

## **His Strength in Us**

### **Ready:**

“Finally, be strengthened by the Lord and by his vast strength.” – Ephesians 6:10

### **Set**

According to some powerlifting websites, the most weight ever lifted in a squat competition was by Nathan Baptist, who lifted more than 1,300 pounds in 2021. It is simply mind-boggling that a human being lifted well over a half-ton by himself. If anything goes awry, such as improper form or a weight shift while the weight is being lifted or his body can't hold it, it could lead to a severe injury. It takes such great strength to perform such a feat.

Making it day to day in this world takes strength, too. There is so much that can draw our attention, and it takes the strength offered by Christ to stay on track. Paul wrote about the Armor of God in his letter to the Ephesian church. We must put on the belt, breastplate, sandals, shield, helmet and sword, which is God's Word. We need every piece to stand firm in this evil time. But, before he gets into all that, Paul said that we need to know in whom our strength is found.

Ephesians 6:10 says to find our strength in the Lord and His strength. If you are a wholehearted follower of Jesus Christ, the power of your Savior is available to help you live as God wants you to. THE God of the universe wants to be the One who gives us strength and security.

Let's aim to live in the power and might of the Lord. We may not lift a half-ton, but He can lift us to live better for Him. That is strength!

### **Go**

- What was the greatest physical feat you have ever achieved?
- Where do you tend to seek your strength and security? In yourself or God?
- What can hinder you from turning to Him for your strength in life?

### **Workout**

Ephesians 6:10-17

### **Overtime**

“Father, Your Word says that in Your strength is mine. Too often, I rely on myself. Please forgive me and help me to lean on Your omnipotent, almighty arms. In His name, I pray, Amen.”



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