

How do you handle a difficult challenge?  
Do you face and embrace it?  
Do you race away from it?

The New Testament Book of Hebrews offers this interesting word:

“Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be put out of joint, but rather be healed. Pursue peace with everyone and holiness, without which no one will see the Lord.” (Hebrews 12:12-14)

Hebrews is quoting a very similar word from the prophet Isaiah:

Strengthen the weak hands, and make firm the feeble knees. Say to those who are of a fearful heart, “Be strong, do not fear! Here is your God.” (Isaiah 35:3-4a)

In both Hebrews and Isaiah the word isn't simply to tough it out and deal with it by yourself but to trust the Lord your God.

You are not in the situation you face by yourself! The Lord who loves you is in it with you. Knowing He is with you, literally living within you, you may face your challenging situation directly – shoulders back and spine straight – knees firm and hands strong!

Bring to the situation all you have to give it as you trust the Lord to sustain you.

“David spoke to the LORD the words of this song on the day when the LORD delivered him from the hand of all his enemies, and from the hand of Saul. He said: The LORD is my rock, my fortress, and my deliverer.” (Samuel 22:1-2)

Strengthen those knees!

With joy – E. Stanley Ott, October 19, 2010 Vol. 9, No. 34, *STRONG KNEES*

### **Prayer Suggestions**

- Praise God for His gift of Presence in our lives, that we may draw strength to firm our “feeble knees.”
- Pray for calm to settle within, as we become more aware that God walks with us.
- Pray that we may be spared the onslaught of dangerous storms in our path. Pray for the common sense to adequately prepare for such events anyway.
- Pray for the First Presbyterian Church of Sebastian, that we may be energized in the start of our new season to go forth as true examples of Christ's teachings.
- Lift up our pending photo sessions for the new church directory, as a meaningful way to connect our church family.
- Give thanks for all those who freely give their time and talents to enhance our church life.
- Pray for Pastor Jeff, as he expertly leads and constantly inspires us.
- Pray for our music ministry as they bring beautiful melodic messages each week. Ask for spiritual guidance as the search continues for an organist.
- “Ask God today to help you see how you can give life to others” – *(quote from Pastor Jeff's weekly message – 9/27/16)*