

### Volume 3, Day 25: Buoyancy and Pleasure in God

Let something very real come from inside you, the Fruit of the Spirit. It is your love for God leads you to love others in a way that will make you and them more relaxed and gentle. And number eight, finally, you will experience **less frustration and futility**. Such are always evidence of the old creation work. We work hard, we do things. It just doesn't seem to be as fruitful as we thought it would be. Or we end up frustrated because it didn't turn out the way we hoped. Hopefully these eight ideas will help you craft a better relationship and greater trust for God. You can only relax when your trust is only in God's perfect purposes for you and the larger context of the whole of humanity.

Living in this journey with Christ leads to more buoyancy. I love that word. I heard it this summer from someone that said their life in Jesus made them feel more buoyant, lighter, not so exhausted, not so trying to figure out everything and then making it happen. It is living in the freedom and buoyancy of the Holy Spirit that draws us into the life that God has for us. Let those who have made progress in this pleasurable journey with God help you a little bit when you're trying to find that way that God wants you to live.

Our life is a constant adjustment. Things around us constantly change. There is the state of flux which leaves us with more challenges. So, how do we find peace in the middle of the chaos today? You can rest assured that tomorrow will be different from today. Tune in to the Holy Spirit's channel right now and only live in this moment as you listen to Him. You can find that signal! It comes in strong and clear and it lets us know how to live and how to follow him.