

Trusting in the Lord

By Sandy Veltman

Many years ago, the Lord spoke to me through His Word at a time when I desperately needed to hear from Him. His timing is always perfect. I was exhausted and burned out. As a busy occupational therapist, as well as a wife and mother of young children, there didn't seem to be enough hours in the day. Sound familiar? The Lord led me to Proverbs 3:5-8 which have become some of my life verses. "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight. Do not be wise in your own eyes; fear the Lord and turn away from evil. It will be healing to your body and refreshment to your bones." I have been a Christian since I was a very young child, but I was about to embark on an adventure with Jesus that won't end until I am fully in His arms in heaven when my work here is done.

The hindrance to all true wisdom is the thought we have already attained it. To trust in the Lord wholeheartedly means to trust Him completely and not rely on our own opinions as the last word. When we rely on Him to guide us, He will lead us in every decision we make. Become intimate with Him in whatever you do, and He will lead you wherever you go. Human insights are never enough. God's ways are incomprehensible. Isaiah 55:8-9 "For My thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts."

"Heart" in Hebrew refers to our emotions, but more often to our intellect, such as understanding, discernment, reflection or will. As we learn to trust Him intimately God makes His path straight. It means more than guidance; it means God removes obstacles, making a smooth path or way of life, or perhaps better, bringing us to the appointed goal.

But what is the goal? I resigned from the position that had contributed to the exhaustion and burnout. My goal, after a time of rest and recuperation, was to go back to work on a part time basis. Sounded like a good plan to me and my husband. But was that God's plan? God wants His very best for our lives, not necessarily what we think is good. A part time position became available at a nearby hospital which I interviewed for. The interview went very well, the director of OT was delighted that I had hand therapy experience and wanted very much to hire me. I took the application with me to fill out and told her she would hear from me very soon. It seemed to be the perfect job. At home I tried to fill out the application, but every time I tried to fill it out, I felt like I was going to burst into tears. After several days I phoned the director of OT and told her I was very sorry but I didn't feel the Lord wanted me to take the position. As soon as I did, a tremendous peace came upon me, confirming God's will.

The Lord then began to teach me how to hear His voice. He had put a very strong desire within me to be a hand therapist. Several months later, after I had turned down the part time job, the Hand Therapy Certification Committee was giving an exam for the first time. The Lord put me on an intensive study program for the next several months while He taught me to listen to His voice and not lean on my own understanding. My relationship with the Lord deepened as I learned to rely more and more on Him. He promised me that when I took the exam He would be with me. It was the most difficult exam of my life. He was with me and gave me everything I needed, including the answer when I had no idea which choice was the correct answer. Because this was God's best for me at that time in my life, I became one of a little over one thousand OT's and PT's in this country to become a certified hand therapist. I surrendered all my hopes and dreams to Jesus. I told Him I would go anywhere He wanted me to go and do anything He wanted me to do. He took me up on my offer. I found myself driving to Steubenville, Ohio, 61 miles from home, the following January, to develop an OT

department and hand therapy program. They didn't have any hand therapists in the area. Due to the steel mills and other industries in the area, many people sustained bad hand and arm injuries. Because of His love and compassion for the people of the Steubenville area I was sent. It wasn't about me, it was all about Jesus.

By receiving God's Word in our hearts we grow in godly character and become more like Jesus. Every step we take with Him we learn to obey Him and commit our life to Him on a deeper level, (Rom 12:1-2) "we offer our bodies as a living sacrifice, holy and pleasing to God, our true and proper worship." The word translated "trust" in Proverbs 3:5 means to lie helpless, face down. It pictures a servant waiting for the masters command in readiness to obey.

The danger is that we lean on our own understanding and thereby miss God's will. This warning doesn't suggest that God's children turn off their brains and ignore their intelligence and common sense. It simply cautions us not to depend on our own wisdom and experience or the wisdom and experience of others. Seek God's will in all things. He knows all things thoroughly as our Creator and Preserver. He has power over all things and His love for us is unlimited. Reliance on God implies love for God and a desire to please Him. It is the greatest honor we can pay Him – "I need you Jesus!"

New Little Blessings.....

- Harold & Bonnie Rearick have a new Grandson, **Brice**
- Mick & Tina McArdle have their first Granddaughter, **Olivia Jane**
- Ryan & Meghan Kurtz have a new son, **Asher Gregory**

Just for laughs.... Applying the 10 Commandments

A Sunday school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to "Honor thy father and thy mother," she asked, "Is there a commandment that teaches us how to treat our brothers and sisters?" Without missing a beat, one little boy answered, "Thou shall not kill."

It's Okay To Be Scared

In one of the last movies I saw before quarantine began, Robert Downey Jr., who played Dr. Dolittle, whispered in a slight Welsh accent, "It's okay to be scared." to an extremely timid gorilla as their ship was being destroyed by an evil nemesis.

This phrase reverberated again with me recently as I was thinking about what to write concerning this issue of our newsletter. It's sad. How we as Christians are so hesitant to admit that it's okay to be scared at times. We think we are lacking in our faith. Or something is horribly wrong with us. We feel the need or the responsibility to project confidence in these unprecedented times - which makes us exhausted. Jesus never demanded us to be strong. He just wants us to come as we are.

Furthermore, God has used scared people before, in fact he has made a habit out of doing so. Gideon was hiding in the bottom of a winepress when an angel appeared saying, "Behold, mighty warrior". Peter was scared out of his mind when he denied our Lord three times. John (the beloved) according to some traditions was in so much fright that he escaped through the garden minus his clothes. Even though Jesus himself, wasn't scared in the Garden of Gethsemane, he did sweat drops of blood, which leads me to conclude that he is more than sympathetic to us whenever we have a moment of fear.

The sense of fear (or being afraid) was meant to serve as a simple warning to us to be careful. Of course, due to the fallen world we live in fear can easily become a prison asphyxiating our relationship with God and others. So how can we differentiate between the two?

It comes from the spiritual foundation PG & Miss Cathy have instilled in us. We need to: soak in God's presence, stay current in our devotions, ask the Holy Spirit (there is no such thing as a Jr. Holy Spirit) for wisdom, and lastly we need to be honest and ask someone in our wild wonderful church family for their discernment with regards to our situations.