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Subject: Re: Bulletin Board

Posted by [james](#) on Mon, 13 Mar 2017 16:59:45 GMT

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Finding Strength...

As a person grows older the strength required for daily tasks become more of an issue, things readily available in our youth become evasive as we age. Scriptures take on new meaning, or at least for some people we start quoting them more often. <grin>

I have always been physically fit and active in sports and outdoor activities, now as I am going through the 'senior citizen' years I find myself challenged to do what I once could do with ease. Almost daily faced with aches and pains of some sort or another I find myself crying out unto The Lord and meditating on His Words about finding strength in Him. Scriptures like "the joy of The Lord is my strength" and what God told Paul when he was crying out for deliverance, "My grace is sufficient for you, and my strength is made perfect in weakness."

When God says that His strength is made perfect in our weakness, He is telling us that when we come unto Him totally unable to cope/deal with/make it happen/find it within ourselves and humbling ourselves before Him and seeking His strength to overcome the problems we face, He is there to grant everything we need for the situation facing us. It's in Him, not ourselves, that we are victorious.

Meditating daily on verses from His Word, especially in Psalms about strength from God and praying always is the key to overcoming weakness and finding strength.

Am I saying that there will be no more pains or problems, weakness and lack of stamina? No, I'm saying what He says, His grace is sufficient for whatever we face. His joy is our strength.