



I have always hated to wait. It hasn't really ever mattered what I had to wait on, I have just never liked the prospect of being still. It has to be ironic that I was the one to move to a new city with a broken foot in the middle of a pandemic. I have never been a risk taker. Stephen is the one who will parasail, hike a volcano, and fearlessly scale a mountain. I have always been more hesitant. The one to sit on the sidelines when "risky" activities are taking place. The fact that I broke my foot while taking my daughter to get ice-cream makes me chuckle every time I tell someone. I feel like I need a better story as to how my injury occurred. One that inspires risk taking. One that is associated with something great. Due to my injury, I have done a lot of sitting and waiting this past month. What I have found is that it is so much easier for me to rush on, glossing over the details, than to sit for prolonged periods of time.

After my dad died, I can remember the school superintendent in the district where I worked coming to my office. Mom had died two years earlier and I decided one day after dad's funeral that it was time to go back to work. Everyone walked around me. No one really knew what to say. They looked at me as though I might implode at any moment from the grief. I can remember Dr. Liston asking me, "Why are you here? You need to go home. We are all worried about you." I quickly answered, "Thank you for checking on me. I really appreciate it, yet I had rather be busy." The truth was I wanted to focus on students who needed help instead of looking into the mirror at someone who themselves needed help. It was easier to process their request for transcripts and schedule changes than to process my own feelings.

These past three weeks I have had to hobble or scoot around due to my broken foot. I have moved slower. The ability to complete tasks with any kind of speed has quickly faded. I have hated it. I have hurried to only have to wait for someone else to help me. Tasks such as getting ready, fixing dinner, and shopping for groceries have taken a new level of effort. My knee scooter does have a handy basket for my shopping needs. It tends to overflow with my selections. I have felt so useless to just wait and was not in the best place emotionally during all of the sitting. The Lord convicted me. He spoke, "Julie- waiting when done in the right way is very much of me." Waiting does not have to be an empty space where nothing happens. **In a world where so**

much is uncertain, it can be a time to draw upon the certainty of The Lord. It can be a beautiful time of seeking Him.

God led me to Psalm 37 to the place where David declares The Lord's goodness even during the waiting. This passage promised that The Lord will be a sure help, a solid hope, and a safe haven when we depend fully on Him.

Sure Help- *"Commit everything you do to The Lord. Trust Him, and He will help you."* (Psalm 37:5)

Honestly, those first two words- **commit everything** require much effort. We have to press in and allow Him control over all the details. During the past few weeks, I've experienced what it is like to depend on others in a whole new way. Even my six-year old Ruthie has had to do complete tasks for her mom. The inward struggle has been one of not wanting to have to depend on others. When I have tried to just do it myself, I have failed miserably. The Lord pricked my heart and said, "Julie – in life, you will also fail when you complete things in your own strength and not in mine."

Ephesians 4:23-34 says, "To be made NEW in the attitude of your minds; and to put on the NEW self, created to be like God in true righteousness and holiness."

Paul says to the Ephesians and to us that this is key. We must put off the old and put on the NEW. Stephen said in a sermon one day something that really resonated with me. "You can change the things you do; only Jesus can change who you are. And once he changes who you are, that changes what you do." In these uncertain days, allow Him to be your sure help.

Solid Hope – *"The Lord directs the steps of the godly. He delights in every detail of their lives."* (Psalm 37:23)

Hope is needed now more than ever before. I see it on the faces of folks at the grocery store, at the gas station, and at times in the eyes of my children. Hope that they will get to go to school and make friends. Hope that they can play sports this year.

Psalm 27:34 says, *"Put your hope in The Lord. Travel steadily along His path."*

God alone will be our solid hope that does not waver or change in 2020 if we follow after what He is calling us to. Even when we are not sure, He always is. We have to do our part though by traveling steadily along His path. I don't know about you, but I can easily get distracted. When I fell down the steps at the ice cream shop, I had diverted my eyes to something else. I missed the last two steps because I was distracted. You wouldn't think two steps would equate to a broken foot. In the same way, in our spiritual lives, when we get a few steps ahead or miss a step - the end result is chaos instead of order.

Safe Haven – *“The Lord rescues the godly; He is their fortress in times of trouble. The Lord helps them rescuing them from the wicked. He saves them, and they find shelter in him.” (Psalm 37:39-40)*

Shelter. Fortress. A place to dwell with The Lord. It is needed now more than ever. He can be our safe haven where we turn, when we don't feel as though we can turn to anyone else.

This process starts in the mind. Worry and fear will attack from all angles and we have to make the choice to trust in The Lord and commit our way to Him. In this Psalm in verses 1 and 7 we see the words “do not worry or fret.” I have done a whole lot of that lately.

- Fear says what am I going to do. Faith says what is God going to do.
- Worry says I can't handle this. Worship says God is big enough to handle it.

When we are following The Lord, the enemy will take notice of our lives. He will try to discourage and defeat us and keep us from making a difference for The Glory of God. Jesus reminds us in the New Testament that He is our safe haven when He says in *John 16:33*, “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” We can rest in that fact that God alone can and will be our safe haven when the enemy attacks. He already has the victory!