



My Go To Backup

by Rev. Cynthia A. Burns

I started reflecting today on the one word from God that I keep returning to over and over in the many years that I have lived on this earth. I refer to it as *My Go To Backup!* I began to ask myself if there was a verse that reminds me that God is faithful, and that God has my back?

All of us have that go to scripture that rises within us when faced with circumstances that are challenging or seem to be out of our control. During these times we have to choose to look to God or fall apart. Many times we cry out to God and He answers us in the still small voice. I am referring to the voice of the Holy Spirit on the inside that is repeating over and over the scripture that calms us and assures us that ALL will be well!

A few years ago, our son, Christopher, sent me a text asking me what was my favorite scripture. Before I could answer, he wrote another text saying he knew it was probably **John 3:16**, *For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life* (NLT).

I quickly replied that ‘*Yes, I love that scripture!*’ This scripture shows me how much God sacrificed for me and you. That the God of the universe loved us so completely and wanted to have a relationship

with us so intensely, that He willingly gave His very best for what others may consider to be of no value.

It is critically important to recognize that God views us all differently than how the world views mankind. However, ***my go to scripture*** is found in **Jeremiah 29:11**, *For I know the plans I have for you, says the Lord. They are plans for good and not for disaster, to give you a future and a hope* (NLT). The Message translation says, *I'll show up and take care of you as I promised and bring you back home. I know what I'm doing. I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for...* MSG. Hallelujah!

We have a bright future because the ***Favor of God*** is upon us! Do you remember when Jesus was in the temple in **Luke 4** and He stood up to read? There Jesus gave a list of things that the spirit of the Lord was upon Him to do and speak. At the end of His reading from **Isaiah 61:1-3**, He said, ***'that the time of the Lord's favor has come.'*** NLT. We as his children can walk in favor with God and with man. It's yours to claim!

We all, at one time or another, have cried out to God in what appears to be an impossible situation. A situation involving tears, heartbreak and asking God, **WHERE ARE YOU?** Sometimes we say and I have even said to God, ***'I think it's time you stood up!'*** Then I laugh at myself for being over dramatic. It's then that I can hear that still small voice saying; *Cynthia, no matter what you're facing or how your feeling; I will take care of you, I have not abandoned you, and Your future is bright.*

As the old hymn says, *'Tis so sweet to trust in Jesus, just to take him at his Word, just to stand upon his promise, just to know THUS SAITH THE LORD!* This can take us our entire *faith journey* to learn and if we will continue in it, then we will eventually learn it and experience the freedom Jesus promised! **John 8:31-31**

Let me say this, it is so important to *meditate* on the Word of God and get it in your heart. Then when you are being challenged by life, the Word of the Lord will rise up from within you reminding you of who God is and what He says about you. *Meditation* in the Word of God is not about how many verses you can memorize, *meditation* is about the Word of God getting into your heart and speaking to you throughout your day.

Joshua 1:7-9 gives us this admonition, ...***Strength! Courage! ...*** *Give it everything you have, heart and soul. Make sure you carry out The Revelation that Moses commanded you, every bit of it. Don't get off track, either left or right, to make sure you get to where you're going. And don't for a minute let this Book of The Revelation be out of mind. **Ponder and meditate on it day and night**, making sure you practice everything written in it. Then you'll get where you're going; then you'll succeed. Haven't I commanded you? Strength! Courage! Don't be timid; don't get discouraged. God, your God, is with you every step you take...* MSG.

You are so loved and in God's eyes you are His beautiful creation. You are the object of His love and affection. It is His good pleasure to give you His Kingdom! You cannot do anything to make God love you more or do anything to make Him love you less. He loves you period! You are one of God's favorites and the only thing you did that qualified you for that position with Him is that you have put your faith and trust in what your Heavenly Father through Christ has done for you!

Believe and Receive that today!

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