

1 John 4:13 “By this we know that we abide in him and he in us, because he has given us of his Spirit.”

In the early years of my marriage, I worked for a high-end home remodeling company in Puyallup. We did all sorts of projects like kitchen remodels, additions and new home construction. It was not the best-paying job, but the projects were amazing, and the crew was a bunch of great people. However, every year our boss would charter a small charter boat called the *LUCKY PIERRE* out of Westport and take us fishing. We would leave Pierce County at about 3 am and then arrive at the dock around 6 am. We would jump on the boat and fish until about noon.

There were two types of people on those trips: those that got seasick and those that didn't. I was one that did. Some guys would take seasick pills the night before, some would just rough it out and the rest would lay in the hull of the ship and wait until we docked. No matter how many pills I took, I would get sick about 15 minutes after setting out from the dock. I figured out that if I ate chocolate donuts the night before, when I would get sick the next day, it would taste like chocolate. While this is a very gross thing to realize, it did work in at least easing the suffering.

While I will NEVER again set foot on a small charter boat, I do believe there is a spiritual lesson behind this. We know that life has its ups and downs; its good times and hard times. If we are prepared spiritually for the hard times, we will be able to not only survive them but thrive during them. When we fill ourselves with God's Word; remind and meditate on His precepts; when we have built ourselves up daily in the most Holy Faith, we will be strong and steady when the pain and hardships of life hit.

Just like I prepared for the seasickness by eating chocolate, we can prepare for the hard seasons of life by filling ourselves with the goodness and faithfulness of God. Let's not wait for the rough times to come to prepare, let's remain fully in Christ so that life, no matter good or bad, will not rule our spirits.

I Love you and God loves you!

Pastor Eric Lundberg