



By Summar Bussey

My fellow seniors: as you seek answers, joy or understanding, I can only encourage you to look for Jesus. He has never left you. When all things fail, I assure you He will not. Depend on Him. Accept His love for you. Let your faith be greater than your fear. He will provide. Trust Him.

1. Assess Your Roots (Psalm 1)

In life, there are going to be moments of extreme highs and extreme lows; the important part is where your roots lie. In the time when all seems wrong, do your roots reside next to His streams of goodness? Knowing your foundation is necessary when confused and afraid.

When you are not firmly rooted in God's love and secure in His calling of your life, the winds of change will rock you out of place. I urge you to use this time of isolation to dig deep and search for the location of your roots. Grow firm in your faith, yearning for His hand of healing and security in each season of abundance or lack thereof. He will provide according to His plan; our job is to trust Him fully and seek His wisdom in all seasons.

2. It's OK to Be Afraid (Psalm 13)

I want to reassure you that it is okay to lament; it is okay to grieve this time lost. God is your friend and confidant; He wants you to talk to Him and He wants to know your deepest concerns and questions.

When you are unsure or scared, God is the best person to talk to about it. He is always listening, even if it feels like He is not, He understands that what you are going through is not easy, and He encourages you with His unfailing love. You don't have to hide from Him, you just have to simply open your heart to your Father. Wait on Him, and He will answer and provide peace.

3. Seek Joy (Psalm 30)

Joy is more than just happiness. Joy is more than just satisfaction and peace in times of trouble. Joy doesn't rise up and down with our emotions. It's steady. Joy comes from a Jesus-first and Jesus-fueled surrender. What a declaration of surrender and joy when you can look at the face of tomorrow—unknown and terrifying—and say, “come what may.” If you feel a lack of peace or joy, I advise you to take a look at where your joy is coming from. Are you searching for joy in a relationship, an experience, or yourself? I can guarantee that you will never experience true joy when you seek it anywhere that is not Jesus Christ. All you have to do is ask and believe that He will provide it. His grace covers the rest.

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