Philippians 4:13 says:  

“|Philippians 4:13 says:  September 19, 2014|
---|

“There was a time when strength was the only thing I considered to be a real priority. Being a powerlifter, strength was viewed as something that is not just attainable, but necessary. When my training first began, I knew nothing and had no prior experience inside of a gym. Thankfully, my father holds world records in powerlifting and is also a world-class trainer. Not long after I picked up my first weight did I start to break records and was soon considered an elite lifter. I could lift weights that guys twice my age and size could barely do. It is too bad; however, this form of strength is only helpful inside of a gym.

Strength comes in all forms: strength to get out of bed, strength to fight through the woes of yesterday, strength to resist, strength of character, emotional strength, strength to comfort others, and strength to do it all over again the next day. But what type of strength does Christ give us in Philippians? Christ gives us strength to do all things.

Two stories immediately come to mind when I think about strength: Isaiah claiming that all strength comes from God (Isaiah 40:28-21) and when the apostle Paul says that the Lord stood by him so that he may have strength to deliver the gospel (2 Timothy 4:17). We are imperfect creatures that can only accomplish but so much. Who do you call on in your times of need? Ask God to be your strength today.

**Life Question:** What does it mean to be able to do *all* things through Christ? What are some of the things you need strength for?

**Prayer:** Dear heavenly Father, thank you for giving me strength. Please continue to provide me with the strength needed to do your works and to make it to tomorrow. Strengthen me so that I may be able to strengthen others also. Amen.

*Chance Kuzma, Campus Ministry Resident Chaplain and Divinity Student*