



Big Enough

The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge. They have no speech, they use no words; no sound is heard from them. Yet their voice goes out into all the earth, their words to the ends of the world..

– Psalm 19:1-4

I love summer!! I don't know if it's the youth minister inside me that is always looked forward to church camp, or the jr. higher that looks forward to swimming pools. But I am always a little bubblier when summer comes. It just seems everything is a little better.

It also seems that our bodies like summer and the sun. There are several medical studies that have shown that sunlight helps everything from bones and muscles to minds and emotions (serotonin and the such). One study found if you would spend thirty minutes before noon outside it would boost energy as well as giving you a better night's sleep. The sun also reduces fat cells and chemicals in your body that slow it down and the lack of sun robs it from nourishment that the body needs. And that is all without mentioning the "E" word; exercise.

And that is just from our sun.

Scientists have figured there are between 200 billion and 2 trillion galaxies; each with a sun of their own. Imagine how much space and distance that takes up. Not to mention our sun is one of the smaller ones having a circumference of 2,713,406 miles (the earth's circumference is 24, 901 miles). To us, that's huge. But the biggest star (sun) is 2000 times the size of our sun. Wow!! What a sunburn!!

And God created it all. More than that, He sustains it; holds it in the palm of His hand. Does that sound like a big God? Is there someone whom you could compare to that kind of strength? Is there someone that could do more, be more, understand more? Can you find someone or something that is bigger than our God? He is strong enough! He is big enough! He is loving enough! He is wise enough!

Need proof?

Read the verses above again. Or better yet go to Psalm 19 and read it all. Read it twice. Memorize it. Then go outside. Sit in the warmth. Take in the nourishment (easy on the sunburn, of course). And thank Him for His wonderful, wonderful gifts to you.

Man, I love summer!!

From My Heart,

Billy