

Adjusting Your Sails

By: David Burruss

There's a simple phrase I've come to love: "You can't control the wind, but you can adjust your sails." It's such a quiet truth, isn't it? Life comes with unexpected gusts. Sometimes they feel like refreshing breezes, and sometimes they knock the breath out of you. But either way, the wind isn't up to us. What is up to us is how we respond.

I think about Paul's words in Philippians 4:11–12, where he says, "I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound." That's a man who's learned how to adjust his sails. He's not at the mercy of his circumstances. He's learned the secret of navigating the storm and the calm.

There's something freeing about realizing we're not in charge of the wind. We can't stop the job loss. We can't undo the diagnosis. We can't make people treat us the way we want. But we can choose to lean into God's promises. We can shift our thinking, anchor our hearts in truth, and let the Holy Spirit guide our next step.

Jesus told His disciples in John 16:33, "In the world you will have tribulation; but be of good cheer, I have overcome the world." That's not a promise of smooth sailing, but it is a promise that we're not alone in the boat. He's with us, and He's already conquered the storm.

Honestly, I used to get frustrated when things felt out of my control. I still do sometimes. But the older I get, the more I'm learning to stop wasting energy trying to change the wind. Instead, I've been asking God to teach me how to adjust my sails. To shift my perspective. To respond with trust instead of panic. To walk by faith instead of sight.

In Proverbs 3:5–6, we're told, "Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths." That sounds like sail-adjusting to me. We may not understand the wind's direction, but when we trust the One who made the sea, we can still move forward.

So maybe today the wind is wild. Maybe it's silent. Maybe it's blowing you somewhere you didn't expect. Friend, you don't have to control it. You just have to adjust your sails.

And God will be with you every nautical mile.