

## Handling the Storms in Life

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About a year ago, my dad started to teach my sister and me something that we now love to do, sailing. While we had to learn the nautical terminology and mechanics of sailing, what we enjoyed most was to actually get out on the water and to practice. Most days, it was smooth sailing with just the right amount of wind to make it exciting. On rare occasions, strong winds and dark clouds came seemingly out of nowhere. This sent the boat across choppy waves faster than we liked and caused us to hold on tightly just to keep control.

When you stop to think about it, our lives are somewhat like sailing. There are days that are sunny, clear, and beautiful. Everyone is getting along; you are laughing and having the time of your life. Sometimes, though, a storm pops up: the car won't start; you get a bad grade in class, or news from a doctor that your family member is extremely sick. Your day seems to be proof of Murphy's Law, "If anything can go wrong, it will."<sup>1</sup> Struggling to keep your vessel upright, all you want to do is to give up and let the problems take over. How should we handle these storms in our lives?

Before we try to figure it out on our own, we need to ask ourselves, "Who is my captain?" Everybody needs someone to plan the course and lead them through life. Most people think of themselves as the captain, that nothing is too hard to handle on their own. This is mostly true when everything is smooth and restful. But when the pain and suffering begins, they find out they actually can't handle it. That is why the most important thing in your life is to make Christ the captain of your ship. What peace we can have in knowing the One who controls the storm is the skipper of our ship! Once Christ

is the captain of our ship, He is now the highest authority in our lives. As the crew we are responsible to listen to His voice, trust His decisions and obey His commands. How can we do that?

First, we have to listen for His voice. But how do we listen if there is no audible voice? Simple: study the Bible, pray diligently and wait for Him to lead. There is a slight problem though. The song “Praise You in This Storm” by Casting Crowns says, “As the thunder rolls, I barely hear Your whisper through the rain...”<sup>2</sup> In the middle of a raging storm how do we hear that whisper? By hearing and recognizing it from the times we talked to Him when everything was calm. He is not there just for the rough times; He's there for us ALL of the time.

Second, we need to trust God with the situation and how He will resolve it. What exactly is the meaning of trust? According to the Merriam-Webster Dictionary, trust is an “[assured](#) reliance on the character, ability, strength, or truth of someone.”<sup>4</sup> When we trust in God, we acknowledge that all power is His. This means we can confidently take our problems to Him knowing He will show us how to deal with them. The writer of Proverbs says in chapter 3 verses 5-6, “Trust in the LORD with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.”<sup>5</sup> It might not come out the way you expect or want it to, but it is so much better to do things His way!

Finally, we have to obey His commands. We need to do what our Captain has ordered. In the first part of James 1:22 it says, “But be ye doers of the Word, and not hearers only.”<sup>3</sup> What good does it do when you don't follow what your captain has instructed? When the crew ignores his instructions, it could not only slow down the

vessel but create bigger problems. Since Christ is the Captain of our ship, all authority is His. If we do not obey His orders, we are putting ourselves and others at unnecessary risk.

So, it is not a matter of *if* we will face trials in life; it is *how* we are going to handle those trials when they come. While on the Sea of Galilee, the disciples were afraid when a storm suddenly came upon them. They had forgotten the great power and control that their God had. Even with Jesus right beside them, they were afraid. As Christians, there is no need to be afraid when He is there with us every step of the way. All we need to do is listen for His voice, trust His decisions, and obey His commands.

## Bibliography

<sup>1</sup> Murphy's Law. [http://en.wikipedia.org/wiki/Murphy's\\_law](http://en.wikipedia.org/wiki/Murphy's_law)

<sup>2</sup> Hall, Mark; Herms, Bernie. *Praise You in This Storm*  
<http://www.azlyrics.com/lyrics/castingcrowns/praiseyouinthisstorm.html>

<sup>3</sup> James 1:22, *Holy Bible*, King James Version (Copyright 1977, 1984, 2001 by Thomas Nelson Incorporated)

<sup>4</sup> *Merriam-Webster Dictionary*. <http://www.merriam-webster.com/dictionary/trust>.

<sup>5</sup> Proverbs 3:5-6, *Holy Bible*, New Living Translation  
<http://bibleresources.bible.com/passagesearchresults.php?passage1=Proverbs+3%3A5-6&version1=51>