



Weekly Devotion

Weekly Devotion for June 24

Stand Up!

by Donna Bergsgaard

“He reached down from heaven and rescued me; he drew me out of deep waters.” — Psalm 18:16

On a lovely sunny day, my husband, my two daughters, and I rented two canoes for an expedition down the Cannon River in Southern Minnesota. Our youngest daughter was at the front of my canoe, learning to paddle, when suddenly she swung her paddle up in the air and twirled it as she rocked from side to side. Kerplunk!

The canoe tipped, and into the water we went. I have always been a “bit” fearful of water, so I started flailing about in a blind panic, screaming to my husband, and watching our stuff float away. And then I hear my husband and oldest daughter shouting, “MOM, JUST STAND UP!” As I stood, my youngest daughter rose, laughing and gathering our packs.

So many times, in my life, I’ve felt overwhelmed and exhausted. I feel like I am drowning in the complexities of technology, politics, health care, growing older, and living in a world I no longer recognize. As anxiety creeps in, I remember that God is our rescuer in every situation. We do not need to fear or panic. Trust Him, take His hand, stand up; He won’t let you fall.

Journaling:

How do fear and uncertainty get in the way of trusting God?

Can you remember a time when God rescued you?

