

WAVES OF EMOTIONS

Matthew 14:24 ... “But the boat was now in the middle of the sea, tossed by waves, for the wind was contrary.”

If you have ever been in a boat on the sea or ocean, or even a very large lake, you know that waves are caused by wind. The wind pushes against the water, creating the waves. I have been on the water when the sea was calm and flat, skies were clear, and there was not a breeze. But then, for seemingly no reason at all, small waves start to cross the water and those waves grow into larger waves. You might not feel any wind at first, but eventually it will reach you. What has happened is the wind was blowing somewhere else, perhaps far away. It stirred up the waves which reached you before the wind did. This is similar to how our emotions work to cause us distress. Something totally unexpected suddenly happens to rock our boat.

You may be having a great day. Your family is well and happy, you are accomplishing much on your job, you are eating well, healthy and have not a care in the world. But then, from out of nowhere, something happens to frighten, anger, sadden, frustrate or worry you. Instantly you go from being happy to being stirred up and unsettled by a wave of emotion. Why do we react so surprised and torn apart when an emotional wave threatens to roll us over and capsize our day?

Life is full of unexpected and unwanted attacks on our peace of mind and happiness. If you let it, the world – meaning, the devil's agents in the world – will push and pull you in a thousand directions just to stir up your emotions and make you unsettled. We all experience it, but how we prepare for it and handle it when it comes, marks the difference between a person of faith and a person of fragility. The first thing you should do, right now before something bad happens, is to ask God to reinforce your faith with his presence, and then commit to following his guidance. When the unexpected happens, your response will be less emotional and more trusting. Second, you should anticipate that many successes are followed by trials. The success may reflect your good work ethic, your kindness to others, or a blessing from God. But if you do not recognize the spiritual value of that success, you may face a trial to teach you to respect God's blessings instead of taking the credit yourself.

Our verse today is contained in the story of Jesus walking on the water. I use it today, however, to demonstrate the Bible was far ahead of modern science in how it reveals that waves are caused by wind. Today, there may be something occurring in someone else's life, or is about to happen on your job, in your family, or with your health, that will cause a wave to eventually come your way. The wind is blowing somewhere else and the wave it creates will eventually reach you. How you prepare for that today, will determine if that wave is an emotional surge that will knock you down, or a wave to test your faith and draw you closer to God in your moment of need. It is better to prepare and be equipped to survive, than to collapse and drown in your own emotions.

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