

October 4, 2015

Hurdles

Matthew 6: 34—Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Jesus' saying is a good one! We hear this told to us. We think this. We try to do this. But when the "hectic" happens, and the busy bears down, we forget it. And then as if someone hit the reset button, we start worrying about everything, until the next time someone reminds us of Jesus' words.

We forget that God is in control of everything and has only our good in mind when he deals us our day. We forget this, and so we start looking ahead to all of the stuff that is coming up, or back to all the times that were like this in the past. We look to times we failed to get everything done, or peer into the unknowable future worrying about all of those pesky "what-ifs" But in that worry about all of the hectic and that dread from past experiences, we forget about the good God is giving us right now. We forget that his grace is enough for us in every moment and that includes the future moments and those that are past. We forget that he gives us everything we need, whether we realize it or not, for every moment. He presents each of life's hurdles to us one at a time. Which is exactly how you have to take hurdles.

When I was in high school somehow I was conned into running the 300 meter hurdles. That is a brutal race, because it is a dead sprint for 300 meters with obstacles. Some of you runners in the congregations are giggling at me, but for me it was

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tough. This is how my thought process went throughout the many times I ran that race.

After the gun went off up until the second hurdle, I was always thinking something along the lines of, "This race isn't as bad as it first sounded!" Then the second hurdle would hit, and you could see around that awful curve several more hurdles coming up. Then I would think to myself, "Oh boy! I can still do this!" Hurdle after hurdle would go by until I got around the curve to the home stretch. "Three more to go," I would tell myself. But, it was always then that the fatigue really started in on the runners. My legs would turn to lead, my rhythm became difficult to maintain and I would then think, "I'm going to have crawl over the next two hurdles and under the last." Those "low" hurdles that looked easy to start looked like mountains by the end.

Finally, at practice one day I asked my coach how to run that race well. He told me, "One hurdle at a time." He explained that if I wanted to get through the race well, I could only focus on the hurdle right in front of me. Not the next three or five or even two, only the one I had to get over next.

Just like my hurdles in track, God only gives you one day at a time. Sure you may have a lot of things that need to get done. But, you don't have to worry about tomorrow. God's grace is sufficient for each and every moment you will ever go through. So, take a deep breath and trust that God can get you over this next hurdle, because he can and will.

Pastor Curt O'Jh

