



LIFE NEWS

THE TOMB IS EMPTY ... HOW COME MY BRAIN IS NOT?

Occasionally I have difficulty falling asleep. I'm not talking about Sunday mornings during Pastor Nigel's messages. His outstanding teaching energizes me for those 30 – 40 – 50 – 60 minutes that he presents and applies God's Word to our lives. I'm referring to nighttime, at home in my bed when my body is tired, the day's activities are done, the time is right, and I want to drift off into dreamland ... but my brain won't let me! I lay there knowing how healthy it would be, how important it is, to get a good night's sleep ... the flesh is willing, but the mind is not!

I've tried many of the suggested remedies:

- Be sure to have the proper mattress and pillow,
- Stay away from heavy meals in the evenings,
- Cut back on the sugar and caffeine intake,
- Disconnect from devices like phone, laptop, TV,
- Other ideas include counting sheep (actually, I pray for the sheep, which is probably the best use of that time and often most helpful).

Ultimately, the best prescription for me is Proverbs 3:5-6: ***"Trust in the Lord with ALL your heart and do not lean on your OWN understanding. In ALL your ways acknowledge Him and HE will make your paths straight."***

When I struggle to sleep at night because my mind is so active, I am not truly trusting God. I am actively leaning and depending upon my own understanding and ability to figure out the problems and issues in my life. Rather than trusting God with ALL my heart, I am believing that I should, and can, figure this stuff out ... if I can just examine things from every possible perspective, over and over and over again in my own

mind. So often this endless pursuit of solutions by my own frail understanding results in frustration, loss of sleep and tons of crooked paths ahead of me!

It's not until I acknowledge that God alone is sovereign, large, and in charge (not me!), that He alone has the wisdom to navigate the issues of life, that He has the perfect track record ... that He has never, ever, been wrong ... then I can ultimately find rest ... and sleep.

We are called to walk by faith, not by sight (2 Corinthians 5:7). Walk trusting God, not our personal perspective on life. That can be tough when life doesn't go our way, when tragedy strikes, and our human understanding can't comprehend why a loving God would allow such an event. That's where the rubber meets the road, and the battle rages.

"Am I going to trust God with ALL my heart .. or do I lean on my own incomplete and often self-centered understanding? Who has the complete and perfect eternal perspective in this situation?"

Whether it be in the awful, difficult tragedies of life or in the daily mundane struggles with school, work, family, finances, health, relationships, and not sleeping well at night, may we be true followers of Jesus who grow in His grace and truth (2 Peter 3:18), learning to trust Him in ALL things with ALL our heart, battling the propensity to selfishly figure out life on our own.

The tomb is empty! Victory over sin and death is accomplished! The risen Lord lives in us! Whatever we face, trust Him! Put your brain at rest! He's got this! Let it be well with your soul!

By Ron Story, Community Life Pastor