

# FaithBIT



## Trusting in God

Reflection by Sophie Flom

*Editor's Note: This week we have a FaithBIT in the form of a First Word (an opening devotion for Confirmation) from one of our High School Student Leaders.*

Hi, my name is Sophie Flom and I am a sophomore at Eden Prairie High School. The verse that I have chosen for First Word at Confirmation this week is from Exodus 20:1-3. It reads, "And God spoke all these words: I am the Lord your God, who brought you out of Egypt, out of the land of slavery. You shall have no other gods before me." This verse is discussing what God said regarding the Ten Commandments and idolatry, and although nowadays we aren't necessarily worshipping a Golden Bull, it is easily applicable to our modern-day life. Society sometimes treats materialistic things and temporary trends as a god itself. It is okay to want the newest iPhone or shoes or AirPods, and it isn't like you have to sit in your room praying and reading the bible all the time but setting time aside to connect with God can be incredibly impactful.

I know that this time of the year can be very difficult and stressful, since a lot of us have finals coming up and Spring break is kind of lingering, and it is easy to get distracted and place schoolwork, work, and other stressors in front of God. Especially now that we are in the season of Lent it is so important that we all slow down and focus on what we should be prioritizing, which is God. Balance is challenging, because we are all so busy and we have so much going on at once, but for me, placing my trust in God and knowing that God will handle everything brings me a lot of comfort.

“...knowing that God will handle everything brings me a lot of comfort.”  
- Sophie Flom

Personally, I, like many other people, have the tendency to get really anxious and I overthink about my classes, and relationships, and the future, and it can be really draining. Small things like doing my devotions, writing, or praying, lifts a weight off of my shoulders and gives me faith that everything will work itself out eventually. School is temporary, work is temporary, money is temporary. Developing a strong, stable, and trusting relationship with God is something that will last forever. Set time aside to pray, learn, and speak to God, because in doing so, not only are you getting the relief of him remaining in control of everything you have going on, but I promise that it will make you feel better as well.

Prayer: Dear God, thank you for being the backbone that we all need when things get hard. Even though we live in a time where it is easy to put our trust and energy in the wrong places, thank you for guiding us back to you. As we are in Spring break season, we pray for a time to renew, reflect and grow closer to you. Keep us safe and healthy during our break and let us all return refreshed and relaxed. We are very lucky that we have the constant support that you provide. In your name we pray. Amen.