

security

keep us afloat

Bex Lawton on being buoyed
up in life's storms

In Hebrews 6:19, the hope for our souls is described as an anchor, firm and secure. But lately, it seems to me that God's hope doesn't so much Anchor us down, as holds us up.

His hope keeps us afloat.

Now hopelessness?

That's heavy.

It feels like lugging around lead boots on your feet. It's sure to drag you down
And sink you to the bottom of the sea.

If that's you today

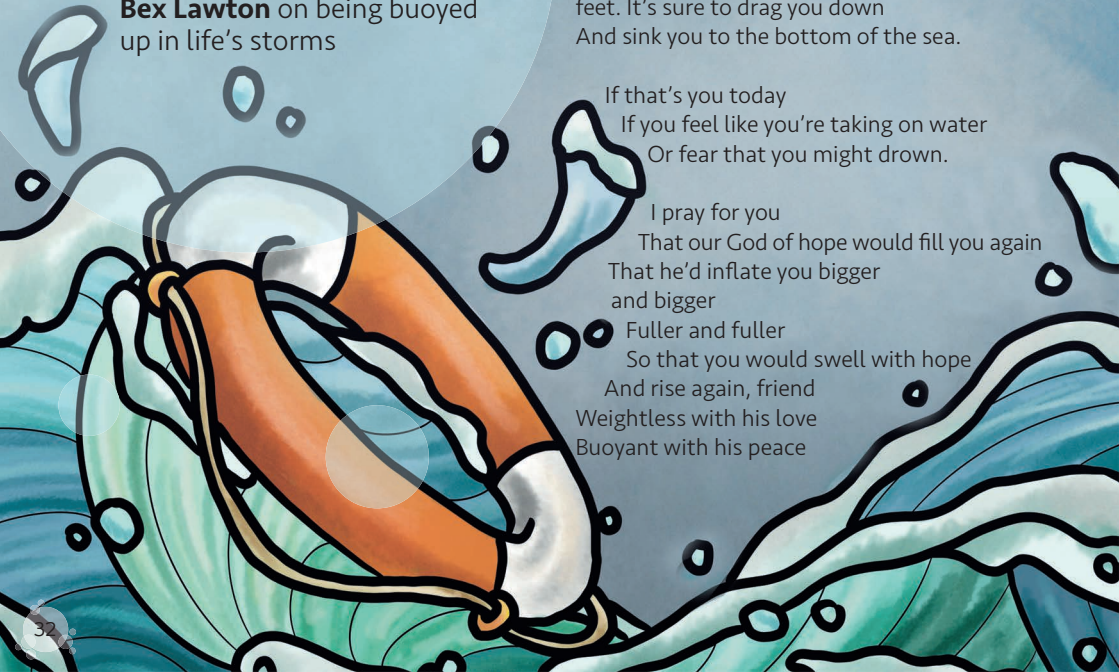
If you feel like you're taking on water
Or fear that you might drown.


I pray for you

That our God of hope would fill you again
That he'd inflate you bigger
and bigger

Fuller and fuller

So that you would swell with hope
And rise again, friend
Weightless with his love
Buoyant with his peace





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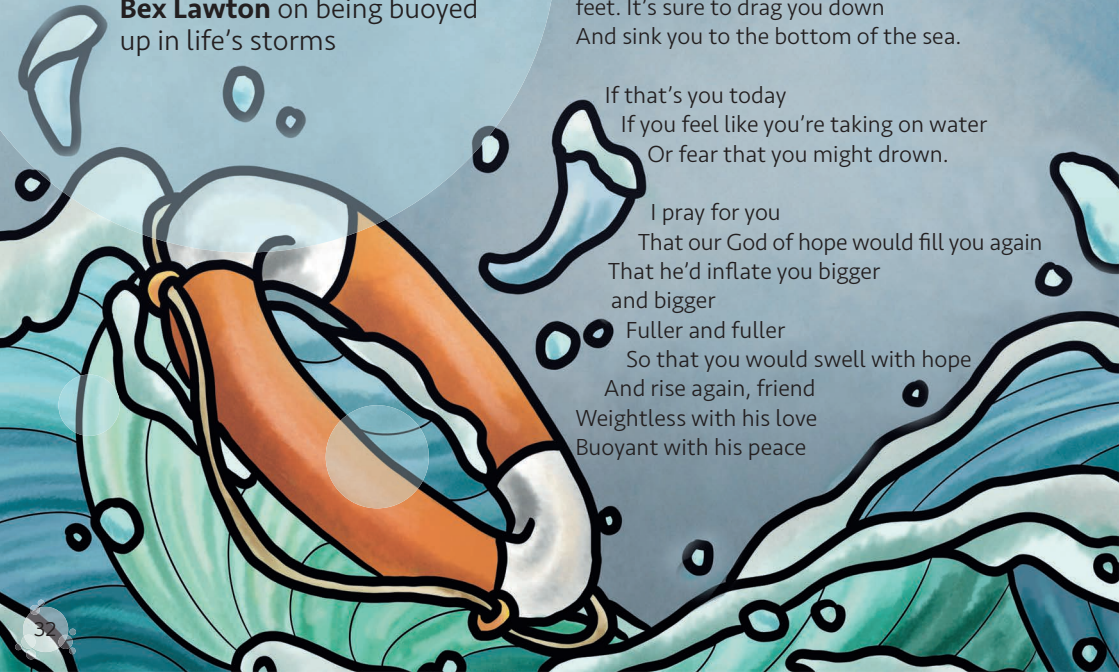
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That you'd bob, bob, bob, about with joy
 Dancing across the surface of the oceans deep
 Undeterred by the storm-tossed waves
 Yes, I pray that God's hope would keep you afloat.

And please, know that you're not some
 isolated boat
 or dinghy lost in the vastness of the ocean.
 There is an 'us' out there on the waters
 with you
 And we're all holding onto this hope too,
 you know.

Let 'us' be tethered to hope
 Let 'us' be tethered to hope
 With fisherman's knots, taut and
 uncompromising.
 Together we are a great body of vessels
 Together we are a great fleet for him

Propelling one another into love
 Driving one another into good action.
 Some voyaging overseas
 And others in harbours closer to home.
 All of us adventuring
 We rescue other sinking ships
 We drag people out of the water
 We share out hope and see them filled too.

Weightless with his love
 Buoyant with his peace
 Bob, bob, bob, about with joy
 Dancing across the surface of the oceans deep
 Undeterred by the storm-tossed waves.

Yes, together is better
 We weren't meant to do this on our own
 Together we are a Fleet
 Together friends, we can be a force for hope. 🌊

Bex Lawton, CMF Associate Head of Nurses & Midwives is
 a paediatric nurse in Oxford, and CMF's 'Poet in Residence'

Illustration by **Sarah Louise Bedford**