Who’s in Control Now?

I had major food poisoning this past June and as a result I decided that a dietary change was in order. It was time to stop drinking all the soda, eating so much pizza and burgers, and not exercising my body. So for the last two months I have been eating a more balanced diet with lots of fruit and veggies, tons of water, no sweets, and except for the occasional treat, no fast food. I even started exercising! June was great, but in July I’ve never been sicker. In the last three weeks I’ve had the H1N1 virus, pink eye, and just when I was starting to feel normal again, I caught a cold with a cough that sounds like I’m about to keel over at any moment. The other day I was telling some friends I’ve never been bit by a bug above my shoulders and then yesterday I woke up with a giant welt on my neck! What is going on? I’m doing everything right with regard to health, but it seems like everything has been going wrong!

Whenever we go through trials, whether they are great or small, we have a choice whether or not we’re going to trust God in the situation. The choice is ours, but God’s Word does instruct us on which is the better choice. James 1:6 tells us that whoever prays, “…let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.” When we face trials, we are to pray without doubting. This demonstrates that we really do believe God is in control of the circumstances of our lives. In fact, trials help us to truly understand that God is in control and we are not. In other words, the circumstance wouldn’t be a trial by definition if we could control or stop it at our choosing, so that proves we’re not in control. Once we accept this truth, we can then surrender the situation to God.

The other night, while I was still sick with my cold, I prayed and asked God why I spent this month sick when I should have been healthy. I was humbled when God reminded me that even though I might take the best possible care of my body the way I should, my health is still ultimately in His hands, not my own. He didn’t cause me to be sick, but He allowed it to teach me this valuable lesson. I can’t control my health, I can only be a steward of it—God controls my health because He is Lord, not me. Whatever trials we face today, be reminded that the presence of the trial itself is proof our sense of control is an illusion. We’re not in control, but as believers we know who is! Let’s trust God who is in control of the entire universe. He can see us through any difficult times…if we don’t doubt, but believe!

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