

HELD UP

On Sunday afternoon I went to the nursing home to visit a person who I am a caregiver for. As I was walking toward this person's room, the hallway was crowded at spots with various residents making their way to their rooms and activity areas. At one point, I found myself behind a man walking with his walker at the same time another resident was on the other side of the hall in a wheelchair. I stopped and just waited patiently for the two residents to pass by each other so I could keep going. The man with the walker must have sensed somebody was behind him because he turned and looked at me and said, "**I am sorry. I am holding you up!**" I told him he did not need to apologize as he was not holding me up at all. Shortly after I said this, he moved over a bit so that I could slip through and head down the hallway to where I was going.

As I was driving home from the nursing home Sunday afternoon I began thinking about this man's words and how often we do find ourselves "**held up**" so to speak by someone or something. It is not uncommon for me to be **held up** in busy traffic, or in a long line at the bank or store. I often find myself at times being **held up** waiting on the phone while a customer representative is looking something up. Based on previous experiences I have just come to expect to be **held up** by delays when flying or traveling. At times I am **held up** being able to send out various reports for meetings because I am still waiting on somebody to send me their write-up. We all have had our share of stories and experiences of being held up by someone or something. Hopefully we maintain our patience when being held up, but sometimes in these moments we may find ourselves becoming frustrated and lose control of our temper.

After reflecting upon various examples when I have been held up and the emotions we can experience in these moments, I found my thoughts switch to the times when I have had people share with me that they feel God is holding them up on something. I began remembering conversations I had with people who felt God was holding up answering a prayer request they made or opening a certain door in their lives. As my mind replayed some of these conversations, I was reminded how frustrated and angry some of these people were toward God. One would think after all of this pondering while I

was driving home, I would stop into my nearby Tim Hortons and get distracted with a coffee. I got distracted instead by God placing on my heart the following thought:

"Remember I am raising and holding you up in those moments you think I am 'holding' up your timing of things!"

It is no wonder why such a thought placed on my heart by God at that moment distracted me from stopping into Tim Hortons.

I thought a lot about this different perspective on being held or raised up by God on Monday morning. As I thought about this image, I found myself led to two different psalms in the Bible. I first read about David in **Psalm 3** when he was going through a very difficult moment in his life. I noticed, in the midst of his struggles, David acknowledged how God was holding him up:

But You, O Lord, are a shield around me; You are my glory, the One who holds my head high. (Psalm 3:3)

Shortly thereafter I found myself reading **Psalm 37** and how David saw God was holding up his hand:

Though they stumble, they will never fall, for the Lord holds them by the hand. (Psalm 37:24)

David could see that he was being "**held up**" by God in the midst of challenging times in his life so that he would not be afraid nor stumble. A hymn that can help us gain this same perspective that David felt of being held and raised up by God is "***You who dwell in the shelter/On Eagle's Wings:***"

And I will raise you up on eagle's wings, bear you on the breath of dawn, make you shine like the sun, and hold you in the palm of my hand.

We may become frustrated when we are feeling we are being "**held up**". Let's use those moments to find gratitude for the many ways God may be "**holding and lifting us up**".

Keep Safe, God Bless

Pastor Dean