



February 15, 2019

### *Cradled*

Those who dwell in the shelter of the Most High will rest in the shadow of the Almighty.

- Psalm 91:1

A number of years ago, two young women boarded a ferry to cross the English Channel from England to France. About halfway through their five hour journey, the ferry hit very rough waters and tossed violently on the waves.

At the time the rough water hit, the two women were in the back of the boat and began to feel sea sick. When it became apparent that the pitching of the boat was not going to abate, one of the women decided to return to their assigned seats in the middle of the ferry. She soon fell sound asleep and experienced no more sea sickness. Toward the end of the journey, after the ferry had moved into calmer waters of the coast of France, the other woman joined her. "That was awful," she exclaimed. "I was nauseous for two hours!"

"I'm sorry to hear that," said the second woman, almost ashamed to admit that she hadn't suffered as her friend had. "Weren't you sick?" the first woman asked in amazement.

"No," her friend admitted. "Here at our seats I must have been at the fulcrum of the boat's motion. I could see the front and back of the boat were moving up and down violently, but here, the motion was relatively calm. I simply imagined myself being rocked in the arms of God, and I fell asleep.""

Around you, life may have times of being unsettling or stormy. Times your life seems like it is bouncing about on rough waters. But when you return to the "center" of your life, the Lord, you will find safety. Let God rock you gently and trust God to bring you through the rough waters.

In Christ's Grace,

Pastor Deb