

Learn to detect God's presence in your strengths and vulnerabilities using Portico's **Be Still** wellness activity.

PorticoBenefits.org/BeStill

## **Power to Swim Upstream**

Salmon were created with amazing gifts to swim upstream. With unyielding passion, generation after generation, they return to their birthplace to complete their life work. Remarkably, salmon are able to jump up waterfalls, some as high as 12 feet.

Anyone watching salmon swim upstream can witness the tremendous power of the water as it roars downstream, almost as if to shout a dare to the salmon to continue their journey home. Far less visible is what empowers the mighty, almost supernatural, leap of the salmon. Audacious leaps depend on the pools below the falls. The deeper the pool and the more forceful the waterfall, the higher the fish can soar.

From above, the water crashes to the surface of a pool and continues to plunge deep below. Under pressure from the unceasing stream of plummeting water, the water rushes from deep in the pool back up to the top. This ongoing pressure from the falling water acts as a hydraulic jump, squeezing the water to the surface with remarkable force. Salmon ride the hydraulic jump to power their initial leap, shooting them far beyond any distance or height they could achieve on their own power.

The salmon show us a truth that in ministry and in life, we can only get so far on our own. Just as we are embraced by the calm waters of baptism, we are also propelled on a remarkable journey of faith by the unstoppable power of Christ that dwells in us. From above, Jesus Christ comes into our world and into our lives to call us on a journey and empowers us every step of the way.

The Rev. Jeff Thiemann

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