

Friday Reflections

*"Taste and see that the LORD is good;
blessed is the one who takes refuge in Him."*

- Psalm 34:8

Wow. What a strange week for Texans and others who live in parts of the United States who are not used to winter storms! Power outages, cars stuck, pipes bursting, and empty store shelves. And here we are a week later and the temperatures may hit the 80s.

I'm so proud of the staff and caregivers of Caraday and how they pulled together in this crisis. Despite all of the challenges the weather brought, caring individuals from top administrators on down pulled together and got through the crisis and continued providing excellent care. Some even stayed at communities for several days to pitch in.

Life has a way of throwing the unexpected at us. Last year it was COVID-19 and this year the weather threw a curve ball. But in spite of that, there is One who we can call upon and take refuge in during times of crisis and unexpected challenges.

The Psalmist wrote that whatever the situation, we can taste and see that God is good and we can take refuge in him. That means we can depend on Him to shelter us and provide a way out of the storms of life. God uses difficult times to refine us, strengthen us, and teach us dependence upon Him.

What is He teaching you?

What have you learned about yourself this past year?

If we will allow Him to, he will show us that He was always there and never abandoned us. He is always willing to take us into his refuge and help us through any situation life throws our way.

My advice to us all? Let's give Him a taste!

Father in heaven, thank you for reminding us that every trial is an opportunity to taste and know the goodness of God! Amen

- Dr. Doug Shafer

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