

Foundation

This is what the Lord says:

“Cursed is the one who trusts in human strength and makes flesh her strength, whose heart turns away from the Lord. He is like a shrub in the desert, and shall not see any good come. She shall dwell in the parched places of the wilderness, in an uninhabited salt land.

But blessed is the one who trusts in the Lord, whose trust is the Lord. She is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.” - Jeremiah 17:5-8

Remember Jenga? Our youth group used to play this game all the time as we prepared for class. A tower of blocks stacked in three-block levels where the purpose was to remove a block at a time, keeping the tower from falling. The one who toppled the tower lost. Being a youth group, this wasn't enough, so we played on a wobbly table because it added a new element of imminent disaster to the game.

As I sat at my dining room table yesterday listening to anxious newscasters share the 2,467,263rd story of our own imminent disaster, I turned and looked out the window at our back yard. The trees waved gently in the breeze, a squirrel ran across the yard, and birds sat on our swing set cleaning their feathers. And I was reminded of our old youth group Jenga games. As I pondered squirrels and birds, I realized that nothing that God has created has been affected by this COVID-19 outbreak except us. In fact, even doctors are telling people to get out into God's creation for both their physical and mental health. What is falling apart are all of our human-made structures. It's as if this virus has pulled the key piece of the Jenga tower out and now it's teetering. But as Christians, we know that the tower is resting on a stronger if still wobbly table of our society. And that that society is itself resting on the firm foundation of the world God has created.

Yet even that is not the final foundation. For it is God who holds it all together, on whom everything rests. He is our firm foundation, and He is not shaken by anything, not a virus nor our fear of a virus, not a news report nor a worried friend's fear of the future. God is our foundation, and though the world may shake around us, God is not moved.

Today, take a walk. Get out into the world we didn't create and remember that God is still sustaining it and remains the foundation of, well, everything. Keep your eyes on Him, not the world, and you will find that a change in perspective might just do you some good.

Questions to ponder: In what areas of our lives are we focusing, and maybe even keeping others focused, on the weak, sandy foundation of this world rather than the solid rock foundation of God? What are some ways you could refocus yourself back onto God during these months? How might you share that good news that God is still a solid foundation with others around you?

Further study: Read Matt. 7:24-27 (and feel free to sing it if you wish!) and talk about how it might apply to our global situation today.