

CHANGING SEASONS

REV. MIKE TRINIDAD

"As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease." Genesis 8:22 NIV

Temperatures have been rising during the past two weeks and are forecasted to hit the roof, so to speak, in the middle and toward the end of May. Not to be outdone, PAGASA has declared that the La Niña weather phenomenon that has given us the cooler temperatures to enjoy the cold nights has ceased and the extreme high temperatures we've been experiencing is a grim reminder that El Niño will soon be upon us.

Just as we took comfort in the cooler than usual temperatures we had been experiencing since December, many of us dreamed and hoped that this would be the norm for the time to come, lo and behold, it was not meant to be - for summer is surely upon us! Bring out the ice-cold drinks and refreshments that will bring your body temperature down.

Though it hasn't yet been officially declared, already, many are left scrambling for cover from the intense rays of the sun and the discomfort it brings most people. Hats and

head coverings are becoming necessary for many to keep them protected from the harmful effects of exposure to the scorching sun. We are often advised to drink as much water as we can to prevent dehydration, but, sadly, many people disregard this and succumb to the dreaded and uncomfortable side effects of dehydration.

And while seasons indeed change, our blessed hope is that our God never changes. He is the same God yesterday, today and forever, even amidst the changing seasons that we experience in life. In whatever season we may be in, our comfort is in knowing that God is always in control. When we put our faith and trust in Him, He will allow us to emerge victorious in the changing seasons of our lives.

One of the ways we can prepare ourselves to face the changing seasons of life is to grow deep in the Word of God. Indeed, as trees need to be rooted deeply and strongly for them to weather the storms that inevitably come, the same is true for God's people. The Bible is good for teaching and equipping us to follow God's instructions for living. Enroll in the many courses that are being offered by the church to

help you grow deeper in the Word.

Another way that you can grow that will surely help you as you navigate the various seasons of life is through our main vehicle for discipleship - Growth Groups! We will never tire in reminding people to be part of a growth group that meets regularly for fellowship, the study of the Word of God and for accountability. There are surely groups in your area or that you may share a common interest with that will be glad to welcome you to be part so that you may be mutually edified in meeting together virtually or in-person.

Just as there are ways to help you cope with the changes in the season, the same is true for the changing seasons of life. I hope that you would consider the many ways that the church can help you navigate through the changing seasons and allow you to be refreshed and renewed through these changes.

Don't let the change of seasons intimidate you because God will surely see you through the changing seasons!✠