. Amen!*

Day 8

Conflict Resolution

There are likely so many times where you feel tension or conflict and truly it has nothing to do with you. Families pull us into struggles they had from times before we were even born. Teams are hard on us as rookies without us even fully knowing what happened the past few seasons. New relationships are tough too, because she or he is coming at you with a lot of memories from past experiences. And it has nothing to do with you.

And so bring your calm & centered self to your relationships. Don't take on too little... and don't take on too much. Keep an honest nurtured focus on who you are - mind, body, heart, and soul. And trust that. And know you have areas for growth. And know when you bring your authentic self to relationships you can know you're living the fullest life you can. And know that sometimes toxic people cross your path. And know it's not mean to end relationships. And know it's worthwhile to reconcile relationships when - and only when - the other person brings their whole self to you.

Jesus chose to Love you in a real, tangible, and sacrificial way. We can go to him with any conflict we face. Our Good God in Heaven continues to tell a Redemption story through our understanding of truth. We can receive His healing for conflicts of the past. We have a Holy Spirit that serves as a mediator, counselor, and

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

-Ephesians 4:31-32

If possible, so far as it depends on you, live peaceably with all.

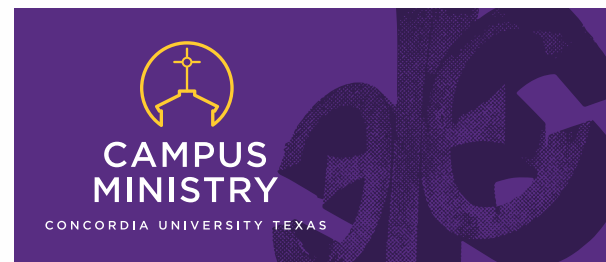
-Romans 12:18

comforter to us through all times of struggle. We can rest in the Holy Spirit.

So, on a regular basis, it is helpful to reflect on a few questions:

- How are you personally creating too much conflict?
- In what ways are you taking on the weight of conflict that has nothing to do with you?
- Are you dodging ownership of the conflict you play a part in?

Remember at all times you can release yourself, and also take ownership for yourself, and also receive the love that is promised through Jesus Christ.



Day 9

PRAYER

Lord, to whom shall we go? There are so many words, so many expectations, so many voices. You have the words of eternal life. Teach us to seek those words, to center our lives in the places where your words are made known. Open our hearts to hear, our minds to know, and our lives to reflect your love and mercy. You are the Holy One of God. Amen!

Day 9

Finding a Spiritual Community

Words. Words of an email from a professor, extending welcome and challenge. Words on a syllabus, outlining the many assignments ahead this semester. Words from home, from family, from friends. Before long, you'll be so inundated with words that it will be hard to keep them all straight! As a new professor here, I feel it too—I'm overwhelmed and anxious about all the words coming at me at the beginning of a semester, all the words that I am expected to know and to keep straight.

In the midst of all these words, Jesus offers us words of eternal life. Jesus, the Lord of all creation; Jesus, the Word made flesh; Jesus, whose words of truth echoed in daily lessons of love and mercy; Jesus, whose life, death, and resurrection is the final word of forgiveness, life, and salvation for us; Jesus, who writes His very name on us, who claims us as His own; Jesus, the one we too believe and know to be the Holy One of God.

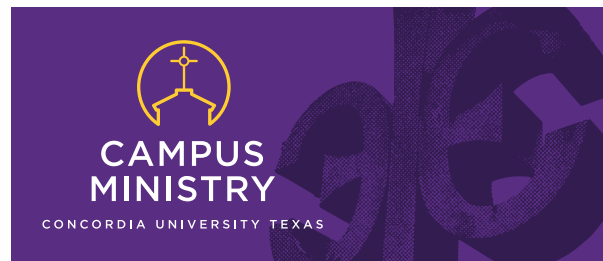
In the midst of all the words of this semester, there is a voice speaking words of life into your life, right here, right now. That voice speaks on Monday, Wednesday, and Friday during our chapel times. That voice

Simon Peter answered him, "Lord, to whom shall we go? You have the words of eternal life. We have come to believe and to know that you are the Holy One of God.

-John 6:68-69

speaks when we worship and celebrate at Refuge on Thursday nights. That voice speaks as we gather for campus devotions. That voice speaks on Saturday and Sunday at the many local congregations of believers in our area.

I pray that you hear that voice calling to you, proclaiming love and mercy to you.



Day 10

PRAYER

Jesus, thank you for coming down to earth and showing us the importance of rest and recreation. Help me remember that even in such a busy world, it is okay to take time to rest and be still and to also have fun. Amen!

CONCORDIA UNIVERSITY TEXAS



Day 10

Rest and Recreation

When coming to college the first year it can be a crazy transition, I was involved in anything and everything I could be! I was an athlete taking 17 credit hours, while also being in 3 clubs as well as working part time. A little over halfway through the semester I was extremely tired and never realized that I was not taking time for myself and to truly rest.

There are a lot of new activities on and off campus, as well as classes and sports for some! While all of this is happening, it can be easy to get overwhelmed or even to get burnt out! Therefore, rest and recreation are so important. Even though sleeping is considered rest it isn't truly just a time to slow down and take time to relax from the crazy schedules of college! Or to even do a few fun things that aren't in the normal schedule!

Rest is so important to us and to our lives that even Jesus himself took time to rest. He took a sabbath day. Our creator of the universe took a day to rest after creating the universe. The man who came down and took on all our sins took time to be still in his creation. Which means we should

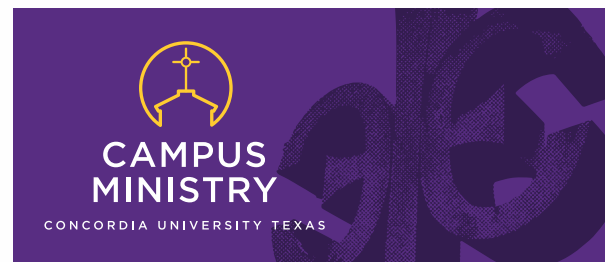
On the seventh day God had completed his work that he had done, and he rested on the seventh day from all his work that he had done. God blessed the seventh day and declared it Holy, for on it he rested from all his work of creation.

-Genesis 2:2-3

also slow down and do the same. Life and college can be a lot and can be crazy, but we have a wonderful God who reminds us how important rest is by him resting on the seventh day himself!

Here are a few ways you can rest or take some time in his creation

- Pray
- Take a walk
- Listen to music
- Sit still in your favorite spot on campus
- Read your Bible
- Go to a park
- Get some friends and have a picnic or dinner



Day 11

PRAYER

Heavenly Father - thank you for the gift of life - abundant life - that you have given me through faith in Christ. Use my life to serve others so that they too may know of and live in an abundant life in Christ. Amen.

Day 11

Enough

Enough is our Concordia University Texas theme for the 2023-2024 academic year. The word “**enough**” is used quite a bit in our daily curiosity. Do I have **enough** gas to get me back to campus? Am I prepared **enough** for my first quiz? Will I have enough money to pay my tuition bill? How much is enough time to talk to Mom and Dad so they are happy? We also use the word “**enough**” in our daily thoughts. I’ve had enough of this. **Enough is enough!** **Enough** said. At a deep internal level, we might be asking, as we explore the world around us and our place in it this semester: “Am I good **enough**? Am I accepted by God and others?” God’s Word is expressing that human weakness provides the ideal opportunity for the display of God’s divine power. Jesus answers this way, “My grace is all you need. My power works best in weakness” (NLT - New Living Translation).

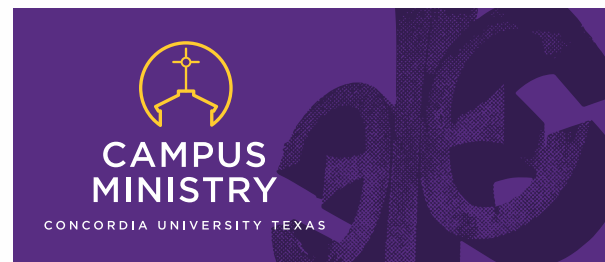
Our contentment begins with hearing these words spoken from Jesus to us and for our lives ahead. Good news, His grace is sufficient and adequate for our journey ahead. We try to put so many things in the place of God’s goodness and grace, which leaves us empty every time, running on fumes. God has created you unique and special. You have been accepted into

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

-2 Corinthians 12:9

God’s family despite our sinful habits, hurts, and hangups. Wow, Jesus’ death and resurrection fulfills the need we have for rescue from our sins and death. When we truly believe that God is **enough**, the way we see our weaknesses can shift. Paul goes on in the passage, “*Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.*”

God accepts you into his family, and He is making you more into His perfect image through your weaknesses. Christ’s power rests with each of us today right where you are, in whatever you are dealing with, and by grace through faith, He will see you through it.





CONCORDIA UNIVERSITY TEXAS
TORNADO TRAIL

Day 12

PRAYER

God, thank you for being with me, and for providing me with a place of refuge in your arms, and continue to call me back to you. Amen.

Day 12

Peace in Devotional Time

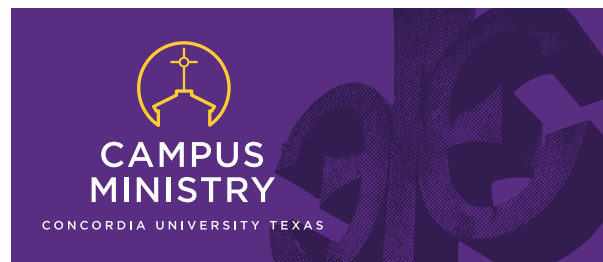
Wake up, rise and shine. Brush those teeth. Eat a good breakfast. Put on that nice new pair of shoes. Rock the clean socks. Fancy up that hair. And scream out, "I'm in College!" We hope the first few weeks of school have gone well. I can imagine it has been a mixture of emotions: exciting, busy, thrilling, fun and overwhelming. We hope you have a wonderful year of school and life!

One of the greatest tools provided for us to remain constant in Christ are devotional books. These quick lessons and chats with our Father allow us to meditate and focus on our day and do so from the strength of God. Devotions give us a chance to reorganize our lives and listen to God, and to feel his love.

When did Jesus return to the disciples? Was it during their daily chores? Perhaps while they were gathering weekly supplies? No, it was during a time of solitude and reflection. The disciples were alone and resting in a closed room. It was there that Jesus said, "Peace be with you", and it is there in a quiet and secluded room that we can hear God say, "Peace be with you". Take the time to be with God and hear what he has to say this semester.

Then, the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled, for fear of the Jews, Jesus came and stood in the midst, and said to them, "Peace be with you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord.

-John 20:19-20





Day 13

PRAYER

Dear Heavenly Father, allow us to put aside time to listen to You and Your Word rather than ourselves and this sinful world. As we face challenges this school year, I pray that we will turn to You in all things. Amen!

GESOSSEN VON FR. GRUHL
IN KLEINWELKE 1854.

Day 13

God's Word for You

This summer, I worked at a summer camp, Camp Lakeview, where I was a Counselor. This summer had countless joys, but also many struggles. Whether I was talking to a homesick camper, dead tired from camp life or working through conflict on staff. During these times I had two options, I could push through, worry, and not feel at peace, or I could turn to God and His Word to give me guidance and peace.

When Daniel found out about the new law that banned him from spending time with God, he didn't go worry about what would happen, he didn't act as if nothing was wrong, he praised God and spent time with Him despite the consequence. God calls us to turn to Him in times of trouble.

So, when you are going through the troubles of college this semester, I challenge you to turn to God and his word, I assure you it will give you the incomprehensible peace of Him.

At camp, when I chose to be with God, He would always give me peace and assurance that he will be with me through it all. Spending time in God's word allows Him to speak to us. When will you take a break from listening to yourself worry and listen to God and his Word?

But when Daniel learned that the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to his God.

-Daniel 6:10





Day 14

PRAYER

Gracious Father, Thank you for the amazing gift of prayer and providing the opportunity to talk with You about everything that's on my heart. Please help me to always come to You first and know that my life is in Your hands. In Jesus' name, Amen.

Day 14

Pray about Everything

Now, you might be thinking “easier said than done” ... I know I think that when times get busy, and a lot of change is happening in my life. My first semester of college was one of the toughest challenges for my prayer life, simply because I was putting it in the back of my mind. I often caught myself saying, “God isn’t going anywhere, so I can get to it later... but this paper is due tomorrow.”

Although papers and assignments may seem like the most important thing in the world... the truth is that they aren’t. I can’t promise that they will never be stressful, but I do know that God gives peace to those who seek Him first. True comfort comes from simply calling to Him and expressing your worries, doubts, or literally anything! He already knows your thoughts and your feelings because He walks with you at all times. Let Him take your stress off your shoulders and be your rock.

Taking that first step to meet God in the middle through prayer may be a little scary but know that you are never alone. If you want any help or feel that you are interested in getting to know more, anyone on Campus Ministry would be more than happy to talk with you!

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ.

-Philippians 4:6-7





Day 15

PRAYER

*Enable me to follow you with my body,
my mind, my strength and soul and
spirit. Amen.*

Day 15

Follow Me

As the father of 19- and 17-year-old daughters, I often wrestle to find the harmony in their dreams, my dreams for them and God's dreams for them. The center of this Venn diagram might best be described by a word you will hear frequently around Concordia: Vocation.

Vocation is so much more than one's major, minor or dream career. It's about calling. Jesus speaks of the enormity of vocation when he calls the first disciples.

Jesus breaks down vocation into 2 ideas: general calling and specific calling. The general calling is for all followers of Jesus- and that is: to follow Jesus.

But He doesn't stop there, He goes on to talk about fishing for people and he was talking to fisherman. He would not have used the metaphor of "fishing" if He was talking to doctors, lawyers, teachers, etc. In this idea, we have the "specific calling": a calling in which, out of His love for you, God has uniquely equipped and gifted you to serve humanity.

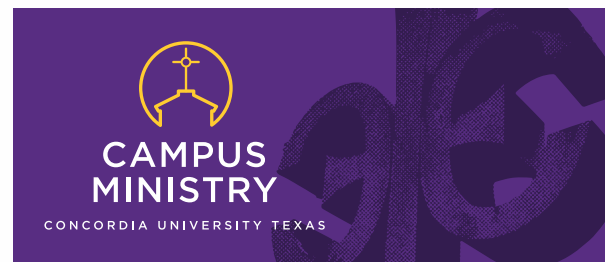
Concordia is all about helping our students comprehend these two callings. Students will have countless opportunities to explore and live out their faith while wrestling with how their faith fits into their major, discipline and potential career. We do not want all our students to be professional church workers in the same way that a football coach does not want all their players to be quarterbacks.

"Come, follow me," Jesus said, "and I will send you out to fish for people."

-Matthew 4:19

We want you to live out your vocation to the best of your ability and to God's ultimate glory!

Let's start general: Follow Him. By God's grace, the specifics will follow as you follow.



An aerial, black and white photograph of a campus. In the foreground, a dense forest of trees borders a river. In the middle ground, several large, modern buildings with flat roofs are visible, interspersed with more trees. The background shows a hazy horizon under a cloudy sky. A white rectangular box is positioned in the upper left quadrant, containing the text 'Day 16'. A large black rectangular box is centered on the page, containing the word 'PRAYER' in yellow, followed by a prayer text in white, and two horizontal yellow lines above and below the text.

Day 16

PRAYER

God, thank you for your abundant grace and for the love you have for me. Help me to cast my anxieties on you, to trust in You, and to know that I am not alone in my struggles and pain. Amen.

Day 16

Cast Your Anxieties on Him: Stress and Anxiety as a College Student

College is an overwhelming wave of change. Changes like: moving away from home, meeting new friends, and deciding a major that leads you to what you want to do in life. All these momentous changes can be so overwhelming and at times can be stressful. With all the tremendous changes you are going to face there is also an overwhelming feeling of joy, excitement, and opportunity.

When I got to college, I felt like I had it all completely figured out and I felt like I knew what was all going to happen to me while I was in college. I felt like college was not going to have that big of an effect on me and I felt like I could handle everything thrown my way easily. In my own words my plan for college was “to get in and get out.”

God had other plans for me and I faced a variety of challenges that at times made me overwhelmingly stressed out. But the amazing thing about God is that He knew what I needed and that was the community.

I have come to learn more and more about stress and that is there is so much beauty and joy that comes from it. However, with stress you may discover difficult trials.

- You have the choice with your stress to manage your time.... or procrastinate.
- You have the choice to take on one task at a time.... or take on the stress of all of your tasks at once.

Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

-Matthew 6:34

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- You have the choice to feel overwhelmed with a community around you... or alone.

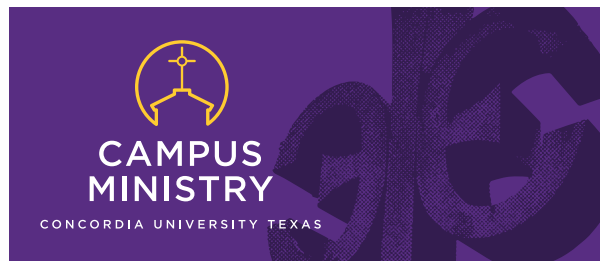
The stress of college may be overwhelming but brings us choices that help us grow and overcome.

Christ understands our stress and pain, Jesus came down in human form and understands that at times we feel like the weight of the world is on our shoulders. But instead of carrying our stress, anxiety and burdens he calls us to cast all those things onto Him.

Casting our Anxieties means:

- When you feel like you can't manage your time well and procrastinate God finds time for you and everything will get done in His timing.
- When your stress becomes overwhelming and you feel like you are taking it all on at once, Christ provides comfort, for when we are weak, He is strong.
- When you feel like the stress of college is overwhelming and you are alone, Christ is with you and there is a community of people that know your pain and can comfort you.

Mary Southerland once said, “Stress comes when we allow the many voices in life to drown out the only voice that really matters, the voice of God.” How will you choose to hear God's voice over your stress?





CAMPUS
MINISTRY

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