

Dear Friends,

I've been thinking about my drives down to Wiseman's Ferry and the "potholes" I faced daily. Some were hidden by shadows; others were hidden due to the rain. I quite enjoyed following trucks as they would move out and I would follow, it was rather like a dance along Old Northern Road. When the rain stops the holes are filled but once the rain comes the filling comes out and the hole appears, worse than before.



It made me think of the "potholes" in our lives, during the good times the "road of life" seems smooth, and we tend to negotiate it without seeking help. When one of those potholes or speed humps appear in our roads, we're not sure where to turn. What are some of the "potholes" we face, sometimes it is financial, family issues, sickness, addictions, holding onto hurts. Where do we turn, or to whom do we turn?

As I let the trucks show me where the potholes were, and followed their lead, so we too have a leader who calls us to come to him with our burdens and our cares. God has given us many promises throughout scripture to hold onto, here are just a few:

**Matthew 11:28-30 NLT** (New Living Translation)

28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light."

**Psalm 46:1-3 NIV**

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

### **1 Peter 5:7 TPT (The Passion Translation)**

Pour out all your worries and stress upon him and leave them there, for he always tenderly cares for you.

### **Psalm 55:22 NLT**

Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall.

There are some beautiful songs that speak of God being our refuge and our strength, of holding us gently in the palm of His hand.. I hope you enjoy not only the Bible Verses but the hymns as well.

[On Eagle's Wings by Michael Crawford \(with lyrics\) - YouTube](#)

You who dwell in the shelter of the Lord  
Who abide in His shadow for life  
Say to the Lord, "My refuge, my rock in whom I trust!"

Chorus: And He will raise you up on eagles' wings  
Bear you on the breath of dawn  
Make you to shine like the sun  
And hold you in the palm of His hand

You need not fear the terror of the night  
Nor the arrow that flies by day  
Under His wings your refuge,  
His faithfulness your shield

For to His angels He's given a command  
To guard you in all of your ways  
Upon their hands they will bear you up  
Lest you dash your foot against a stone

Chorus: And He will raise you up on eagles' wings  
Bear you on the breath of dawn  
Make you to shine like the sun  
And hold you in the palm of His hand  
And hold you, hold you in the palm of His hand

[Be Not Afraid by Bob Dufford, sung by John Michael Talbot with lyrics - Bing video](#)

You shall cross the barren desert  
But you shall not die of thirst  
You shall wander far in safety  
Though you do not know the way  
You shall speak your words in foreign lands  
And all will understand  
You shall see the face of God and live

Be not afraid  
I go before you always  
Come follow me  
And I will give you rest

Blessed are your poor, for the kingdom shall be theirs  
Blessed are you that weep and mourn  
For one day you shall laugh  
And if wicked men insult and hate you all because of me  
Blessed, blessed are you

Be not afraid  
I go before you always  
Come follow me  
And I will give you rest  
Be not afraid  
I go before you always  
Come follow me  
And I will give you rest  
Be not afraid  
I go before you always  
Come follow me  
And I will give you rest

Songwriters: John Michael Talbot. For non-commercial use only.

Gracious God, we thank you for your promises to love and care for us, we thank you that through the many “potholes” of life you are there, guiding us along life’s road. You have promised to always be with us and we hold onto those promises and claim them for ourselves. May God bless you and keep you and those whom you love, now and always Amen.

In Christian love and service,

Lyn

0412 990 949