



Peak Encounter Monthly Reflection

.....

# All Weather Journaling

Allowing God to come close.



by [Heather Makowicz](#) on February 2, 2109

*Photo credited to: Brook Anderson through Upsplash*

Entry #4 - The Arenal Region of Costa Rica

### **Who's got your back?**

In the summer of 2002, my husband, Dave, and I decided to go to Costa Rica to celebrate our 20th Wedding Anniversary. We were super excited to try some adventurous activities, one being the most popular, a high ropes zip-line canopy tour!

I sensed in my prayer that it was time to conquer my fear of two things...fear of heights and the fear of public speaking I said to myself, "time to check the first one off my list." When we arrived at the venue hosting the tour, it was explained to us that not only would there be 18 zips, but half way through, there would be a free fall off of a plank. What? Hmm..WHAT did I sign up for again? So...there I went, down the thrilling zips high above the trees. This was such a freeing feeling! The closest to "flying" I had ever been. A few fantastic zips and then...the dreaded PLANK! In fact, the woman who jumped off before me with the bungee-type cord, had a blood curdling scream; the very goosebump raising scream you would hear in a scary Halloween movie.

With a nervous sigh, I asked Dave if there was any way I could back track my way down the long flight of steps to get to the ground. He answered, " yes, but it took such a long time to get up, and with a lot of effort, maybe you want to think about jumping...it's the short way down." Easy for HIM to say! Dave has a history of flying in the Navy, HE wasn't afraid of heights! Right then, I sensed a voice saying to me...think of the carabiners interlocked..."I am one carabiner holding onto the zip line, the **other** carabiner is YOU...**I've got you...hold onto Me, I've got you.**"

I took a deep breath and jumped! I screamed with both fear AND with crazy joy! When I finished the "harnased fall", I would swing back and forth between the trees, a small cliff, and the ground. Whew, eventually, I was caught by the spotters and landed safely to the solid ground beneath.

This was one of the biggest thrills of my life and the highlight of our vacation. Today, I often remember this "conversation" with God, and when I experience a tentativeness in my spirit, I recall the words, "I've got your back."

In fact, after that trip, I came home, and felt to commemorate this milestone, I took my Bible and wove two carabiners around the handle of the cover. It takes me back to that day, where I am reminded of God's faithfulness.

### **Invitation:**

**Can you recall a time when you were fearful of taking the "next step" in your life...whether its a transition from a job, yes to a permanent vocation (marriage, priesthood, religious, single life), or maybe taking a risk to try anything new?**

**Consider offering a prayer to God, asking Him to be part of the process. You won't regret it!**

Feel free to use this prayer or one with your own words:

*“Lord, I don’t know fully what is ahead of me. I think I know, I’ve “done the research”, but there are still some many unknowns. Please help to guide me, give me direction, and orient me in way you already have laid out for me, even before I know it one hundred percent. I trust that the faith, which is a free gift from You, will be given to one step (or jump ;) ), at a time, and that I can rest in your care. We pray for all these things in Jesus’ name. Amen”*



Peak Encounter Ministries, LLC