

OCTOBER, 2020



LIMA, PERU—it was early in the morning. I was still lying in bed sick from food poisoning when the building began to sway back and forth, violently. I could hear sirens and people screaming in the streets. It was an earthquake. At first, I wasn't sure what to think, I really didn't know what was happening. It all seemed to be a dream...but it was real.

Have you ever had a shaking in your life where things were just not going according to your plan? Have you ever felt like your whole life was falling apart? I think all of us have been there a time or two. If not, don't hold your breath. Yes, even the Apostle Paul found himself in life situations where there was a shaking going on. We read in the Scriptures, Acts, chapter sixteen, when Paul was locked up in prison for sharing his faith with others, *“About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. Suddenly there was an earthquake, so violent that the foundations of the prison were shaken...”*

Often in the Scriptures, the words “midnight” and “earthquake” symbolize the struggles of human life. Yet in the deepest and darkest trembles of life, God is near and ready to care for our needs. I love what the old psalmist says, *“I lift up my eyes to the hills—from where will my help come? My help comes from the LORD, who made heaven and earth. He will not let your foot be moved; he who keeps you will not slumber”* (121. 1-3).

Maybe there is a shaking going on in your life. Maybe things have not gone the way you have planned. Don't give up and don't give in. Instead, look to God, God is your helper. God will be with you in your time of need.

**Prayer: Caring and loving God, my life has been shaken and turned upside down. So I turn to you and place my life into your hands. Help me to sense your guidance and presence. Amen.**

We would like to invite you to join us every Sunday morning for worship at the Aldersgate United Methodist Church at 9:30 am.