

First Light

TRUSTING THE LORD

What does it mean to truly trust the Lord? A few years ago a Bible class of mine spent a Saturday morning at a Ropes Course with my son Jeff as our instructor. One of the exercises had each of us stand blindfolded on a three-foot-high tree stump. Then each person was to cross their arms across their chest and gently fall backward off the stump into the waiting arms of class members. The class had formed two lines facing each other with arms outstretched ready to catch the backward falling person. As I watched the first person stand there ready to fall back, I doubted whether we could catch them safely. It worked though! And with ease.

I had believed that the person would be safe but I wasn't sure. One by one I watched as each class member fell back safely. Then came my turn as the last person. I was reluctant even though I had seen the exercise done successfully many times. Finally, they persuaded me to take my turn, but of course, Jeff wouldn't let me take a pass. When I stood on that stump it was a lot higher than I imagined and the two lines of friends behind me looked much further down than I liked. With blindfold on, I stood there for a long time while my friends below urged me to fall back. "We'll catch you!" "You'll be okay!" And "We won't let you get hurt!" I believed them but I didn't trust them. That day I learned in a dramatic way the difference in believing and trusting. I finally let myself fall back into their strong and sure arms. I was safe! I was okay! I didn't hit the ground! I, like all of the others before me, was cradled in their arms.

We believe that God takes care of us and protects us, but do we trust Him to do so? Now it is time to trust Him and fall into his ever secure and safe arms with whatever we are dealing with. God is there. He always is. He always will be.

Scriptures.

"Trust in him at all times, you people; pour out your hearts to him, for God is our refuge." Psalm 62:8

"Commit your way to the Lord; trust in him and he will do this:

He will make your righteous reward shine like the dawn,
your vindication like the noonday sun." Psalm 37:5-6

Song. Leaning on the Everlasting Arms

Prayer.

Dear Lord,

You are almighty, loving, and just in all things. You have cared for and blessed us in far more ways than we can ever recognize or thank you for. You give us hope and comfort. You grant us forgiveness though we are not deserving. May our trust in you grow with each passing day, and may we call on you for deliverance and healing. In Jesus' Name—Amen.

--- Lynn McMillon