

## IT IS WELL

---

If you read the first post uploaded on this site, you would recall how I described the value of spending time in God's word for a cheerful heart to manifest in your life. Throughout this hectic season, we often question how we can spend time in God's word when there are so many things pulling at our lives. Maybe we feel like puppets being pulled at from every angle?

I'd love to take a moment and share one of my favourite stories on the powerful act of re-grounding ourselves in the presence of God. There is a story many of you may be familiar with: the story of Horatio Spafford's poem titled, "It is Well". If it is your first time reading this story, then I urge you to turn on your kettle, make a cup of tea, and settle in for an eye-opening summary of Spafford's life:

Horatio Spafford lived with his family in Chicago, United States, during the Great Chicago Fire of 1871. Just prior to the loss of his fortune from the fire, his family was struggling with the death of their four-year-old son who suffered from Scarlet Fever. Overcome with grief, Spafford sent his wife and 4 daughters to England on the S.S. Ville de Havre for a vacation. He planned to accompany them in England shortly after.

Sadly, on November 22, 1873, the ship his wife and daughters sailed on was involved in a terrible collision on the Atlantic Ocean. In only 12 minutes the ship sank with Spafford's four daughters, along with more than 200 other people. Only his wife survived and waited for his arrival in England. Spafford immediately set sail for England, desperate to reach his wife. However, during his voyage, the captain of the ship was made aware of Spafford's loss. He invited Spafford to join him on deck daily. One day as they were sailing along, the captain lifted his hand out towards the Atlantic Ocean. He was pointing out the approximate location where the collision of his family's ship had occurred months prior. It was at that moment that Spafford was comforted by the hope he had for his four daughters, knowing that they were resting in peace. He rushed down to his cabin and penned the words to the poem, "It is Well". Spafford safely arrived in England, was reunited with his dear wife, and shared the poem with a close friend, Philip Bliss. The poem struck Bliss, a famous composer, so strongly that he composed music for it. We now recognize this popular hymn in many of our Christian circles. I encourage you to listen to "It is Well" today, even if you've heard it before. Allow the lyrics of this popular song to rest on your mind today.

Maybe this story resonated with you today. Perhaps you are not in a place identical to the story of Spafford's, but there may be many unexpected challenges you are currently living through. Although Spafford was faced with many difficult news in his life, what is remarkable to note is how frequently he went to spend time in the presence of God. It was from this place of pain and hope that we can see how God's peace manifested in his heart. Peace and joy, two fruits of the Spirit, can manifest in your hearts as well.

While staring out the window of my apartment this morning, I heard the Father whisper, "**Come to me**". Perhaps He is whispering the same to you today, "Come to me all who are weary and heavy burdened, and I will give you rest" (Matthew 11:28). His invitation to welcome you into His deep presence remains open, every day. Despite how little we may feel from Him, He remains steadfast. And He renews the strength of the tired just as the Psalmist describes in Psalm 46:1-3:

*"God is our refuge and strength, a very present help in trouble. Therefore, we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea: though it's waters roar and be troubled, though the mountains shake with its swelling."*

