

In Him All Things Hold Together

October 7, 2015

A Self-Guided Prayer

A few weeks ago there was an astronomical sight that will not be seen again for many years to come: The lunar supermoon. At its peak the moon was covered in the expanse of the earth's shadow while exuding a reddish hue. The earth was in perfect alignment with the sun and the moon in such a way to cast its shadow on our lunar acquaintance. Viewing our earthly shadow on a large mass such as the moon made one feel eerily small in comparison.

Not only was this sight incredible to view, but the idea it prompted that in order for this perfect alignment to take place, there must be an incredible amount of balance. Our galaxies are held together perfectly. Take this down to a micro scale. In our own bodies we know what a delicate balance our sugar levels, hormone levels, or cholesterol levels can be. Balance is everything.

It is not by chance that our earth is close enough to the sun to warm it and far enough away so as we do not catch fire. Likewise it is not by chance that our bodies function in a perfectly balanced manner so as to have sustained our lives as long as they have.

In Colossians 1:17 Jesus is described as holding all things together, or *in Him all things hold together*. The Greek word for *hold together* is *synistemi* meaning *permanently framed*.

Take that in for a moment.

In Jesus all things are *permanently framed*. Does this mean they are fixed and will never move? No. I do believe; however, this means that in Jesus all things are balanced and in an order as they should be.

So what does this mean to us?

This passage can fill one with courage and ease for we know that we are in the hands of a Creator who is holding all things together. Sometimes we may not see how they are held together. I'm not sure how the earth was in exactly the right place to cast its shadow on our moon, but I saw the lunar eclipse and know it happened. So too it can be with Jesus. Sometimes life seems unbalanced and not held together. Sometimes life may not look as we anticipated, but oftentimes it transforms into something stronger or different than before. Sometimes it takes courage to see life from a different angle and try to see how Jesus is holding all things together in our own circumstance. This takes a brave soul.

If your world feels out of control know that Jesus is holding it together. This does not mean; however, that bad things never happen because they do. There are forces in this world that are countering the efforts (ultimately unsuccessfully) of our God. However, all things are held together in our Creator's care.

Jesus was a carpenter and would have naturally made things *permanently framed*. Ask Jesus to help you in your life in the areas you need some permanent framing, a place you might need to know that you are held together or your circumstance is being held together.

For the rest of the time meditate on the phrase *in Him [Jesus] all things are held together*. Let this cover you and cover your current circumstances. View each place in your life under this phrase.

In Jesus my relationship is held together.

In Jesus my finances are held together.

In Jesus my depression is held together.

In Jesus my family is held together.

In Jesus my sanity is held together.

In Jesus my _____ is held together.

When you walked in you picked up a wood piece that is *permanently framed* and a marker. Feel free at any point to write on this frame with marker the things in your life that Jesus is currently holding together, or the things in your life that you need Jesus to hold together. Imagine as you write it out that Jesus is the permanent frame holding your situation together.

God hears your prayers and circumstances. Bless you as you begin to trust Jesus with the fragile places of life knowing that God cares for you deeply and loves you with an everlasting love.