



**And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way.**

*Ephesians 1:22-23*

### **Who is the Son?**

For twenty minutes, 149 passengers were absolutely out of control. A fan blade broke off, causing one of the engines of their plane to explode. For those twenty minutes, they didn't know whether they would live or die, and they couldn't do anything about it except sit and wait. They were absolutely helpless and couldn't do anything except pray.

We can relate when we hit that patch of black ice on the road in the middle of the winter. We can relate when the other driver rear-ends us or crosses the middle of the road into our lane. We can relate when sickness or cancer comes without any cause at all. We can relate when someone suddenly loses a job through no fault of their own.

We couldn't stop our tire from going flat or our car battery from dying over night. We couldn't stop the other driver from falling asleep at the wheel or rear-ending us. There is so much in our lives over which we have no control at all. It's such a helpless feeling, because there is nothing we can do about it.

That's why these words from Paul are so important to remember, especially when life seems out of control. Do you see what Paul says about Jesus? Do you see what God did? He put all things under the feet of Jesus. All things. Things like the exploding engine in that Southwest plane. He ruled over those moments when the engine exploded and the plane suddenly lurched toward the ground. He ruled over those moments when your car skidded out of control on black ice. He ruled over those moments when you or someone you love suddenly got sick or lost a job.

He is Lord and ruler over all things "for the church." That's Paul's way of saying that Jesus is Lord for the people who believe in him. He is Lord over all things for you, for your good, for your benefit.

Things may be out of your control, but they are never outside of his control. He sits as King over all.

**Dear Lord Jesus, when my life seems out of control, remind me that you are Lord and ruler over all things. Remind me that things are never outside of your control. Calm my heart with the truth that things are never outside of your rule. Amen.**