

I am a dot...and other life lessons

Appropriate for Thanksgiving is Psalm 8 which declares, “O Lord, how majestic is your name in all the earth.” On a recent vacation in Wyoming, I marveled at the indescribable beauty of God’s creation. We need only see the mountains, a sunset, or a winding river to know we are privileged to call the magnificent Creator our beloved Father.

“When I consider your heavens, what is man that you are mindful of him, that you care for him; you crowned him with glory and honor.” On this trip, I had the extraordinary experience of hang-gliding. While soaring to nearly 6000 feet over the Tetons, I thought of Isaiah 40:31: “Those who wait upon the Lord will soar on wings of eagles.” A photograph captured from the ground reveals that I am comparable to a dot. In the grand scheme of things, we truly are “dots”, yet God made us a little lower than the angels and put all creatures under our feet.

My other big adventure was white-water rafting. Traveling down the Snake River, I was awed by the majesty our Father has put on display for our enjoyment. At one point, I was swept out of the raft while hitting some treacherous rapids. I later remembered Isaiah 43:2: “When you pass through the waters, the waves will not sweep over you; do not fear for God is with you.” When the freezing-cold waves were literally sweeping over me, I was not reciting Scripture; I was trying not to panic, as instructed. However, I realized that God did not allow me to sink, drown, or be thrown against a rock. My guide was able to pull me safely back into the raft.

You may be asking yourself what all of this has to do with counseling. Well, before one can soar on the wings of eagles, scripture says we must wait upon the Lord. What does waiting mean? It means trusting when everything is falling apart. It means accepting that there is no easy solution. This may involve obtaining an objective perspective from a professional who can compassionately offer alternatives.

Also, I learned about the importance of a guide. I needed an experienced pilot to maneuver the hang-glider. When, not if, we pass through the rapids of life, we need a helping hand to pull us out. Confused and conflicted clients can look to a counselor to lead them out of danger. A counselor can trust God for a client’s healing, even when that client sees no way out of the pain. People seek counseling when they feel as though they are drowning and the dark waters are swirling all around them. With God’s help, a counselor can pull them back into a safe place.

Finally, despite what happens, we can be thankful. We can offer a sacrifice of praise even when this life seems unbearable. “Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men.” (Ps. 107:15)