

Life is a Roller Coaster Ride

One of the iconic rides at amusement parks is the roller coaster. The ride is designed to feature high-speed twists and turns that seem to defy the laws of gravity. There are frequent sudden drops and sharp, unexpected corners to keep you on your toes and clinging to anything solid. Some of the newer rides send you upside down in a loop. Thankfully, seat belts keep the riders safely in place.

Aren't our lives like a roller coaster ride? Things may be going along smoothly, and then, suddenly, the bottom drops out. An accident, a sudden serious illness, or a financial disaster puts you in a free fall and a time of uncertainty. Or just not really a disaster, but a sharp curve takes us out of our comfort zone and requires a change of course.

Remember those seat belts. Before starting our ride, the attendant buckled us in for our safety. Those belts are the safety net for when the ride turns us upside down. Jesus Christ is both the attendant and the seat belt for all believers. He is with us before, during, and after whatever we face. If we look to Him, He catches us during that free fall. He can direct your thoughts when you need a course correction. He is the featured character in the instruction book of life – our bible. And He comforts us if we look to Him.



There are some people who are comfortable as the ride races along the track. They have learned to relax and wave their arms in the air during the fastest part of the ride. Instead of holding on for dear life, they trust their safety to the seat belts.

After much worry (and perhaps screaming), the roller coaster ride ends safely. As the ride comes to an end, we breathe a sigh of relief, realizing that we were in God's hands all along. Yes, life is like a thrill ride, with all kinds of high-speed twists and turns. But Jesus lives up to His promise: *...And surely I am with you always, to the very end of the age (Matthew 28:20).*¹

Buckle up. He tries to prepare you before the journey: *So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand (Isaiah 41:10).*²

When things get tough, remember this commandment: *Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.*" (Joshua 1:9)³

Prayer: Dear Lord. Life is scary, with its ups and downs, and sudden changes of direction. We know You are with us through every crisis and difficult situation that we face. We pray that we can put it all in Your hands, so we can live in peace. Amen.

¹ Jesus says this to His disciples as they prepare for the enormous task of the Great Commission (Matthew 28:20).

² This verse is God's assurance of His presence during times of trouble – said to the Israelites in exile, who were fearing for their safety (Isaiah 41:10).

³ God reminds Joshua that the charge, authority and power come from God, not human suggestion (Joshua 1:9).