



SPEAKER: NAT CRAWFORD

Thursday, February 4, 2021

Scripture: Ephesians 4:4-7

TITLE: Enjoying the Roller Coaster of Life

Do you ever feel like life is a roller coaster? I mean, how could you not, after 2020? 2020 was full of dips and dives, twists and turns, and whiplash after whiplash. Maybe your 2021 isn't looking much better.

When I think of the roller coaster of life, it reminds me of the movie *Parenthood*, with Steve Martin. Steve's a parent who desires normalcy. He desires control. Don't we all? But the movie cuts to him feeling the sense of being on a roller coaster, and he hates it. He is being pulled this way and that, and hating every minute of it. I think that's how a lot of us feel when we experience the turbulence of life. There's a lack of peace and enjoyment in the roller coaster of life.

But if you're like me, you can enjoy the roller coaster, but only when you know the One who's watching over it all. What do I mean? Listen to the Apostle Paul in Ephesians 4:4-7 (NLT):

“For there is one body and one Spirit, just as you have been called to one glorious hope for the future.

⁵ There is one Lord, one faith, one baptism,

⁶ one God and Father of all,
who is over all, in all, and living through all.

⁷ However, he has given each one of us a special gift through the generosity of Christ.”

One – one – one – one – one. Paul focused on the singular there. We, as the people of God, are one body of believers, who are focused and promised one glorious future and hope.

How is this possible? Well, Paul says because of the One Lord - Jesus Christ - through one faith: the trust and hope in the death, burial, and resurrection of Jesus Christ.

Why? Because there is one God, Who is our Father. And then he says this: This one God – our one Father - He is over all, in all, and living through all.

Now, what does that mean? Is He like the force in Star Wars? No way. I love what Pastor John MacArthur said about this: “We are God created, God loved, God saved, God Fathered, God controlled, God sustained, God filled, and God blessed. We are one people under one sovereign, omnipotent, and omnipresent God.” (MacArthur, John. *The MacArthur New Testament Commentary: Ephesians*. pg. 131)

The world is crazy, and it's getting crazier. But there's Good News: There is one Lord. And He is in control; He is powerful; and He is here with us. Do you remember that scene in *Guardians of the Galaxy*, where the guardians are going to be blown up in the ship, but Groot surrounds them and protects them through it all? Well, God is the real version of that.

Today, your world may feel like a roller coaster created by Satan himself, but friend, God is there. The one true God – your heavenly Father - is there for you, and will never leave you. God may not deliver you *from* the roller coaster, but He will deliver you *through* it.

My challenge for you today is to look into the face of God and rest. When you focus on your problem, God can look a lot smaller. But friend, God is always bigger and better than any trial you face.

Look at God through the Bible, in Creation, and rest. He is *over all, in all, and living through all*.