

IN OVER YOUR HEAD

Finding Strength in
the Midst of Stress.



2MIN
SHORT & SWEET

David Bowie said, "Always go a little further into the water than you feel you are capable of being in. Go a little bit out of your depth, and when you feel that your feet aren't quite touching the bottom, you're just about in the right place to do something exciting."

God-adventures rarely happen in the shallow end. There's no challenge or risk as long as your feet can touch the reassuring safety of the bottom. It might be fun—for a while, but there's no real adventure or growth.

This is why sometimes God allows stress into our lives. He wants to test our faith, not for His benefit but for ours. Because if we choose, it can strengthen our trust in Him.

And often, that stress will come through a sudden, unexpected disruption in our lives. Maybe it's a financial burden, a job stress, or a relational conflict, to name a few. And it's easy to feel frustrated with God when we are disappointed or disrupted. Why would He allow it in the first place? Believe it or not, it's because He loves us.

God doesn't abandon us in our stress. He allows it and then joins us in it—He's with us the entire time. If we look to Him for our strength, our faith will grow in the midst of the stress. We will learn things about Him and ourselves.

Often, rather than avoiding impending stress that will inevitably throw you into the deep end of life, the best thing you can do is jump in and see how God's faithfulness will strengthen you and make you more joyfully dependent upon Him.

After all, the deep end is where the best God-adventures are waiting.

SLB