

Gathering

STRENGTH

Recently, my daughter and mother have been working out. Doing simple exercises together due to my mother's weakened state following a fall. My mom couldn't work out on her own. She doesn't have the strength, the knowledge or the self-discipline. She needs her granddaughter to inspire her, as inspiration means breathe life into. My mother needs my daughter to breathe life into her. My mother may not be strong enough to do simple physical therapy exercises but she can depend on my daughter's strength to uphold her. She needs her granddaughter to show her what exercises to do. My mom is now so grateful to her. Her hope has been renewed that she will gain strength in her body.

Eventually, we will all have to face circumstances like this in our lives.

When we find ourselves weak in spirit and feel like we can't go on anymore, we can put our hope in God. He will renew our strength. We don't need to do it alone. God is with us. He is encouraging us and loving us.

We need the strength of others to help us bear some of the burden. The Old Testament declared, "*Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.*" (Eccl.4:12).

After sharing the Scripture, use at least three of the questions below with your group:

- What does strength look like? Is it only physical?
- When was a time you called on God to give you strength?
- How were you encouraged to keep your strength?
- What are some practical ways you can renew your body?
Renew your spirit?

After sharing, you may wish to take time to discuss how, as a group, accountability can be held to encourage a deeper exploration of scripture or even offer a fun challenge of memorizing a new verse per week. Be sure to hand out the Monthly Scripture Card and Take Home Sheet.

Complete your monthly report and turn it in to the Corps Officer.

Isaiah 40:29

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Is it only **physical**?

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on **God** to give you strength?

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How were you
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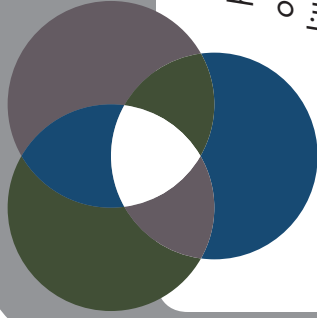
STRENGTH

What are some **practical** ways
you can **renew** your body?
Renew your **Spirit**?



Idea from *Sacred Chaos*

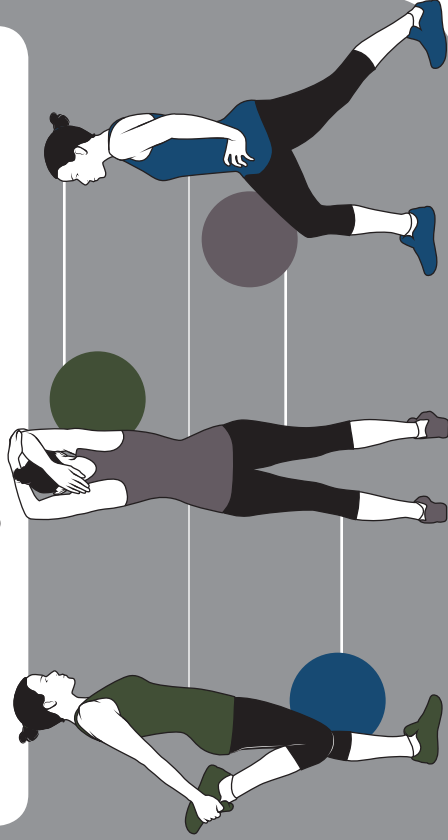
by Tricia McCary Rhodes



"The ordinary purification and healing, whether of the body or of the mind, takes place only little by little, by passing from one degree to another with labor and patience... The soul that rises from sin to devotion may be compared to the dawning of the day, which at its approach does not expel the darkness instantaneously but only little by little."

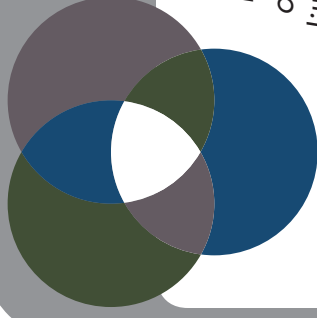
Francis de Sales, *Introduction to the Devout Life*.

Throughout this month, spend a few uninterrupted minutes at the beginning or end of your day to reading a psalm, singing a worship song and pray that God would continue to strengthen you for the tasks that you are assigned. Be specific. Be consistent. Be strengthened.



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