HE LIFTED ME OUT

A SPECIAL MESSAGE FOR PHOTOGRAPHERS

 I waited patiently for the Lord;  
    he turned to me and heard my cry. He lifted me out of the slimy pit,    out of the mud and mire;he set my feet on a rock    and gave me a firm place to stand.

Psalm 40:1-2

Do you ever get swamped by ugly feelings and memories? I couldn’t be the only one. I think it must be a lot like the mud and mire King David talks about in Psalm 40. David tells us that God lifted him out and gave him “a firm place to stand.”  
  
I often think of the bad things that have happened to me. But God has helped me find a way out. He lifts me to a better place through activities I love to do, especially photography. I’ve been keeping a small bouquet of flowers handy, always ready for when I need it. Picking up my camera to capture the flowers there does wonders for me.

Through the creative work, God gave me a firm place to stand.  
  
I forget everything else. As I explore the various floral groupings, I’m caught by a sense of wonder. With enthusiasm I try to capture as many different compositions as I can. A wide variety of shapes and colors. I make many pictures and do the only thing I can think of doing with them: I share them with others. Not only does the photography make me feel good. But when I share it with others, I feel even better.  
  
Many of us have times when it feels like we're stuck in a bad place and have then found God’s help lifting us out in a similar way.  
  
All of us have some kind of “bouquet” within ourselves that God can help us explore. All of us have some corner of our life where we can find color. What kind of bouquet will you explore today? What is your passion?  
  
Much good work has been done in response to pain. Much good art has been produced.  
  
When my mood dips and I find it hard to move, I remember the good times I’ve had. I remember the life I’ve found there—the light. And God draws me back to the joy of spending time with him in that place—back to capturing images that show what life is truly like—the good and the bad.  
  
Do you, too, have a place that draws you to God, where he will lift you up? Most of us do. Everyone has some kind of bouquet, and you don’t have to have to be a photographer or have actual flowers to get there. God has created something for everyone.  
  
When you’re in the mud and mire, don’t hesitate to join God in the place he has for you—that place where you know he will lift you up. Let God bring you back to what gives you joy.

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