



# Living Hope

## Embracing Permissible Suffocation

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IOM E-Community©



### **Are You a Warrior or Worrier?**

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#### **Are you a Warrior or a Worrier?**

What can we do when it seems like the bottom falls out in our life? Things were going smoothly and then everything changed. A job was lost, a parent or child gets sick, there's been an accident, or anything else that rocks our world. Peace seems far from our grasp. Control is nonexistent. We feel like we are being slapped around in the waves of life drowning. We cry out just like the disciples did when they were riding a storm.

Calming Storms by Jesus - **Matthew 8:23-27** reads as follows:

"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.

The men were amazed and asked, 'What kind of man is this? Even the winds and the waves obey him!'"

The disciples were following Jesus and his teachings. One day, they followed him into a boat. You can imagine the relaxing movement of the boat rocking back and forth. Jesus fell asleep onboard. Suddenly, the soft rocking of the boat became a cement mixer from a storm that came up. There was water everywhere on the boat and the disciples were drenched. Their hopes were dashed that they would survive the violent storm, so they wake Jesus.

Jesus must have known about the storm that would come, but still he chose to rest. He knew that everything would be alright, but the teaching moment was at hand to show the disciples that no matter what threatens them, with Jesus it would be alright. So he calms the storm for the disciples to see. The boat is instantly returned to rocking softly on the waves. They are still soaked, but the disciples can see the power of God in Jesus as it is easy for him to calm the storm. They saw the direct connection between God and nature, with God having dominance. They saw the truth that they were not in any danger at all because of Jesus.

## **Responding to Life's Threats**

When we are in a situation where we feel threatened in some way, how do we respond? Most of us would easily grab onto fear, worry and anxiousness. Where is Jesus in that? With Jesus, we can let go of negative feelings that freeze us into despondency. We just need faith. Faith is what we need to grab instead of fear. Faith will help us be the warrior for God—he doesn't need any worriers.

Paul wrote to the Philippians about this kind of faith.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

The faith we hold tightly will help us follow this command to not be anxious about anything.

Through prayer, we have an ongoing connection with Jesus that will hold us up at all times. We are told to pray about everything. How are we doing with that? Do we even pray about half of the things in our life? God is listening to you and knows your heart. Be thankful for God will answer your prayers and keep you safe with him.

## **Fallout of Worrying**

What happens when we worry? We lose focus of God. We begin to think about what we can do to fix the situation. When we focus on what we can do, we can lose hope for we are limited beings. Worry can also cause many physical ailments such as pain, headaches, upset stomach, ulcers, and more. Jesus wants us to be free from that. That's why he gave the command on to worry.

## **God Promises**

Who in life can we fully trust? There may be one or two that you can instantly think of, but knowing that God can be trusted at all times can be a comfort to us when we fear. It is a choice we have to make to believe what God is saying is true or not. When we do take steps of faith in trust, God will not let us down. Our trust will grow as we experience God's faithfulness in our lives. He will take care of us in all things, but he will call you if he needs help.