

# "DO YOU HAVE MOTION SICKNESS?"

St T's Weekly Devotional || Wednesday 16 December 2020



## David Owens

Driving along in the car the other day I asked my wife, who was sat in the passenger seat, to send a text to someone. "I can't", she said, "if I do that it makes me feel sick and gives me a headache." Does that sound familiar? That's motion sickness, the scourge of many school trips to Alton Towers. One of the recommendations for motion sickness is to look ahead at a fixed point because it gives some reference to your mind and body about what's going on. That's why looking at a phone, or reading in a car can make you feel awful.

We all need a point of reference for life. Our world can be dizzying, it's constantly in motion and has a seemingly endless array of beliefs, ideas, experiences, problems, practices and creeds. I recently read about a daughter who had received this advice from her father: "Don't be defined by this world, it's confusing enough and broken enough at the best of times." It begs the question, where then should I fix my gaze when this world is too much?

According to John's gospel the answer is clear. Jesus claims he is the only one who can make any sense of this world. He is the only answer, the only Saviour. After all he is the Word, the one who created everything (John 1.3), he is the Way to God the Father (John 14.6), he is the Bread of Life (John 6.35), he is the Light of the World (John 8.12). Making him the focus of our lives and our identity is the only thing that will bring lasting wholeness to the soul. "Fix your eyes on Jesus" the writer of Hebrews said so that we "won't grow weary or lose heart." (Hebrews 12.2-3)

Friends the world around us is like an ocean constantly in motion. The waves and currents go here and there as they please. It's easy to feel overwhelmed. Perhaps you've had that sense more than ever in 2020 and as we approach Christmas. But the good news is that there is a point of reference. He is the Word made flesh. As Bonhoeffer put it: "God is in the manger". He not only created the world but experienced human life first hand - that's the story of Emmanuel, God with us. It takes faith, but when we decide to believe in him, follow his ways, fix our gaze on him alone, we'll find the motion sickness subsides.

**"...fixing our eyes on Jesus... so that you will not grow weary and lose heart." Hebrews 12.2-3**

