

## Let the Games Begin!

Greetings to you all in the name of our Lord and Savior, Jesus Christ!

On your mark, get set, bang (as the sound of the starting gun sounds off)! This was a familiar sound as the 2016 summer Olympics were just completed, many of the activities the kids were in are over, school is in session and busy schedules from the summer seem to get busier with school activities for the upcoming year and we find ourselves wondering where the time went.

So often we tend to focus our time and energy upon our day to day activities from our jobs to coordinating and filling our already busy schedules and barely find time to sit down, relax, and just enjoy reflecting and spending time together as a family. Let alone set aside some time for the Lord.

The great King David comes to mind as I write this letter because he went through many of the same constraints as many of us do as far as spending time with the Lord. He was busy making critical decisions for Israel, his demands as a husband and a father were sometimes overwhelming, and he was always rushed for time when it came to establishing relationships within his kingdom, however, as we look to the Psalms, many of which David wrote, we are able to hear the very words God spoke to David when he found himself overwhelmed by the many challenges of life. Psalm 46 describes David's refuge during these times and also speaks to us of the importance of spending time with the Lord.

Even Martin Luther was so moved by this Psalm that he wrote a beautiful hymn about it which many of you know — "A Mighty Fortress is Our God." Both King David and Luther found comfort and peace in this Psalm. Many of us, with our fast paced lives and crunched schedules can also find the comfort and peace that King David, Luther, and so many others found in their lives when it seemed life was bearing down on them and the demands of the world were stressing them out, as it is for so many of us.

Hear these comforting words of our Lord,

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling...God is in the midst of her; she shall not be moved; God will help her when morning dawns...Be still and know that I am God...The Lord of hosts is with us; the God of Jacob is our fortress.

So when you're at the starting line and you hear the words ready, set, go, remember that the Lord of Hosts goes before you and whatever life throws at you God is in the midst of all you encounter waiting for you to "Be Still and Know that He is God" ready and willing to grant you that peace and comfort you so desire when the waves of life are swelling and ready to pound upon you. God desires you to spend time with Him and it is my prayer that you take time out of your busy personal schedules to hear the Author and Creator of the entire universe speak to you letting you know how much He loves you, and wants to take care of you.



Blessings to you all upon a continued year of God sightings in your lives.

*In Christ's Service*,