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PLIMSOLL LINE

Wanting to maximize every trip carrying cargo in the 19th century, sailing ships were oft times overloaded. This proved costly as the ships and the crew were frequently lost at sea. British politician Samuel Plimsoll in 1875 championed the need for legislation to protect the shippers from themselves and their overloading practices. He sought to have a line created that would be on the side of ships and show if they are overloaded. The "load line" became to be known as the "Plimsoll Line" and still can be seen on the hulls of ships today.



all your anxieties upon Him, because He cares for you." (1Peter 5:6-7)

Anxiety is defined as being, "an abnormal and overwhelming sense of apprehension and fear".

An uneasy state of mind due in large part to a feeling of being overwhelmed. When overwhelmed, God is clearly capable; we simply must humble self and turn to Him. Inasmuch as God knows the "thoughts and intents of the heart" (Hebrews 4:12-13), it stands to reason that He also knows what we can bear (see 1Corinthians 10:13).

Oft times, like ships, our lives can get overloaded, with so many stressors. Thinking back over the past three or so years, with the pandemic raging, on top of everyday struggles and concerns, how many thought they were in danger of going under? In his second letter to the brethren in Corinth, Paul expressed that he at times felt overwhelmed, notice what he writes in chapter one, "For we do not want you to be unaware, brethren, of our affliction which came to us in Asia, that we were burdened excessively, beyond our strength, so that we despaired even of life" (v.8) He goes on to point out in the following verses the necessity to trust in God, and to thank the brethren for their prayers.

In the fourth chapter of Second Corinthians Paul again addresses pressures of life, "we are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down but not destroyed" (v. 8-9) But pay close attention to the last part of verse nine, "but not destroyed". Children of God have a most wonderful resource available, our Father in heaven. Who stands at the ready to help us bear the load.

"Humble yourselves, therefore, under the mighty hand of God, that He may exalt you at the proper time, casting

In the 61st psalm, David expresses the utmost of confidence and trust in God. Relying on God for protection. Notice the first four verses of that psalm. "Hear my cry, O God; give heed to my prayer. From the end of the earth I call to Thee, when my heart is faint; lead me to the rock that is higher than I. For Thou hast been a refuge for me. A tower of strength against the enemy. Let me dwell in Thy tent forever; let me take refuge in the shelter of Thy wings." What balm for the soul for one who is overwhelmed with the rigors of life and in real danger of sinking. Notice as well what David pens in the 68th psalm and verse nineteen. "Blessed be the Lord, who daily bears our burden. The God who is our salvation." There are many of David's psalms which deal with his being overwhelmed and reaching out to God to keep him from sinking.

A valid question is presented by Solomon in Proverbs 18:14. "The spirit of a man can endure his sickness, but a broken spirit who can bear?" While being held in custody by the Romans, Paul made evident he was not going to allow himself to be overwhelmed and defeated. "Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God which surpasses all comprehension, shall guard your hearts and your mind in Christ Jesus." (Philippians 4:6-7) (wbc)

THE BULWARK