

Sister Talk: Resuscitate Your Faith

Going Deeper — Week 14: Relying on God's Strength

Memory Verse:

My flesh and my heart
may fail, but God is the
strength of my heart and
my portion forever.

Psalm 73:26

Gratitude: *There is no better way to remember who you are... whose you are... than to give thanks. Write down things you are thankful for this week.*

This Week's Spiritual Discipline

Throughout our faith journeys we have practiced a variety of spiritual disciplines. Spiritual disciplines are simply habits or activities we exercise to help us grow in faith. Each week we will make a suggestion for you to try.

Embracing Our Finitude

Carol says:

I used to get so angry with myself when I wasn't strong enough to do something I thought I should be able to. Like, open a jar, move a heavy box or rearrange furniture by myself.

I practiced this prayer exercise several years ago through a study called Metamorpha. It helped me embrace my finitude. Reminded me I was created to be dependent on God. And in my weakness, He is strong (2Corinthians 12:10).

The ***Embracing Our Finitude*** guide is found on the third page. Carve out about 45 minutes this week to spend in prayer and embrace your finitude. Prepare yourself to rely on His strength.

Relying on God's Strength

<p><i>Day 1</i></p> <p>Read Isaiah 30:15</p> <p>What are God's instructions to His people regarding salvation?</p> <p>What are His instructions regarding their source of strength?</p> <p><i>Returning</i> is a word which implies repentance. A returning to God. In what ways do you need to return to Him? Where have you been trying to save yourself?</p> <p><i>Quietness</i> in Hebrew is a stillness, as in motionless water. Where has your heart been stirred up? Do you lack confidence or trust in God in this area?</p> <p>God admonished His people for being unwilling to follow His instructions for salvation, deliverance, and strength. Why do you think they were unwilling?</p> <p>Why are you unwilling, at times or in certain instances, to trust God with your heart? The heart of your loved ones?</p> <p>Practice returning to and resting in Him today. Seek to quiet your heart and increase your confidence in Him.</p>	<p><i>Day 4</i></p> <p>Read Philippians 4:11-13</p> <p>List the places Paul describes in which he has learned to be content.</p> <p>After his listing he states: <i>I can do all things through Him who strengthens me.</i> Next to each item on your list, write the kind of strength needed to be content in whatever Paul described.</p> <p>Now make a list of areas in your life where you are not content.</p> <p>What strength do you need for contentment to be possible with the things on your list? Write them on your list respectively.</p> <p>Ask Jesus to teach you how to rely on His strength in these situations, so you might begin to experience peace in any and all situations.</p>
<p><i>Day 2</i></p> <p>Read Isaiah 30:1-3, 31:1-3</p> <p>Over and over in Scripture, the image of running to Egypt is used as a picture of running to the ways of the world for strength, protection, and help.</p> <p>How does God describe those who continually run to the world for protection?</p> <p>What does God call it when His people depend on the world's ways for strength without consulting Him first?</p> <p>What happens to those who depend on the world's strengths, rather than His?</p> <p>The world encourages us to find strength in financial portfolios, physical fitness and healthy habits, education, security systems, etc.</p> <p>Where are you relying on the world's strength more than God?</p>	<p><i>Day 5</i></p> <p>Read Psalm 46</p> <p>Who is God according to the psalmist?</p> <p>What aspect of God's strength captures your heart from this psalm?</p> <p>Is there anything too great for Him to handle? Natural disasters? War? Disease? Financial strains?</p> <p>Name the trouble or troubles in your life.</p> <p>Remember He is with you.</p> <p>Re-read Psalm 46:10</p> <p>Be still. Cease striving. Bring your troubles to Him. Know He is big enough. Find refuge and strength in Him. Ask Him to exalt Himself through whatever you are facing.</p> <p style="text-align: center;"><i>Be still and know that He is God.</i></p>
<p><i>Day 3</i></p> <p>Read 2Corinthians 1:8-10</p> <p>What did Paul and his companions experience in Asia? How great was the burden they felt?</p> <p>According to Paul, what was the purpose of this season of great affliction?</p> <p>Paul and his friends followed the Spirit's direction, yet continually ended up in desperate situations. Paul wants Believers to know, be aware, God allows difficulties and great afflictions for us to learn to rely on God's strength and not our own.</p> <p>How do you expect things to work out if you closely follow God's leading? Do you turn from God or toward God when things go badly after you've chosen His way? Why or why not?</p> <p>How can you begin to increase your reliance on God's strength during a difficult time?</p>	<p><i>Want to learn more?</i></p> <p>Sister Talk: Going Deeper is an extension of Sister Talk: Resuscitate Your Faith. You can find more on Relying on God's Strength by going to:</p> <p style="text-align: center;">SisterTalkFaith.com</p> <p>Scroll to the bottom and search Week 3/Day 4 Trust to review more information on trusting God's goodness.</p> <p>Sign up to receive blog posts by e-mail and each day's lesson will come straight to your inbox.</p> <p>Follow us on Instagram for encouragement along the journey at sistertalkfaith.</p>

Embracing Our Finitude

From *Metamorphosis*

We are fundamentally finite beings, but desire to be infinite. Like Adam and Eve, we desire to be God. Jesus says we can do nothing apart from Him (John 15:5), but clearly it's not something we believe when we look at the way we live.

Often times, when we experience our limitations (emotionally, physically, chronologically), our deep desire to be infinite is revealed. This prayer exercise is an opportunity to speak truth to God regarding your desire to be Him and Him to speak truth to you. Seek to focus specifically on one aspect God's wants to speak to you now, when it comes to being infinite.

Set aside about 45 minutes for this time of prayer:

- (5 minutes) Sit before God. Simply pray: *Father, I want to be open to You in truth. As thoughts and distractions come to mind allow them to pass and re-center on God by repeating the prayer.*

- (10 minutes) Acknowledge and confess your desires to be infinite:
 - ◊ Do I desire to make everyone happy?
 - ◊ Do I believe: If something is going to be done right I have to do it myself?
 - ◊ Do I expect myself to always have the answers to the questions (about God, life, work, etc.)?
 - ◊ Do I set unrealistic goals for myself in a day, week, year, etc.?

- (20 minutes) Acknowledge your finite nature:
 - ◊ God has created me with limitations.
 - * I cannot make everyone happy.
 - * I will have to depend on others to accomplish certain tasks.
 - * I have limited knowledge and am prone to forget things I have learned.
 - * I will frequently not accomplish all the goals I set for myself.

 - ◊ What is my reaction to experiencing my limitations?
 - * Do I make a new plan to increase the chance of success?
 - * Do I move on to something I know I can succeed at?
 - * Do I make up an answer to a question so people will think I know?
 - * Do I simply give up?

 - ◊ What is the driving emotion behind these reactions?
 - * Do I experience deep anger, fear, shame, or sadness when I am faced with my limitations?

- (10 minutes) In light of your desires, acknowledge God's infinite nature:
 - ◊ Read **Job 38** and listen to what God might say to you regarding His infinite nature.
 - ◊ While on your knees pray: *Lord, I need You. I have limitations and I am dependent on You and Your strength. Lord, I am finite and You are infinite.*
 - ◊ Conclude by listening to Him on your knees with your face to the ground, holding open the deep desires of your heart to God.