

Moved but not Shaken

by Susan Miller

When **strong winds come**, they usually leave everything in my yard in disarray. Patio chairs and flower pots blow over, branches fall, and leaves scatter. It looks like the whole yard has been turned upside down and everything has been **shaken loose from its foundation**.

For those of you moving through the “winds of change” in your life, you might feel like the very foundation of your world is shaken. Just like the wind is beyond our control, so are many of the circumstances that blow into our lives. A traumatic job loss, home foreclosure, or unwanted move - a devastating divorce or being a self-supporting, single mom - a debilitating illness or the painful death of a loved one - becoming an empty nester or a caregiver to aging parents— **change can leave your life turned upside down and often brings unexpected chaos to your world.**

Nothing seems the same around you and you don't know where to begin to start putting the pieces back together again.

When you are moving through change, remember that our God is unchangeable. (Malachi 3:6)
When the winds and the storms of life hit, you must stand strong on the solid rock of Jesus Christ and His promises; then your foundation will not be shaken - regardless of your circumstances!

***He only is my rock and my salvation, My stronghold; I shall not be greatly shaken. Psalm 62:2
Therefore everyone who hears these words of Mine, and acts upon them, may be compared to a wise man, who built his house upon the rock. And the rain descended, and the floods came, and the winds blew, and burst against the house; and yet it did not fall, for it had been founded upon the rock. Matthew 7:24-25***

What are the winds of change that have shaken up your world? Will you choose to **respond or react** to your circumstances? Choose to respond by clinging to God's word and His promises in the midst of a storm. **Spend time with Him in prayer.** His words and His presence will calm your emotions and soothe your soul. Don't lose faith and **don't give up. God will strengthen you and enable you to get past this storm.**

Oh Lord, I am going through major changes right now, and my world has turned upside down. I run to you, my rock! Protect me, calm me, and let me rest in the shelter of your arms. Give me the strength of your Word to get through this. Amen