

Strength From The Lord

“I can do all this through him who gives me strength.” (Philippians 4:13)

Many times you may wake up in the morning and after long hours of sleep but you still tired and you want to sleep more. But the more you sleep the more you feel tired. What do you think the reason? Is it because a physical tiredness due to hard work? There is a time people feel tired but that relate to their physical activities, but there are times that they are tired and have not worked hard, but they are tired because their minds had been tired from certain things. The scripture teaches us reasons that can affect the mind and cause tiredness to the whole person as the following:-

1- Sudden hearing of bad news makes you lose your strength: This can be a shocking news, like death, catastrophes, war, tornado, massive earthquakes, etc. The sudden bad news will affect the mind and cause us to be paralyzed and not able to think or manage such situations. One time King Hezekiah, he is a righteous king of Jerusalem. All of a sudden he found out that Jerusalem was surrounded by big Assyrian army, and they sent a threatening letter to King Hezekiah to surrender the city to them. That was a sudden bad news to him. He went to the temple and He sent message to the prophet Isaiah so he can pray to God; he described to him the situation in this way: *“This day is a day of distress and rebuke and disgrace, as when children come to the moment of birth and there is no strength to deliver them.” (Isaiah 37:3)* He described their weakness as the weakness of the woman who is in delivery who had no more strength to deliver her baby. Certain times when we hear the bad news our strength will be drained out and we don’t know what to do. But here is the time that we need really to trust God and rely on His power for deliverance.

As we read the story of King Hezekiah and how he and Jerusalem faced this big threat by praying and trusting God we can see how God interfered miraculously in their lives and saved them. God assured them that He will defend the City, *“I will defend this city and save it, for my sake and for the sake of David my servant!” (Isaiah 37:35)* After that God solved their problem in this way: *“Then the angel of the LORD went out and put to death a hundred and eighty-five thousand in the Assyrian camp. When the people got up the next morning—there were all the dead bodies!” (Isaiah 37:36)*

As we could see although it was a big problem and it might lasted for a quite time, but one night God intervened to settle the whole situation. For you as

well God will do the same; one day you will wake up in the morning and will find out the big problem that you are carrying in your mind is no more. Therefore trust God and faithfully obey him and pray to him.

2- Constant threats, opposition and discouragement causes you tiredness in order to hinder you from doing the good work: Certain times you tired yourself by doing the real work of God with what He wants you to do. But while you are working hard and rebuilding your life in the way that God wanted to be, the enemy, the devil and his servants will be trying to shift your focus and distract your attention to minor things. The enemy will try to threaten you and inject fear in your mind. The story of Nehemiah from the Bible it tells us that; as he was rebuilding the wall around the city of Jerusalem there are people who were not happy of what he was doing. They started threatening him trying to stop him as we read here: *“When word came to Sanballat, Tobiah, Geshem the Arab and the rest of our enemies that I had rebuilt the wall and not a gap was left in it—though up to that time I had not set the doors in the gates—Sanballat and Geshem sent me this message: “Come, let us meet together in one of the villages on the plain of Ono.” But they were scheming to harm me; so I sent messengers to them with this reply: “I am carrying on a great project and cannot go down. Why should the work stop while I leave it and go down to you?” Four times they sent me the same message, and each time I gave them the same answer. Then, the fifth time, Sanballat sent his aide to me with the same message, and in his hand was an unsealed letter in which was written: “It is reported among the nations—and Geshem says it is true—that you and the Jews are plotting to revolt, and therefore you are building the wall. Moreover, according to these reports you are about to become their king and have even appointed prophets to make this proclamation about you in Jerusalem: ‘There is a king in Judah!’ Now this report will get back to the king; so come, let us meet together.” I sent him this reply: “Nothing like what you are saying is happening; you are just making it up out of your head.” (Nehemiah 6:1-8)*

They were plotting and conspiring evil against him and against the people who are helping him in the rebuilding. Nehemiah recognized that and he did not comply to them and to their request as we can read here, *“They were all trying to frighten us, thinking, “Their hands will get too weak for the work, and it will not be completed.” But I prayed, “Now strengthen my hands.” (Nehemiah 6:9)* Nehemiah prayed to God to strengthen his hands and not to be affected with the bad news and the threats that he is hearing.

3- Comparing yourself with others makes you tired: You are enticed because you are seeing the prosperity of the wicked. A person in the bible his name Asaph had the same problem as we can read here: **“Surely God is good to Israel, to those who are pure in heart. But as for me, my feet had almost slipped; I had nearly lost my foothold. For I envied the arrogant when I saw the prosperity of the wicked.”** (Psalm 73:2-3)

Asaph was wondering why the wicked prosper and he was asking God why He allow His blessing to flow to the evil doers. **“They have no struggles; their bodies are healthy and strong. They are free from common human burdens; they are not plagued by human ills. Therefore pride is their necklace; they clothe themselves with violence. From their callous hearts comes iniquity; their evil imaginations have no limits. They scoff, and speak with malice; with arrogance they threaten oppression. Their mouths lay claim to heaven, and their tongues take possession of the earth. Therefore their people turn to them and drink up waters in abundance. They say, “How would God know? Does the Most High know anything?” This is what the wicked are like— always free of care, they go on amassing wealth.”** (Psalm 73:4-12)

You may think the same especially if you are still struggling with certain problems in your life and may even wrongly conclude: **“Surely in vain I have kept my heart pure and have washed my hands in innocence.”** (Psalm 73:13) That set up and confusion continued in the mind of Asaph till he entered the sanctuary and have fellowship with God who explained to him the destiny of the wicked; they don’t have eternal life. As they don’t believe in Jesus who died on the cross for our sin to give us salvation and follow His word and His steps in their lives they will not have eternal life.

You may have the same way of thinking but this will discourage you and will hinder you from serving God and walk in His ways. God wants to tell you that He had called you and you have eternity in heaven. God wants to bring you back to Him and to repent from such way of thinking and to trust God and trust His faithfulness to you and to keep God in your heart. Trust God and say this from your heart: **“Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”** (Psalm 73:25-26) Yes God is the strength of your flesh and your heart and He is your portion and He will reward you for all your services. You will found your reward in heaven

My Dear and Beloved: **“Finally, be strong in the Lord and in his mighty power.”** (Ephesians 6:10) Do not be worry about what you are facing, **“This**

day is holy to our Lord. Do not grieve, for the joy of the LORD is your strength.” (Nehemiah 8:10b) Yes strength would come from the Lord but we need to stand firm. We may have trials and hardships and we may pray as Paul pleaded with the Lord and ask God why, **“Three times I pleaded with the Lord to take it away from me. But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.”** (2 Corinthians 12:8-10) There are certain times no one is beside you and no one is willing to help you but take heart God is there as Paul testified, **“At my first defense, no one came to my support, but everyone deserted me. May it not be held against them. But the Lord stood at my side and gave me strength, so that through me the message might be fully proclaimed and all the Gentiles might hear it. And I was delivered from the lion’s mouth. The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen.”** (2 Timothy 4:16-18) God is your strength and the strength of your heart, trust Him fully, He will renew your strength and you will be able to do what He ask you to do and you will say: **“I can do all this through him who gives me strength.”** (Philippians 4:13) Devil and the power of darkness may fight you and push you back and makes you a failure but, **“Be on your guard; stand firm in the faith; be courageous; be strong. Do everything in love.”** (1 Corinthians 16:13-14) **“Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.”** (1 Corinthians 15:58) **“But as for you, be strong and do not give up, for your work will be rewarded.”**(2 Chronicles 15:7) As well as, **“But we ought always to thank God for you, brothers and sisters loved by the Lord, because God chose you as first fruits to be saved through the sanctifying work of the Spirit and through belief in the truth. He called you to this through our gospel, that you might share in the glory of our Lord Jesus Christ. So then, brothers and sisters, stand firm and hold fast to the teachings we passed on to you, whether by word of mouth or by letter.”** (2 Thessalonians 2:13-15) As you agree to pray.

My prayer: Father God I come before You in the name of Jesus who died on the cross for my sins, He was buried and rose from the dead to give me eternal life. Lord thank you for your word that impart to me encouragement. Guide me and watch over me and sustain me in this time of trials. This all I ask and pray in Jesus name Amen.