

NBA Chapel Notes  
**It Is What's Below Deck That Counts!**

What is your anchor? What keeps you stabilized in the midst of adversity? What keeps you balanced and focused moving in the right direction when things aren't going your way?

Large sailboats must have more weight below the water line than above. In nautical terms its called ballast. Ballast is simply a counterweight, but without it the sailboat would roll over and capsize. Don't be impressed with what you see above the water line until you check below deck.

Keeping your head up in tough times is easy for many because that's just a pride thing and we can front. But how do you keep your heart right and your head straight in the midst of deep adversity? It all depends on your focus.

Even though Goliath was 9' tall and a champion warrior, David never called him a giant. David saw Goliath from God's perspective. To David, Goliath was just "an uncircumcised Philistine who was defying God (1 Samuel 17:26)!


Also David relied on God for the victory, not his own strength alone. As a young Shepard David had miraculously killed a lion and a bear to protect the flock. When it came time to fight Goliath, he remembered it was about God's power to deliver him (1 Samuel 17:37)."

Finally, David's purpose for fighting Goliath was not personal glory, but God's glory. *David said to the Philistine, "You come against me with sword and spear and javelin, but I come against you in the name of the LORD... This day the LORD will hand you over to me, and I'll strike you down and cut off your head (1 Samuel 17:45-46).*

David was able to stay "right-side up" even in the face of death because he kept his focus on the LORD and not the adversity in front of him.

Your foundation and your focus will determine whether you stay afloat or capsize in rough seas. *That's why Isaiah proclaimed; You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You (Isaiah 26:3).*

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