

THE BULWARK

CHILL...

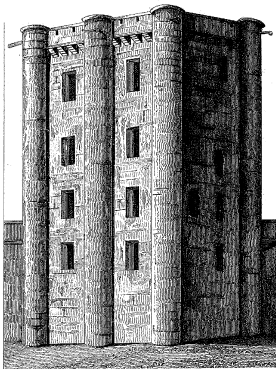
July 12, 2026

Winnetka Ave. Church
Of Christ

7054 Winnetka Ave.
Winnetka, CA 91306

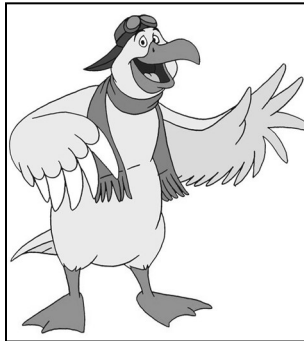
818.795.5566

- W. Bruce Evans,
Minister
- FREE Bible
Correspondence
Course
- In Home Bible Clas-
ses On Request
- Bible Based
Counseling
- Website:
winnetkachurchof
christ.com
- E-mail To:
wbe@wolfenet.com



*"Mark well her bulwarks,
consider her palaces, that
you may tell it to the
generation following"*
Psalms 48:13

While I am not really one for animated movies, I recall watching some "back in the day" when our youngest son was in elementary school. Recently I was reminded of a snippet from the "Rescuers Down Under" movie wherein a doctor was trying to treat an albatross named Wilbur. The doctor pleaded with the reluctant bird, "you must relax" whereupon the doctor was told, "Relax? I am relaxed!" Clearly Wilbur was not relaxed and how could he be. It would be a rare bird indeed who would be relaxed when he was trussed up and ever so mindful of the doctor's somewhat questionable methods. Then Wilbur said dripping with sarcasm, "if I were more relaxed, I'd be dead!"



The relatability of that scene is clearly evident as it captures how we feel when we are in the throes of full on panic. It doesn't have to be a life or death situation, but any situation where emotions and fears are pushed to the surface and we are encouraged to "relax". I have known of times when the words of "try to relax" have been taken and used as if someone had tossed gasoline on a campfire. WHOOSH

In life we will face times when it will feel as if it is tightening its grip. Tighter and tighter; seemingly without any relief. The author of the 116th psalm captures that feeling. *"The cords of death encompassed me, and the terrors of Sheol came upon me; I found distress and*

sorrow." (v 3) In many of the psalms the expression of how life presses upon one is seen. Another example of which is Psalms 88:3, *"For my soul has had enough troubles, and my life has drawn near to Sheol."*

"Chill" we tell ourselves, but to no avail. It seems so natural to want to push back, but that only makes matters worse. But when we finally remind self that the antidote to anxiety is found by drawing nearer to God. Going back to Psalms 116 and looking at verses four and five the psalmist celebrates, *"The I called upon the name of the Lord; O Lord, I beseech Thee, save my life! Gracious is the Lord, and righteous; yes, our God is compassionate."* Then looking to the New Testament we see, *"Let us therefore draw near with confidence to the throne of grace, that we may receive mercy and may find grace to help in time of need."* (Hebrews 4:16) Notice as well what James sets forth. *"Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded."* (James 4:8)

"Chill", yes indeed! But it demands that we let go and let God enter in. Jesus, in the night in which He was betrayed noted, *"Peace I leave with you; My peace I give to you; not as the world gives, do I give to you. Let not your heart be troubled, nor let it be fearful."* (John 14:27) Writing from a Roman prison, Paul spoke about the *"peace of God, which surpasses all comprehension"* (see Philippians 4:6-7) We today can find that peace as well. (wbe)