

JESUS-CENTERED DEVOTIONS




# CENTER YOUR LIFE ON *Jesus*

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**A 40-DAY  
DEVOTIONAL**

Mikal Keefer



# DURING HIS LIFE ON EARTH, JESUS ASKED LOTS OF QUESTIONS.

That was true then...and it's true now.

The Gospels are packed with Jesus' questions.

Questions that prompted conversations.

Raised issues. Opened eyes to flashes of  
discovery and insight.

And Jesus' questions tended to  
follow people home, to roll around in their minds,  
to insist on answers.

So...here are 40 opportunities to answer them.


You'll respond to questions Jesus posed to people  
around him. And as you do, you'll invite Jesus into  
conversations about what his questions reveal  
about him...and what your answers  
reveal about you.

So come hear his voice.

Feel his presence.

And experience time with Jesus that  
refreshes your spirit, sparks fresh  
insight, and draws the two of you  
closer together.





Then he got into the boat and his disciples followed him. Suddenly a furious storm came up on the lake, so that the waves swept over the boat.

But Jesus was sleeping.

The disciples went and woke him, saying, 'Lord, save us! We're going to drown!'

He replied, 'You of little faith, **why are you so afraid?**' Then he got up and rebuked the winds and the waves, and it was completely calm.

—Matthew 8:23-26, NIV



# WHY ARE YOU SO AFRAID ?

Jesus' disciples never seem to have accused him of asking a stupid question.

But if it ever did happen, it happened here.

Late in the day, a sudden squall caught Jesus and his followers in open water on the Sea of Galilee.

The wind rose, the sky darkened, rain slashed the disciples' faces. And as calm water roiled into white-capped waves, the disciples knew: This is where they'd die.

Water cascaded over the hull of the wooden boat, swamping the already-floundering vessel.

And then the full fury of the storm crashed in on them.

Shaken awake, Jesus looked into the faces of his terrified disciples and shouted over the screaming gale: "Why are you so afraid?"

Why were they *afraid*? *Afraid*? Wasn't it *obvious*?

The disciples stared at one another, thinking, *Even a carpenter's kid should see what's happening here.*

But they'd misunderstood the question.

Jesus was really asking, "Why are you so afraid...*when I'm with you?*"

Fair question.

They'd gotten to know Jesus. Heard him teach. Seen him perform miracles.

Sort of like you.

You've gotten to know Jesus. Heard him teach. Perhaps seen his power shine in your life and the lives of people you know.

So why are you afraid? Of loss. Death. Living a life of Jesus-centered abandon?

Given that Jesus is with you... why are you so afraid?

And what might set you free from your fear?



# WHY ARE YOU SO AFRAID

AS YOU SPOKE WITH JESUS,  
WHAT DID YOU DISCOVER ABOUT HIM?



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AS JESUS SPOKE WITH YOU, WHAT DID HE  
HELP YOU DISCOVER ABOUT YOURSELF?



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So I tell you to stop worrying about what you will eat, drink, or wear. Isn't life more than food and the body more than clothes?

Look at the birds. They don't plant, harvest, or gather the harvest into barns. Yet, your heavenly Father feeds them. Aren't you worth more than they?

Can any of you add a single hour to your life by worrying?

—Matthew 6:25-27, GW



# CAN YOU ADD A SINGLE HOUR TO YOUR LIFE BY WORRYING ?

When Jesus suggested living a worry-free life, he was talking to people who had a lot to worry about.

Most of Jesus' audience was illiterate, scraping by day-to-day with little hope for a softer, easier future. Poverty and disease ground them down, and violence at the hands of their Roman occupiers was commonplace.

A third of their children died in infancy, and a third of those who survived infancy were dead by the age of 6. The average life expectancy of the men listening to Jesus was just 29, making him, in his early 30s, something of an elder statesman.

But could worry lengthen the days of those listening to Jesus? ease their burdens? give them hope?

Jesus' question is one he lays at the doorstep of each of his followers...including you.

You, too, have your list of worries. Finances, health, relationships, an uncertain future, or unsettled past—they can all crowd into your thinking and commandeer your focus.

Where will the money come from? How can the healing happen?

What's next...and how can you prepare?

Jesus' question isn't meant to mock or scold—it's meant to guide you.

If worrying doesn't help, why does it nip so often at your heels?

And what might you do to be rid of it?



# CAN YOU ADD A SINGLE HOUR TO YOUR LIFE BY WORRYING ?

AS YOU SPOKE WITH JESUS,  
WHAT DID YOU DISCOVER ABOUT HIM?

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AS JESUS SPOKE WITH YOU, WHAT DID HE  
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When they arrived, Jesus saw that all was in great confusion, with unrestrained weeping and wailing.

He went inside and spoke to the people.

‘Why all this weeping and commotion?’ he asked. ‘The child isn’t dead; she is only asleep!’

—Mark 5:38-39, TLB



# WHY ALL THIS WEEPING AND COMMOTION ?

## Poor Jairus.

After frantically tracking down Jesus, falling at his feet, begging Jesus to come heal his dying daughter, and then hurrying Jesus toward his home, everything fell apart.

Jesus suddenly stopped in the street, asking the crowd swarming around him who had reached out and touched his clothes.

*Touched* his clothes? Jairus' daughter was nearby, gasping for breath. Every second counted. And Jesus was worried about who'd *touched* his clothes?

And then, the unthinkable. Friends found Jairus and broke the news.

He was too late. His daughter was dead. It was over.

Except...it wasn't.

From a fog of grief Jairus heard Jesus tell him not to fear, to trust him. Then, together, they came to the house where Jairus' daughter lay, pale and motionless.

Jesus' question, coming through the door, must have startled the mourners: "Why all this commotion and weeping?"

But Jesus knew something they didn't: Now that he'd arrived, so had life. Wherever Jesus is, there's no need for wailing and commotion.

Not that it always feels that way.

If Jesus were to walk through your door and ask why the commotion in your life, why the wailing, what would you say?

What keeps you from being unafraid? From believing?



# WHY ALL THIS WEEPING AND COMMOTION ?

AS YOU SPOKE WITH JESUS,  
WHAT DID YOU DISCOVER ABOUT HIM?

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AS JESUS SPOKE WITH YOU, WHAT DID HE  
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# JESUS WAS ALWAYS ASKING QUESTIONS...

He used them to pry open conversations.  
Spark insights. Inspire discoveries.

And people who actually answered Jesus' questions  
always got more than they bargained for.

**Because conversations with Jesus always  
go places you can't predict.** They reveal more  
about him—and yourself—than you could have imagined.

**So here are 40 questions Jesus asked—**  
40 questions for you to answer.

As you share with Jesus, you'll find yourself  
drawn into his presence...hearing his voice...  
and more fully centering your life on him.

Dive in...these 40 questions will bring you  
face-to-face with Jesus.

And your answers may change your life.

ISBN 978-1-4707-4274-4  
Religion/Christian Life/Devotional

Printed in the USA

US \$14.99

