

## FINDING STRENGTH IN WEAKNESS

Life Connecting Teams ~ June 2024  
New Covenant Church of Philadelphia

*My flesh and my heart may fail, but God is the strength of my heart and my portion forever.* **Psalm 73:26 NKJV**

**OBJECTIVE:** To gain a better understanding of how God works in our weaknesses to develop our strength.

### **INTRODUCTION:**

Have you ever considered that the Lord can cause any storm in your life to blow you to the place where He intends for you to arrive? **Psalm 31: 24 NKJV**, tells us, *“Be of good courage, and He shall strengthen your heart, all you who hope in the Lord.”* God wants us to face seasons of adversity with confidence and determination because He is with us. There is a song that reminds us of the presence of God in all our circumstances. It says, *“Though the storms keep raging in my life, and sometimes it’s hard to tell the night from day. Still that hope that lies within is reassured as I keep my eyes upon the distant shore. I know He’ll lead me safely to that blessed place he has prepared. But if the storms don’t cease and if the winds keep on blowing in my life, my soul has been anchored in the Lord.”* **If you know the tune, maybe you could sing it together.**

### **Lesson:**

As believers, we will experience a wide range of emotions and struggles in this life and in the process of spiritual development. We are not promised a life of perfection on this earth, but we are reminded that God will never abandon us in the trying times. There is a time for celebrating, and a time for grief and mourning. God promises that regardless of what season you are in right now, He is present. He is with you. He is wiping your tears away, He is with you in your time of rest and renewal or celebrating those joyous moments, He is alongside you. His strength is made perfect in your weakness. His powerful Presence strengthens you.

**Discussion:** If you experience fear, anxiety, or depression it means your faith is flawed. (**true or false**)

Here are some scriptures to incorporate in your discussion. Please include any scriptures that you feel are relevant.

**2 Corinthians 12:9 NIV** – But he said to me, *“My grace is sufficient for you, for my power is made perfect in weakness.”*

**2 Corinthians 12:9b-10 NIV** – *“Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore, I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ’s sake; for when I am weak, then I am strong”.*

**Psalm 73:26** - *My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*

Feeling emotionally broken is not a sign that your faith is weak. In fact, seeking healing for your heart may be the most powerful act of faith God is calling you to. Seasons of struggle with emotional, mental, physical, and spiritual health issues happen to everyday people — even to believers who have strong faith and godly community. What we must understand is that **God wants to heal us, not shame us.**

### **A Study in Overcoming Seasons of Weakness:**

A very poignant example of a struggle with weakness is demonstrated in the life of Jesus in the following scripture, a reminder that Jesus Himself endured brokenness, anguish, and despair in His journey to the cross. **Matt.26: 37-39 NIV:** He took Peter and the two sons of Zebedee along with Him, and He began to be sorrowful and troubled. **Then He said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”** Going a little farther, He fell with his face to the ground and prayed, *“My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”* Three times He petitioned the Father *“to let this cup pass from Him”* but surrendered to the will of God. These verses highlight the humanity of Jesus, His deep emotional turmoil, and His commitment to fulfilling His mission as the Savior. They also serve as a powerful example of what submission to God’s will can accomplish, even in the face of great suffering.

In **Psalm 13**, David – A king of Israel and called “a man after God’s own heart” – shares with us his own prayer as a troubled man. It’s a prescription for healing emotional pain: **Remember the pain, recount God’s character, and resolve to trust Him.**

#### **Remember your pain:**

*“How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart?” (Psalm 13:1-2 NIV)*

David is honest and specific. Here is what’s happened and how I feel. How long do I have to endure this, Lord? So, what does that mean for us? **You can be open with God!** Pour out that pain and sorrow and put it at His feet.

#### **Remember God’s character and Resolve to trust Him:**

*“I trust in your unfailing love; my heart rejoices in your salvation” (Psalm 13:5 NIV).*

Then say, “Wait a minute. This is how I feel and what I have been through but let me focus on who God is. He loves me infinitely and unconditionally. He sent His Son to die for me. He has given me His Holy Spirit, also called the Counselor, to live in my heart!” **You must decide.** You may not feel like trusting Him. It’s a choice, an act of your will, and that’s what begins the healing process. **Your weakness exchanged for His strength!** Each of us has a story of that divine exchange in our lives. What’s your story?

#### **Remember in Prayer**

- Our founding Pastor Bishop Grannum and his family; Pastor Bob Oliver and Lady Denise Oliver and their family. Our Pastoral staff: Pastor Wangui Mwangi; Pastor Omar Barlow and his wife Jeneen; Pastor Andrew Grannum and his wife Chevas and their families.
- Ministers, Deacons, and all Heads and Leaders of Ministries at NCC
- NCC staff and volunteers
- Continued growth of the Prayer ministries at NCC
- The sick and shut-in; those who have experienced the passing of a loved one.
- VBS volunteers, children, youth, young adults, and all who will support and attend Vacation Bible School this year.
- Divine Protection of our children and youth.

Reference: [www.biblestudytools.com/bible-study/topical-studies/how-does-god-use-our-weakness-as-a-strength.html](http://www.biblestudytools.com/bible-study/topical-studies/how-does-god-use-our-weakness-as-a-strength.html)