



## **Sunday Stroll With Sophie - January 17**

I dropped off Ross ( our oldest son ) and Johji who is Ross's Japanese friend and our homestay student at Grouse Mountain. As they spend the day skiing I decided to head to Cleveland Dam. I was trading the busy, noisy, ski slopes for the magnificent, encircling, snow-capped mountains and the peace

of the woodland walkways and the rush of the Capilano River. These treasures were to be shared with our family's much loved four legged friend , Sophie, who is obedient and adorable in every way.

During my walk among the majestic Douglas fir trees I stopped for a while at the fish hatchery to enjoy the sight and sound of the Capilano River forcibly cascading down some rocks then meandering on into a more calm, free-flowing stream. I lingered there for some time watching the strength of the water tumble over the rocks, churning up all that was

beneath it before it moved on to its more peaceful meander further downstream.

It was then I heard the Lord remind me of John 10:10 –

*“I came that they may have life and have it abundantly.”*

The Lord sacrificed himself so that I could have abundant life. He had spoken to me about this verse recently. What did He want me to hear? I felt the Lord draw me to the word “abundant” again reminding me that abundant can also mean free-flowing and unhindered. As I watched the cascading water the Lord whispered to me – “Just as this water runs freely and unhindered on its journey so do I want my presence to flow freely and unhindered in your life. Like the churning water you now stand before I will allow times when your life will be churned up with everything that is in the depths being brought to the surface to be dealt with. These will be times when you will receive insight, healing, and direction. Then you will be able to move more gently and peacefully on your journey just like the free flowing stream that moves before you. Do not fear the churning my beloved but move unhindered over the ragged rocks of life. You will not lose direction nor be damaged along the way. Live life abundantly in me and be carried to a place of calm to continue on your journey”.

Thank you Lord. Amen ( so shall it be! ).

Esther Tully