

## **The Bridge4 “Mastering the Float”**

I can't float...at least, not on water. I can't swim either and also have a underlying fear of deep water, so it shouldn't be surprising to me or you that I don't trust water to hold me up. The principle of buoyancy seems to only apply to me if I'm wearing a life jacket (or wearing floaties).

In life, learning to trust in God is a lot like learning to float. As we watch Him be faithful to be there for us, we become more comfortable in relying on Him to know what's best for us. And if He allows things in our lives that we struggle with, we must also understand that He is there to bring us through them. ***The more we trust in God, the more we see we always should.*** Eventually, we learn to just trust Him with whatever comes in our day. If He is indeed our strength, we can learn to trust in Him to give us ours. We learn to “float”, so to speak, in Him. We trust Him to uphold us. We learn that we can always trust Him no matter what. Our trusting Him is our chosen way to manage the stresses of life. What keeps you up at night? What is causing you stress in life right now? Why have we not given that to Him?

### **What stress does to us**

-Stress is a reality in our lives, but it is also the enemy to our **health**, our **joy**, and our **relationship with God**.

### **What do we do to manage our stresses?**

-Some work out to manage stress. Some pick up a hobby to distract them or give them a break from stresses. Some just put their head down and plow through. And some do what Peter tells us to do...

***1 Peter 5:6-7 NAS***

***6 Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time,***

***7 casting all your anxiety on Him, because He cares for you.***

-Paul reiterates this in

***Philippians 4:6 NAS***

***Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.***

\*Reeves Video clip

-Question: Is trusting God our primary way of handling life's stresses?

-We are told over and over in Scripture to not fear, to not worry, but rather trust in God with our life and its issues. We are to learn to float! We are to float/trust in His faithfulness! That's how our bridge of trust is built! One situation at a time as we rely on Him. **The reason we so rarely trust in God is because we so often trust in us!**

-Don't surrender *to* your circumstances; just surrender your circumstances.

Bottom Line - ***The more we trust in God, the more we see that we always should.***