

Lifelines

Dr. Ed Jordan © 2026

Pastor, Gwynn's Island Baptist Church, Gwynn, VA

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Topic: Remembrance

It's High Tide!

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High storm tides are upon us. Some people stay home because their roads are impassible, for others worries creep in as the water rises higher towards entering their home. Storms, high tides, high water, low pressure ... our lives seem to be influenced by changes in pressure in the environment.

Pressure around us change our moods too, and I'm not just talking about air pressure. How about in your life? We feel the pressure of too many activities, and too little time. Our mood also effects our physical activity and productivity.

Like the tides of the ocean, we all have scenarios in our lives which create more stress, or seem to sap the life out of us. Grief is a psychological reaction to personal loss, whether it's the loss of a loved one, or the loss of job, or the loss of a dream that we had hoped to accomplish but circumstances prohibited its fulfilment. Ironically, we also often get stressed when too many things are occurring in our life all at once, even if they are things that we had hoped would occur. A couple expecting a new baby can become exhausted just getting ready for it! Physical or emotional hyper-drive can exhaust any one of us. Sometimes the thing for which we excitedly prepared, finally arrives, and we lack the emotional energy to enjoy its arrival.

We all have high tides in our lives, which either lift us up, or overwhelm us and threaten to pull us under water. The reaction to the same event often depends upon our coping abilities, and support systems. We all also experience things which seem to crush the joy and hope out of our lives. But we also have things which exhilarate us and inject us with joy.

Closely related to our responses is the sense of being out of control, of encountering things so overwhelming, or so invigorating, that we lose the peace of being able to keep our emotions in check. Keeping our life in balance is a full-time job, which reminds us that we are not as "in control" of everything as we pretend, or would like, to be. We lack the wisdom, vision, power and balance which God has. While we like to be in control so our life is predictable, there are more things which we can't control, than are the things we do control.

So what is the solution? Do we go through life playing defense all day, every day? No. That is not possible, nor is it healthy. Then how can we be assured that we have all the resources necessary for the unexpected?

Actually, we were created to live in relationship with God, our Creator, and who is also the Lord (Master-controller) of the whole universe. God desires to come live within us, to be active within us, giving us the mind of Christ to remain composed and calm, regardless of tumultuous experiences. God knows our capabilities, He loves us, and desires to be our partner in living and enjoying this wonderful, adventure-filled life.

But God is a gentlemen. He does not force Himself onto anyone. We must choose to invite Him to forgive us of all the sins we have committed, and to give us the insight and strength to say "no" to future temptations and unpredictable outcomes. We need to realize that God is always with us, and always capable of intervening in life's scenarios.

Psalm 107:23-30 addresses sailors, people who have been out on the waters of life and survived many a storm because of the presence and protective power of God. The ship was rising with the huge waves, then dropping like a rock back to sea-level. They couldn't even stand through the bucking and twisting of the waves. In verse 27-30 (NLT) we read: "They reeled and staggered like drunkards and were at their wits' end. "LORD, help!" they cried in their trouble, and He saved them from their distress. He calmed the storm to a whisper, and stilled the waves. What a blessing was that stillness as He brought them safely into harbor!"

We were not created to make the journeys of life alone! God created us to be His partners, traveling through life together. He changes life from trepidation and uncertainty into joy! Even when there are storms, we encounter them with the presence and protection of the Lord of the universe. Do you know Him? Do you interact with Him daily? If not, why not turn to Him now, and ask Him to enter your life from this moment forward?

Award-winning columnist Dr. Ed Jordan is pastor of Gwynn's Island Baptist Church, Gwynn, VA. He can be reached at szent.edward@gmail.com. Dr. Jordan's new book: "Doing Love! It can change your life!" can be purchased on Barnes&Noble.com or Amazon.com.