

There is a Haven within the storm.

Read and reflect on Sarah's word - 'The Sailing boat'.

"I have made you and called you to be a sailing boat.

Think of how this works for a minute.

Both sailing boats and rowing boats make their journey on the ocean, but in very different ways.

Look at the rowing boat. It has a destination, but the only way to get there is by battling against the waves on which it travels. The oars must dig deep into the waves and push against them, straining to keep control and battling to keep steering on course. All the while, the sailor struggles to keep his eye on where he's heading as his focus must be taken by the waves that he is fighting against. The power to overcome is limited only to what is within the boat.

The sailing boat however, keeps a very different focus. Still riding the same waves, the sailor looks up, knowing that the power of the wind is greater than that of the waves, and greater than any he can find within himself. If he keeps his eye set above, the wind will carry the boat in the direction he wishes to go.

This is what my call on you looks like. You have been called to be a sail boat, not a rowing boat. You still face the waves and swell and the currents of the time, that seek to draw you away from my purposes. My command to you is simple however. Look up and feel the wind of my holy spirit as it blows over you. I want you to unfurl your sails and catch this wind. If you do not, will you not be just like the rowing boat, tossed and steered by the waves? Instead, I want you to unfurl your sails and open yourselves up to the wind of my spirit.

But how do we do this Lord?

Open up your hearts, your hands and your heads to me.

Unfurl the tightly bound parts of your life that you hold closely.

Unfurl your Hope's and dreams, fears and anticipations for the future

Unfurl your hurts and grievances, disappointments and failings

Unfurl your time, your money, your investments and your priorities.

Unfurl your relationships, personal space and social expectations.

And when you have unfurled every corner of the sail of your life, watch as I move you forward with the wind of my spirit. The waves will be as nothing and my will and kingdom will prevail through you amongst the troubled waters of this world."

It's time to come into harbour and be renewed. A boat needs to come into a safe place to be mended, refreshed and restored so it can be equipped afresh for choppy waters. The world we work in is full of chaos, currents and challenges. The harbour beckons.

A rowing boat is limited by the resources within itself. A sailing boat is open to the wind as it fills the sails. Refocus on Jesus and his word so that you can ride the waves. Unfurl your sails and catch the wind of the Spirit.

Take time aside to open up your feelings, thoughts and practical daily life to God.

- Talk to him about your hopes and dreams for, and anticipations of the future.
- Share with Him your hurts, grievances, disappointments and failings.
- Commit to him your time, money. Investments and priorities.
- Discuss with him your relationships, personal space and social expectations.
- Surrender your life afresh to God and ask him to fill you with the Holy Spirit.

Psalm 46 (Passion version). Read the psalm aloud and carefully consider how God transforms our experience and perspective.

"God, you're such a safe and powerful place to find refuge!

You're a proven help in time of trouble-more than enough and always available whenever I need you. So we will never fear even if every structure of support were to crumble away. We will not fear even when the earth quakes and shakes, moving mountains and casting them into the sea.

For the raging roar of stormy winds and crashing waves cannot erode our faith in you".

Pause to reflect on how safe and secure we are because our lives are "hid in Christ in God". He sees us and knows us, loving us completely without judging us. He is completely dependable and able to mend our broken places, giving us new strength. We can trust him and turn to him in every circumstance.

"God has a constantly flowing river whose sparkling streams bring joy and delight to his people. His river flows right through the city of God most High into his holy dwelling places. God is in the midst of his city, secure and never shaken. At day break his help will be seen with the appearing of the dawn."

Here he comes! The Commander! The mighty Lord of Angel armies is on our side.

Everyone Look ! Come and see the breath-taking wonders of our God. For he brings both ruin and revival. He's the one who makes conflicts end breaking and burning every weapon of war. Surrender your anxiety. Be silent and stop striving and you will see that I am God. I am the God above all the nations."

Be encouraged The God who destroys the destroyer and revives the faithful is fighting for us.

Position yourself to receive God's deliverance

Sometimes the enemy uses other people to wound us. It is as if we have been pierced by the tip of a poisoned arrow that can immobilise us. This can cause emotional pain ,bitterness and unforgiveness, self -doubt and shame.

We can remove these arrows by forgiving the person, asking God if we can learn something from the words or situation and replacing the lies with truth from God's word. We can take authority and say no to further enemy attack.

The Holy Spirit river within us helps us to pray and refreshes us and strengthens us again.

We can often feel at our most vulnerable early in the morning. God is within each one of us, ready to help from the moment we are awake. Talking to him, reading scripture and praying for the day ahead prepares us for the day.

Be expectant! He is ready to take action on our behalf.

Hebrews 12 v1-2 As for us, we have all of these great witnesses who encircle us like clouds. So we must let go of every wound that has pierced us and the sin we so easily fall into. Then we will be able to run life's marathon race with passion and determination, for the path has already been marked out for us. We look away from the natural realm and we fasten our gaze onto Jesus who birthed faith within us, and who leads us forward into faith's perfection."

V 12 "Be strong even in your weakness by lifting up your tired hands in prayer and worship. And strengthen your weak knees , for as you keep walking forward in God's paths , all your stumbling ways will be divinely healed."