

HOW TO STAY STRONG IN TIMES OF WEAKNESS

By: Fountain Hendricks

(Luke 22:39-46)

Staying strong in weakened moments is difficult to do. It becomes very stressful to press **AGAINST** the climate you are dwelling in. For example, It is hard staying encouraged when you've lost your job. It is hard to stay happy when you are being falsely accused.

It is hard to smile when you lose a love one to a terminal illness. It is hard remaining energetic when the weight of the world is on your shoulders. If you can relate to any of these scenarios you know what a time of weakness feels like.

THE ONLY WAY TO OVERCOME TIMES OF WEAKNESS IS TO BE STRONG IN CHARACTER!

This sounds easy to apply. However, it is hard to demonstrate. If you focus your attention to a weakened environment you will become weak because your **FOCUS DECIDES YOUR FEELINGS!** In order to be strong in times of weakness you must look **BEYOND** your current circumstance. Looking **AT** your weakness will **DISCOURAGE** you. Seeing **BEYOND** your weakness will **ENCOURAGE** you!

YOU MUST BECOME A PERSON OF
VISION SO YOU CAN SEE PAST
YOUR PRESENT WEAKNESS!

WISDOM NOTE: People who rely on their **SIGHT** can see what is in **FRONT** of them. People who rely on their **VISION** can see what is **AHEAD** of them!

WHAT DID JESUS DO IN TIMES OF WEAKNESS?

(Luke 22:39-46)

Jesus had to endure a time of weakness while He was in the garden of Gethsemane. When Jesus prayed to His Father, He said, *"If you are willing, take away this cup of suffering. But do what you want, not what I want."* While Jesus was in His time of weakness He did two significant things that enabled Him to push past the pain of His weakened moment.

● **THE FIRST THING HE DID WAS RELY ON HIS**

VISION: When Jesus said to His Father, *"Not my will but thy will"*, He made the decision to look **AHEAD** of Him and **NOT** focus on what was in front of Him. Jesus knew that He had to endure tremendous suffering. He decided to focus on the glory that was **BEHIND** the suffering instead of the pain before the suffering. Jesus vision helped Him to accept His Father's will.

● THE SECOND THING JESUS DID WAS PRAY:

Luke 22:44 says, "*Being full of pain, Jesus prayed even harder. His sweat was LIKE drops of blood falling to the ground.*" Jesus prayer was a prayer of **PRESSURE**.

Being under pressure will exhaust you. Jesus was feeling the pressure of suffering.

In Luke 22:44 the Bible says, "*His sweat was LIKE drops of blood.*" The Bible is presenting a metaphor to us so we can picture the type of pressure Jesus was under. When you are in a weakened moment the pressure of despair will inspire you to intensify your prayer life. Please take heed to how Jesus prayed. He did not do a lot of talking. He listened to His Heavenly Father. Prayer is ninety-five percent listening and five percent talking.

THE PURPOSE OF PRAYER IS TO RECEIVE A
DIVINE INSTRUCTION THROUGH THE
VEHICLE OF LISTENING.

When you are in times of weakness you need to lend your ear to the Holy Spirit. He will strengthen you. He will direct you. He will encourage you. He will enlighten you. He will give you knowledge. The words of the Holy Spirit gives divine strength. His words produce life and generates energy.

When Jesus was faced with His weakened moment He did not seek advice from His family. He did not vent to His disciples. He did not complain to His friends. **HE PRAYED!!** Jesus knew the power of words. He understood that the **WORDS** of His Heavenly Father could change the way He was feeling.

THE WORDS YOU HEAR WILL DECIDE WHAT
YOU WILL FOCUS ON. WHAT YOU FOCUS ON
WILL DECIDE WHAT YOU FEEL!

When you are tempted to be weak in times of weakness get in the presence of the Holy Spirit. His presence will...

- Calm you.
- Motivate you.
- Strengthen you.
- Build your Faith.
- Inspire you.
- Correct your focus.
- Relieve stress.

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