

Stock Market Roller Coaster

Those of us that watch the stock market and are trying to plan for our retirement have been on a wild ride the last few years, and again, especially the last two weeks as stock market indexes plunge hundred of points one day and soar back the next, with trillions of dollars of asset values lost or gained.

Much of life feels like a roller coaster ride similar to the stock market and it's just as unsettling. How do we men, who are called to be leaders in our families, our churches, and our communities keep a level head? Often our faith surges and wanes much like the market and sometimes we subconsciously, or maybe even consciously, adjust our theology to match what we believe the realities of life are, based on outward appearances and events, but we are reminded what faith really is:

Now faith is the substance of things hoped for, the evidence of things not seen. Hebrews 11:1 (NKJV)

Having the typical male rational mind, my first thought is that this makes no sense to me. But, what this is telling me is that faith isn't about what I believe in my logical mind, but what I believe in my spirit—that part of me that is the real substance of who I am and will live on into eternity.

Along with the grace of God, faith is a key element to my eternal destiny.

For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, Ephesians 2:8 (NKJV)

My eternal destiny rides on my faith. And, my peace of mind while I'm on this roller coaster ride of life lies in my faith too. To the extent that I can trust who God is, who he created me to be, and how much he loves me unconditionally, I have peace and serenity in the midst of the turmoil of life.

With that much on the line, I can't afford to not invest in building my faith, and I do that by building my spirit—in times of not just Bible study and prayer, but also in quiet meditation, where the Holy Spirit and mine join and He confirms deep within me that God's love for me is secure and He will never leave me or forsake me.