

Caught between a Rock and a Hard Place

In the face of all the chaos happening in our nation and around the world in the form of hurricanes, political unrest, and continuing wars in other countries. I feel led to consider how we remain focused on the positive things in contrast to the negative concerns. Rather than scripture for this TALK, I am adding this Anne Frank quote. I honestly believe young Anne summarizes how we should think and act to overcome adversity. She wrote in her diary...

The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. As long as this exists, and it certainly always will, I know that then there will always be comfort for every sorrow, whatever the circumstances may be. And I firmly believe that nature brings solace in all troubles.

Anne Frank, *The Diary of a Young Girl*

To help strengthen our resolve we turn to God in prayer and reinforce our purpose with rock imagery. For example, a phrase we hear or say is “God is my rock.” He is an immovable, unshakable, faithful fortress. God is our source of strength in times of trouble. God is stable and His people run to Him for shelter. God is higher, stronger, greater, and He provides more protection than all mountain ranges worldwide could if they were combined.

Throughout scripture, rocks are commonly referred to as a symbol of God's reliability and strength. The Bible advises that we build our houses and lives upon the stable rock that is God's love, God's wisdom, and God's salvation. Rocks are interlaced with the idea of refuge, from mountain top to ocean shore. For example, when we say, “You're my rock,” we're referring to someone we can always count on.

A rock is unbreakable. It can be thrown against brick walls, hit it with a hammer, sunk in a fish tank, and the rock will maintain its integrity. So, when you say someone is your rock, you're saying that they are indestructible. They will always be there for you and will not 'break down' or abandon when times get tough. For the same reasons there is much we can learn about the rock we know as Jesus the Christ.

Between a Rock and a Hard Place is a saying that essentially means you're stuck between two objects or decisions that are complicated or immovable. You can say this symbolically when referring to a situation where you feel trapped. If you feel that way, know you are not alone. It is important to remember that God remains compassionate and loving to all human creatures no matter our decisions and actions.

Together we can overcome all obstacles. Thanks be to God.

Peace always

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