

JUST FLOAT -Ryan Parsons-

Imagine looking over a crystal clear river watching young children swim. As a lifeguard, you scan the water looking for people who are in distress. When you see them, their problem is obvious. They are usually bobbing like a cork and flailing their arms like a flightless bird. Ironically, they could remedy their problem by rolling over, relaxing and floating. In my 6+ years of lifeguarding experience, I have pulled many people out of the water who panicked and tried to swim their way out of a problem only to make their situation worse.

On the other side of that, I have been involved in a few near drowning experiences. I have been taken under in swift currents and tumbled below massive waves. It is an eerie experience to think you are about to die. The reality is that the more you fight the current, the more likely you are to exhaust yourself and drown. In these situations, one of the best things you can do is to relax and float.

Life is like a stormy ocean. It has swift currents and huge waves, and we are not very good swimmers. Yet, in the midst of it all, we want to see and know God. In response to this reality, the Psalm 46:10 says: *Be still, and know that I am God...*

In order to recognize or “know” God, it is necessary to “Be still.” Literally, this means to cease striving, or relax. One scholar has defined it as the difference between swimming and floating. Read the entire psalm, and you will see that there is chaos going on all around (vs. 2, 3, 6).

But, if they wanted to claim God as their fortress (vs. 11), they had to “know” Him. In order to “know” Him, they had to relax, relinquish control (which they never had in the first place) and “float.”

It is no different today. Security, control and comfort are not only impossible by our own power, but highly overrated. Knowing God involves relinquishing our control, our safety and our comfort. He is the source of safety and comfort! He alone is in control! If we want Him to be our Refuge and Fortress, we have to KNOW Him as Lord of our life.

Pslam 46:1&11

God is our refuge and strength,
a very present help in trouble.

The Lord of hosts is with us;
the God of Jacob is our fortress.

What thing do you need to “cease striving” at in life so that you can relax, float and KNOW GOD?