

Sitting on the Dock with Jesus

A practice to help bring Jesus into the daily stresses of life.

1 Peter 5:7 – “Cast all your anxiety upon him because he cares for you” Only then will you prosper and succeed in all you do.”

Image yourself sitting on a dock with Jesus. The dock is near a river that is flowing by at a gentle pace.

Take whatever concerns you may have (people, circumstances, personal struggles, emotional struggles, spiritual struggles) and place them on a wooden raft and simply let them float by. Pay attention to what Jesus, through the Holy Spirit, might say to you about what you have placed on the raft. Downstream is a pool where the Trinity is receiving and tending to the things you have allowed to float by.

Be aware that some of the things you have placed on the raft may resurface (they paddle themselves back upstream!). That's fine – simply release it again, listen for something Jesus may say, and trust that God will tend to it.