

WoW Nation

Scripture: "To whom will you compare me? Or who is my equal?" says the Holy One. Lift your eyes and look to the heavens: Who created all these? He who brings out the starry host one by one, and calls them each by name. Because of his great power and mighty strength, not one of them is missing. Why do you say, O Jacob, and complain, O Israel, "My way is hidden from the LORD; my cause is disregarded by my God"? Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." (Isaiah 40:25-31 NIV)

I Hope You Dance

*I hope you still feel small
When you stand by the ocean
Whenever one door closes, I hope one more opens
Promise me you'll give faith a fighting chance*

- Tia Sillers and Mark Sanders

With all that's going on in the world today, hope may be hard to come by for some. The list of stressors that affect many among us seems to be never-ending—recession, depression, financial strain, health issues, ministry concerns, outreach activities, work-related issues, unemployment, underemployment, aging parents, wayward husbands, unruly children, and so on. Sometimes the weight of it all can seem unbearable even for the Lord's most faithful servants and ardent believers. If you're struggling under the weight of your responsibilities and you feel like throwing in the towel, *promise me you'll give faith a fighting chance*.

Fans of country music star Lee Ann Womack will recognize that last line as well as the verse above. The lines are from Womack's multi-platinum, chart-topping hit, "I Hope You Dance". The Grammy Award-winning song inspires listeners to live and love so that they lead full lives despite the risks, obstacles, challenges and set-backs that are common to us all. Perhaps the most poignant of all the song's lyrics are the first two lines shown above, "I hope you still feel small when you stand by the ocean". *Why are these lyrics so important?* Because they turn the listener's attention to the One who created the ocean. Not only did our Heavenly Father create the five oceans that cover more than 70% of the Earth's surface, He measured all 3.5 million

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square miles of ocean water in the hollow of His *hand*^{*}. Isaiah 40:12 states, “Who has measured the waters in the hollow of his hand, or with the breadth of his hand marked off the heavens? Who has held the dust of the earth in a basket, or weighed the mountains on the scales and the hills in a balance?” (NIV) As the imagery suggests, our God is *big*. He’s so big that compared to Him, our problems, like the ocean, are miniscule.

When you feel overburdened by life’s challenges or the weight of your responsibilities, shift your focus from your problems to the solution, God. Review His resume to revive your heart and rekindle your faith in Him. The theme scripture for this study highlights just a few of His credentials and accomplishments.

- *The Triune God (Father, Son and Holy Spirit) has no equal*
- *He created the heavens*
- *He causes the stars to shine*
- *Although there are too many stars for humans to count, He calls each one of them by name*
- *He sustains every star so that not one of them is missing*
- *He is everlasting; He will never die*
- *He created the ends of the Earth*
- *He will never grow tired or weary (even though He never sleeps)*
- *He’s smarter than the smartest people who’ve ever lived or ever will live (He knows everything about everything)*
- *He gives strength to the weary and power to the weak*

With references like those, surely God can handle all of our problems all at once. So try Him and *trust Him*. Give yourself a break by giving your problems to God today. Then after you do, *dance*. Don’t sit this one out, dance. Praise God with a dance (Psa. 150:4). And dance like no one is watching. As the popular expression goes...

*Work like you don’t need the money,
Love like you’ll never be hurt,
Sing like there’s nobody listening,
Live like it’s Heaven on earth,
And dance like no one is watching.*

- Author Unknown

* Statistics per the National Oceanic & Atmospheric Administration website (<http://www.noaa.gov/ocean.html>)