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# A Foggy Day Schedule

Early one early weekday morning, I was driving out to Crown Valley Youth Ranch. As I headed north on Ben Maddox Way, I suddenly needed to slow down from my usual maximum speed limit. The road ahead became engulfed in a heavy ground fog that became more and more dense, making visibility very difficult. I could barely make out an old pick-up truck in front of me, which, for some strange reason, did NOT have its lights on, making my following even more hazardous.

Gripping both hands on the steering wheel and activating every muscle in my body to sharpen my focus, I strained to make out any movement or semblance of activity in the road before me. I sensed my whole body tensing up as I white-knuckled forward at a snail's pace. With my heart pounding a bit faster than usual and my blood pressure likely rising, I prayerfully trusted God to keep me safe and alert amid the surrounding dense gray fog.

After several miles of creeping along and some 20 minutes that seemed like hours, I finally saw some light in the sky at a distance and realized that the sun was breaking through the fog. The sun had been there all along ... I just needed to slow down, get a grip, proceed slowly, and wait for it to break through the fog. Within a few minutes, the fog had lifted, the sun was shining, the view forward was clear, my heart was at rest, my body relaxed, and I was safely speeding along to my destination.

I couldn't help but think of the many times in my life when my mind has been in a fog, times when I felt overwhelmed with no clear sense of how to move forward, and times when I was so anxious, stressed, and upset that I couldn't figure this one

out. Looking back at those foggy days, what was it that got me through? It was when I slowed down, got a grip, looked up, and let the Son (Jesus) breakthrough! The brain fog cleared, my heart was at peace, and God's Son led me forward.

Paul's counsel in Philippians 4:6-8:

***“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”***

So ... the next time you find yourself anxious, worried, stressed, and in a fog; follow Paul's prescription in Philippians 4:6-8:

- **Slow down** – Recognize I don't have to figure this out on my own
- **Get a grip** – I have a heavenly Father who loves me and is sovereign over everything
- **Look up** – Take my concerns to the Lord in prayer
- **Wait for the Son** – To break through with peace and clarity for the road ahead that honors Him.

When it's a foggy day, I'm so grateful for the Son,

*Foghead Ron*