

**September 13, 2015**

**From "What-ifs" to "I Am"**

Proverbs 3: 5-6 – 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 straight your paths.

Have you ever noticed how worry and anxiety try really hard to take control of your life? For example, for weeks after Aliyah got burned, my wife and I ran around the house "Aliyah-proofing" it because we were worried about what might happen if . . . That became a problem after a couple of hours doing it, because there is no possible way to come up with all of the "what-ifs" a two year old might get herself into, especially *that* two year old.

"What-ifs" are a terror that can take control of us as we try to gain control over them. The fact of the matter is though, we have no control over what happens in the future. Worrying about what might happen does us no good, it doesn't even gain an extra second on our lives; just go back and reread Jesus' Sermon on the Mount in Matthew. His words there remind me of a coach I had for football. One of our linemen kept asking him about hundreds of possible scenarios. "Coach, what if this happens? What if that happens?" My coach finally told that lineman that there are hundreds of thousands of "What-ifs," and he was just going to have to trust that coach had trained him well enough to think on his feet and respond well.

Go back and reread our focusing verse for the day. There we are reminded that our trust should not be in our own understandings or strength. Rather, it should be in the Lord. Instead, of worrying about every eventual outcome and

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trying to prepare for it, God through this passage in Proverbs, invites us to trust in what he has done for us to sustain us through the present

and future, whatever it might hold. There is no way we can prepare for every possible eventuality, but God has already done that for us. Why not put our trust in him? Why waste our effort planning for things that may or may not happen instead of trusting and following Jesus right now? In him, we have everything that we need for *absolutely anything* that may happen to us in the future.

Now please know that I am not saying that we shouldn't make plans for the future, or set aside savings or emergency funds or the like. There is nothing wrong with planning for the future. But, there is no sense in worrying about all of the near infinite "What-ifs" that may come up. Nor is there any sense in locking our future in no matter what. What I am saying is similar to what my coach told that lineman several years ago. Trust in what God has done for you, because he will carry you through any and all eventualities and into eternity with him.

The promise of our Proverb today is that trust in the Lord simplifies our path. In fact, by trusting in the Lord we have only one path, that is Jesus the Christ. No matter what we may face, he will give us all we need to come out of it and respond well to it. So, in the face of all worry and doubt, know that Jesus is not another unknown "what-if." He is your certainty and your salvation. God's peace.

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