

March 23

Psalm 139:1-4 (NIV) ¹ You have searched me, Lord, and you know me. ² You know when I sit and when I rise; you perceive my thoughts from afar. ³ You discern my going out and my lying down; you are familiar with all my ways. ⁴ Before a word is on my tongue you, Lord, know it completely.

Carol and I were watching the series *Life Below Zero* which depicts the lives of families that live around the Arctic Circle. While it is influenced by the producers, it does give us a good representation of life in that area. On one episode, a young man decided to go ice fishing to prepare for the bitter winter. He drilled holes in the ice and set some lines. As he waited, he decided to sleep on the ice that night. He set up a windbreak and crawled into his sleeping bag. The temperature dropped to just a few degrees above freezing; nevertheless, when he woke the next morning, he stated that he had one of the most peaceful sleeps he has ever had.

I marveled at his words because I wondered how he could have had a peaceful night in such harsh conditions. Then, I realized that I could not have made the same statement when I had awakened. Where had my peace gone? We were in the middle of spring break, but I was not at peace. Why? Suddenly, the Lord opened my eyes. I was still struggling with some health issues that dominated my thoughts. With each passing day, the situation had not changed. It was then that this passage came to mind. It was time to be honest with myself and with God because He knew my thoughts and heart. My peace had not disappeared; I had lost it. Instead of rejoicing in the Lord at that moment, I was thinking about what might happen if things did not improve. I had been here before, living in the what-if instead of in the presence of the Lord. He has searched me and knew my heart. He knew my thoughts before I had even thought them. So, it was time to be honest with Him and myself. I was walking on the water when things were good but sinking beneath the waves when they threatened. Our peace is not to rest on our surrounding conditions; it is to rest on our relationships with and trust in Jesus Christ.