

## STRENGTH AND WEAKNESS

Scripture references: Paul said to the elders, “We must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’” Acts 20:35 The psalmist wrote, “The Lord is my strength and my shield; my heart trusts in him, and he helps me.” Psalm 28:7 With a strong hand and outstretched arm—God’s faithful love lasts forever! Psalm 136:12

We all want to feel strong at all times and know that we can’t show any weakness. But it doesn’t happen like that, does it? There are events in our life that make us feel so weak and helpless. Like when one of our children is sick or a friend or family member is battling a terminal illness. Or when someone could use a financial gift to make it over a tough hump, yet we barely have enough ourselves to make it to the next paycheck. What do we do when it is us that is feeling the weakness? What do we do when it is a friend or family member?

The authors of the focal passages this week give us some great advice. The verses from Psalms paint a picture for me that God is holding us in his hands when we are battling some obstacle. He is there to comfort us and protect us. Imagine that very first time you held your newborn son or daughter in your arms and the love you were pouring out to your child. That magnified a thousand times is what God does for us. The verse quoting Paul reminds us that we have a responsibility to help those who are facing obstacles. We may not be able to cure the disease or pay off the financial strain, but we can always pray for God to provide comfort and to open our eyes on how we may further help. We can also work with groups that help those that are struggling. There are groups that help the homeless, the hungry, and those battling illnesses. We can help those groups too in order to expand our ability to help.

The next time you and I are facing some obstacles, let’s remember to rely on God. Remember the verse from Psalm 28. “The Lord is my strength and my shield; my heart trusts in him, and he helps me.” So just remember God is with us in our time of need. We just need to lean back on him and he will fully support us. He can be our strength in our time of weakness.