



April 21, 2020

## Trusting God Will Catch You

*"Peace be with you!" Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe."- **John 20:27***

Recently, I was reminded of the fact that the most frequent command in the Bible is not something like - "Be good?" Or maybe stated negatively, "Don't sin?" The command that tops the list is, "Don't be afraid." "Fear not."

A quick mental survey of the Scripture might bring to mind the times when God communicated this to Abraham, Moses, Joshua, or the times angels announced this to many others. Jesus too shared this encouragement with his disciples as they encountered his miraculous power.

We might say that "Trust Me!" is "Fear Not" turned inside-out. Often our lives become filled with fears and doubts, we seem to pick them up like lint and find ourselves filled with uncertainty. Jesus' interaction with Thomas, in the midst of his doubt, is helpful. He lovingly meets Thomas where he's at, and invites him to risk and take a step of trust.

Have you ever noticed how the biggest decisions we make are not based on certainty. We have some evidence, it's not blind faith, but it's still a risk of trust - be it marriage, having and raising children, entering a field of study, a career choice, or a medical procedure.

For me, a helpful story is one shared by Henri Nouwen about the Rodeigh brothers. a group of trapeze artists he befriended.

*"One day, I was sitting with Rodeigh, the leader of the troupe, in his caravan, talking about flying. He said, 'As a flyer, I must have complete trust in my catcher. The public might think that I am the great star of the trapeze, but the real star is Joe, my catcher. He has to be there for me with split-second precision and grab me out of the air as I come to him in the long jump.'*

*'How does it work?' I asked.*

*'The secret is that the flyer does nothing and the catcher does everything. When I fly to Joe, I have simply to stretch out my arms and hands and wait for him to catch me and pull me safely over the apron behind the catchbar.'*

*'You do nothing!' I said, surprised.*

*'Nothing,' he repeated. 'The worst thing the flyer can do is to try to catch the catcher. I am not supposed to catch Joe. It's Joe's task to catch me. If I grabbed Joe's wrists, I might break them, or he might break mine, and that would be the end for both of us. A flyer must fly, and a catcher must catch, and the flyer must trust, with outstretched arms, that his catcher will be there for him.'*

Post-resurrection, even some of the disciples Jesus was commissioning to be sent out both worshiped and doubted (Matt 28:17). Doubt is an invitation to risk and take a step of trust, and in that step God meets us with his grace - his action in our lives.

**Practice:** *Trusting that God will catch us is trusting in his goodness towards us. Listen to the song "Goodness of God" below and reflect upon God's goodness towards you in specific ways. With that vision of God before you, now consider how God is inviting you to risk and take a step of trust?*

With the Affection of Christ,



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