

In the Hands of God

Have you ever experienced an unbelievable storm in your life? You have been plummeted by hurricane force winds that send you spinning in all directions unable to get your footing. Days turn into weeks and weeks into months and months into years. You struggle wondering if you will survive. You cry out, “Help! Why, God, why?”

Yet one day your world stops spinning. The storm diminishes. There is a calmness in the air. You feel like you are in a battered boat alone in the ocean. Your directional instruments have been shattered.

You look to the sky for direction, but all you see are gray clouds. The sun is hidden by day and the moon and stars at night are not visible. All sense of direction is lost.

You know land is out there somewhere filled with people who could help, food and water to feed the hunger, and hope for the future. But where?

It occurs to you that the anchor is in the ocean holding you steady. You don’t remember throwing the anchor overboard though.

Puzzled you search for answers.

- What made the storm stop?
- Who threw the anchor into the ocean?
- What kept you and the boat in tacked through the raging storm?
- Who will point the way to land?

The calmness of the outer world begins to permeate your heart. Fear is replaced with a sense of peace that is beyond understanding. Tears fill your eyes when you realize the storm is over.

You hear a still small voice. *“Be still and know that I am God. I will guide you and lead you just like I did for those who believed in me in Scripture. Trust Me.”*

“Then they cried out to the Lord in their trouble, and He brought them out of their distress. **He stilled the storm to a whisper**; the waves of the sea were hushed. They were glad when it grew calm, and **He guided them to their desired haven.**” Psalm 107:28-30 (NIV)

Haven is defined as place of safety or a harbor where shelter may be found from the weather. The Lord is our haven. He is the one who anchors our soul and protects us from the storm’s destruction that rages in our life. He calms our escalating anxieties and fears. It is there in God’s hands that we find rest for our battered, weary souls, but we must give up control of our “fixing” ability and humble ourselves before Him.

“Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you.”

I Peter 5:6-7 NIV

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30 NIV

You long for the haven for your discouraged spirit, yet your trust level is practically at the bottom of the pit. Your mind begins to fill with questions. If you reach out for help, will you be betrayed, viciously hurt, and condemned again? Will the intense storm return with a vengeance?

Trust begins with the One

- Who delivered you from the storm
- Who never left your side
- Whose character has been proven in Scripture
- Who cares and loves you with an everlasting love.

The Lord reveals His power through our trials and sufferings. These mold us into the vessels God created us to be. In our desperation, we draw closer to God and faith and hope is built. We come to the realization that we can actually rejoice as we reflect on God’s glory and power as it was revealed in the storm.

“And we rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out His love into our hearts by the Holy Spirit, whom He has given us.” Romans 5:2b-5 NIV

In the safe harbor of the Lord, we come face to face with the war within our own soul, things we could not see because we were in survival mode. As these come to the surface, the Lord gently makes us aware of our own short comings which enabled or contributed to the strife we experienced.

- Were we looking for someone’s approval?
- Were we afraid to set consistent boundaries?
- Were consequences given when boundaries were broken?
- Did our anger take control when injustices were inflicted?
- Did we adopt someone else’s view of us as our identity?
- Did we try to fix the problem at all cost?
- Did we put all our focus on the problem and the person and not on God first?

- Did we notice God's fingerprints throughout the nightmarish journey or were we blinded to God's presence?

In spite of our part in the storm, God does not give up on us. He does not tell us that we will never measure up. He does not withdraw His love from us and say we are a lost cause.

He desires for us to discover what can be learned from our experiences. The Lord is our cheering squad rooting for us as we run the race of life. He knows we can do it **with Him**.

In the words of the song, *The Words I would Say*, by Sidewalk Prophets,

**“Be strong in the Lord and,
Never give up hope,
You're going to do great things,
I already know,**

**God's got His hand on you so,
Don't live life in fear,
Forgive and forget,
But don't forget why you're here,**

Take your time and pray,
Thank God for each day,
His love will find a way,
These are the words I would say.”

These Simple Truths Album

By Paula Silva

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