

## God: The Perfect Trainer

I recently attended a parenting class for Christian parents. We were reminded of what a child actually is—that is a gift from God. The session then considered the biblical principles concerning practical matters such as discipline. Planning to attend this session and indeed arriving at this session, I had ‘forgotten’ my past. I had no thoughts concerning the reality that my parenting was from day one unusual—and yes—painful. Within twenty minutes of the session, completely unexpectedly, I felt again that deep dread, that deep sorrow that comes with, if not bad memories, than associations with those memories. Nevertheless, I continued on with the session and undoubtedly took some important insights and reminders about the role of parents. But I also took something else away—that horrible deep set feeling in the bottom of your stomach when dread and fear set in. And so the pit of mental darkness set temporarily in. But God is not only merciful; he is the Great Trainer of His children. I arrived at church inwardly despondent, lacking any real desire to hear His word or even mingle with His people. I would have rather just shut myself away in my room, away from the noise of the world that always seems so much louder during my, what I refer to now as ‘pit stops’. The sermon was on Joshua chapter two. The theme: God triumphs. During that sermon I learnt about Rahab—the prostitute who acted according to her faith and through that earned a place in Hebrews famous list of faith heroes. And yet what was she? An outcast. She probably often felt filthy. And that sense of filth would have been exacerbated by the words of those she met. Yet God in his wisdom took this woman, her dark situation and turned her around. Light shone out of darkness. This woman, in all of

her darkness, would form part of the human ancestral line of Jesus, the Christ. From utter darkness came the Light of the World. And so I remembered how God in his wisdom allowed that darkness in my life so that I could witness to the power of his light. And so what was that parenting class really about? For me, I had to be reminded of those feelings, of that pain, so that I could also be reminded of his power to overcome it all. God is indeed the perfect trainer and always triumphs.