

GOOD

IS *our*

REFUGE

WRITTEN FOR GENERATION Z &
MILLENNIALS

Spatial Disorientation

Proverbs 14:12: There is a way that seems right to a man, But its end is the way of death

It never ceases to amaze me that we all have plans for a future that we desire. Many people have plans to go on vacations, travel, and dreams of achievements. Even a pilot makes plans for a desired route of travel in the air. They spend time calculating the route and making estimates of needs to make the trip. They would even check in with the air traffic controller to ensure that the way the pilot desires to travel is clear from inclement weather. But, even when everything we planned is perfectly lined out on paper, we can run directly into storms. Sometimes the struggles we face in life are internal.

The moment an aircraft flies into the sky the pilot has no longer has any outside visual references to use to determine the altitude, direction, and speed of the aircraft. Thus, the pilot may feel as though they are higher in the air than they are or flying a specific direction when in fact they are doing the complete opposite. This feeling is known as spatial disorientation.

“Spatial disorientation is the inability of a person to determine their true body position, motion, and altitude relative to the earth or their surroundings”. A synopsis of this term can simply be defined as a person’s difficulty to tell up from down. Pilots spend years learning how to use measuring instruments known as pilot-static systems. These systems are used to measure air pressure differences to determine velocity and altitude. Everything in the pilot’s cockpit can be used to help combat this natural reaction of becoming disoriented in flight. Pilots while becoming disoriented can assume that the tools used for measuring how high the aircraft is in the sky can easily be ignored and overlooked. If the pilot decides to fly based on how they “feel” it can quickly lead to trouble. Unfortunately, not having a proper understanding of the measuring tools provided in the aircraft can be detrimental. Thus, can lead to the demise of the pilot and everyone on the aircraft. In-flight, it is determined that spatial disorientation is the main concern for even experienced flyers. If we use this analogy in life, we can see that even in life it can be difficult to navigate through storms. Some people lean on their own understandings while experiencing random trials and tribulations. Just as pilots are faced with the dilemma of spatial disorientation, so can we when we lean on our own understanding.

The book of Proverbs is a book of wisdom. The book credits authorship to Solomon. One of the wisest man to have ever lived. Solomon consulted God for wisdom to lead his people, and because of his desire being that of wisdom, God blessed him with other means of prosperity. The passage Proverbs 14:12, gives the reader a clear warning of doing things in our own power based on feelings. Just as the actions of not consulting measuring instruments designed to keep aircraft in the air, can also be detrimental to ourselves by thinking that we are wise in our own minds. As Christians, we should consult God in prayer in everything that we do. Being prudent in our daily lives means understanding that we are not “all-knowing” like our father, and acceptable to deceiving ourselves that we can do everything simply because we planned it.

Heavenly Father, You are Alpha and Omega. The beginning and the end! You are omnipresent. We thank you for your precious son Jesus Christ dying on the cross so that we may have remission for sin. We consult you in our daily lives and lean not unto our own understanding. We ask that you be with us during our trials and tribulations that we experience in life. For you are all mighty and undeniably faithful. As you were with Solomon, we ask that you endow us with wisdom in everything that we do. May we consult your desire for us, and keep your commandments as you have stated in your word. We speak this same prudence for our children and everyone connected to us. We no longer want to do things in our own power and perception. We trust your perfect judgment for our lives. For in every storm that we face, we know that you are there. In Jesus name, AMEN.

BE BLESSED

Let It Go

Isaiah 41: 8-13

Fear, is an unpleasant emotion that we have all felt at one point or another. Fear is an emotion that is programmed into us since we were born. We instinctively know to be hesitant or afraid if we sense danger or feel unsafe in a certain situations. There are even times when we allow fear to overcome us and paralyze us. In times of uncertainty and a lack of clarity we allow fear to flood our minds and allow it to dictate our actions and cloud our judgement. The Lord does not give us a spirit a fear, in Deuteronomy 31:6 it reads “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”

As human beings we are flawed. The scripture says “walk by faith and not by sight” but can we truly say we walk by faith in all instances? When we walk by sight we take matters into our hands and try and dictate the outcome of our circumstance. As stated before we are flawed, we can’t see what the Lord sees and we can’t know what the future outcome will be due to our actions. We must let go of the fear and trust in the lord because “he knows the plans he has for you, plans to prosper you and not harm, plans to give you a hope and a future”
Jeremiah 29:11

When faced with adversity or come across a situation with no seeable way out we must understand that the situation will pass, and we must also remember the scripture “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Isaiah 41:10 NIV

We need to understand that trials, tests, and tribulations are necessary in order for us to grow. When we are not tested in our faith we grow comfortable in our walk and become complacent. Complacency creates stagnation and eventually it will begin to stink and rot. Stepping out on faith is difficult to do especially when we are overwhelmed with fear, we must let go of fear and hold fast to the promises of God and seek his face in times of peril. Diamonds are created in intense environments which required a lot of pressure over a continuous amount of time. Just like our faith, it must continually go against trying times and pressure in order to extract the beauty and durability within us. Fear not, trust God and let it go.

Be Blessed

Death and life are in the power of the tongue, And those who love it will eat its fruit.

Proverbs 18:21: Death and life are in the power of the tongue, And those who love it will eat its fruit.

Often times in life we are so quick to say/speak without even thinking. Little do we realize that when we "Say what we think" instead of "Thinking about what we say" we can cause a lot of unnecessary problems for not only ourselves but for others as well. My pastor said something really profound about the word THINK. He shared with us this acronym:

T- is it TRUE

H- is it HELPFUL

I- is it INSPIRATIONAL

N- is it NECESSARY

K- is it KIND

This means that when we get ready to fix our mouths to say something we should ask ourselves these 5 questions.

- 1.) Is what we are about to say true? And if it is true, doesn't mean it has to be said (especially if it is something that will hurt others).
- 2.) Is what we are about to say helpful? Meaning will it impact someone's day or life positively or negative and will it hinder them from something great or push them towards something great.
- 3.) Is what we are about say inspirational? Will it encourage someone else or will it discourage them?
- 4.) Is what we are about to say necessary? This question is in conjunction with the first three questions. Just because it's true doesn't mean it's necessary to say especially if it's not helpful or inspirational.
- 5.) Is what we are about to say kind? Everything that comes out of our mouths (especially as Christians) should be kind words. It should be thoughtful and sensitive to the nature and the relationship person(s) you're having conversation with.

Only after asking yourself these 5 questions should you prepare yourself to speak because there is a lot of power in your words. Sure many people say "sticks and stones may break my bones but words never hurt me" but that's not true. There's power on words! And it is up to us to use the power of words to impact people's lives in a positive way!

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,

James 1:19 NIV

Be Blessed

I Trust You Lord

Proverbs 3:5-6 (NIV) Trust in the Lord with all your heart and lean not unto your own understanding: in all your ways submit to him and he will make your path straight

Trust is defined as a firm belief in the reliability, truth, ability, or strength of someone or something. If we're honest we have many different levels of trust for the people in our lives. I have a favorite aunt whom I trust, but I know if I want to keep something a secret I can't tell her. Although I trust and love her dearly, my trust for her comes with conditions. The bible commands us in Proverbs to, "Trust in the Lord with all your heart and lean not unto your own understanding" (v.5). Whether we understand what's happening in our lives or not, we can confidently trust God with every part of us and without limitations. The text goes on to say, "in all your ways submit to him and he will make your path straight. So no matter what the circumstance or situation, we can rely on our heavenly father to sustain us. We can take the limits off when it comes to trusting God.

This confidence is possible, because he is the one who created us and according to Jeremiah 29:11 he has a specific plan for each of us, his children, that will prosper us. Not only is he our creator, but his wisdom supersedes our finite minds! God knows everything we need to experience and every path we need to take in order to be successful. God will not lead us to fail. We loose the battle and waste time when we decide to take our life in our own hands.

Some of us as young adults are just starting to experiencing the world for our selves while others have been doing so for some time now. No matter the stage of our life we know that we have a source that we can lean on that never changes or waivers. The bible tells us in Hebrews 13:8, "Jesus Christ is the same yesterday, today, and for ever." So although our family, friends, career, health, and circumstances may change. You will not be consumed by the transitions in life, if you stand firm on the word of truth, that you can trust!

As you walk out your life during this time the world views as chaotic, stressful, and uncertain. You must remind yourself daily who you are, and who's you are! Remember our God is not like this world, he comes with no hidden agendas and motives. So when the reports of the news, the doctors, your mind, life's circumstances and situations bombard you, choose to put your trust in the father! Wash yourself daily in the word and allow the Lord's praise to continuously be on your lips. The next time you are afraid, stagnant or feeling defeated, Shout, "I trust you Lord!", and allow him to strengthen you and make the way!

What's stopping you from trusting God like you should?

Be Blessed

Complacency

1 Thessalonians 5:16-18 English Standard Version (ESV)

16 Rejoice always,

17 pray without ceasing, 18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Life is getting better, you feel like you can finally breathe and put things back together that was destroyed at the beginning of the storm. It leaves you complacent, you can begin to pray less, worship God less, and shorten the times you spent seeking God. Why? The urgency to make it through is slowly fading.

I think about when I lived in Okinawa, Japan we would experience typhoons. It would be raining and storming from hours to days. You would hear wind, rain, and thunder all night, all day. But then you would hear dead silence, peek out the window, and everything would seem calm. You would even see some people start to emerge from their homes assessing the damage. After an hour or two I remember I would hear kids playing outside. The neighborhood seem to get lax and forget that this is only for a moment, we still must be ready. The next part of the storm could hit at any minute.

Isn't that like us, we get a moment of calmness, a moment that everything seems okay. THEN BOOM! The storm hits again and we are left feeling unstable because we have to gain our footing once again. God said pray without ceasing, continue to seek his face, and to put on our full armor daily. When we get complacent in our lives it can leave us open to things that could have been avoided if we would have stayed ready. As many have heard "if you stay ready you ain't got to get ready".

Today I encourage you to stay on guard don't let the world or "good" moments cause you to become lax. Some times you are just in the eye of the storm for that moment and the storm is getting ready to pick up again.

Pray prayer:

Heavenly Father,

I come to you today asking you to forgive me for becoming complacent in a times when everything seems to be good. I know I have neglected some things and I am asking you that as I acknowledge my lax ways you will give me the conviction to stay the course. I pray you show me the areas in which I have become complacent and direct me on how to get back on post to be ready for anything life hits me with.

In Jesus Name Amen

Be Blessed

My Father's Business Is My Business

Luke 2:48-49 48 So when they saw Him, they were amazed; and His mother said to Him, “Son, why have You done this to us? Look, Your father and I have sought You anxiously.” 49 And He said to them, “Why did you seek Me? Did you not know that I must be about My Father’s business?” 50 But they did not understand the statement which He spoke to them.

When I was younger I would hear my teacher constantly telling their students to (mind their business), this phrase basically meant that we should be so focused about what’s going on with ourselves that we do not have time to be distracted or drown away by what other classmates are doing around us. In Luke 2:48-49 Jesus’ parents have been searching for him for 3 days and couldn’t find him, finally they find him in the temple studying under teachers. Luke 2:49 “ And He said to them, “Why did you seek Me? Did you not know that I must be about My Father’s business? Like Jesus we must be intentional about being about our father’s business. In the world today there are so many distractions that can knock us off our path and have us become discouraged, or tempted to sin against God. I encourage you to consider these five things as ways to be focused on God while you are overcoming everyday obstacles and temptations.

- 1) Spending quiet time with God to hear from him.(James 4:8)
- 2) Read your bible and pray consistently (Jeremiah 29:12) (2 Timothy 3:16-17)
- 3) Surround yourself with men and women of God who can encourage and give you wisdom (Proverbs 13:20)
- 4) Resist the temptation that will lead away from God (1 Corinthians 10:13)
- 5) Having a heart to serve people (Hebrews 6:10)

Whether you are a new or experienced Christian implementing these 5 things will leads us down a path that will bring us closer to our father a forging an unbreakable relationship with him, this is vitally important because is it in our relationship and dependency in God that we can lean on him when we experience trials and tribulations in life. We must declare our father's business is our business

Be Blessed