

## Good Friday - April 19

*I can do all things through him who strengthens me.*

*Philippians 4:13*

What are we able to endure? How are we able to persevere...to go on in our lives? Everyone struggles, everyone feels at different moment in our lives we are not able to put one foot in front of the other, but hopefully at some moment, we look up. In that moment of uncertainty we look up and see God, we feel God and allow the Lord through His grace to strengthen us and take that next step.

My son is a wrestler. He chooses to go out to the center of a mat with another man and battles. He battles with every ounce of his mind, body, soul and heart. He becomes bruised, bloody, struggles with his breathing and even ligaments are torn...but he battles and he endures. During his match and always at the end, Jadon looks up to his dad in the stands for a nod of encouragement and gleans strength from him. After every match Jadon puts one foot in front of the other in strength and grace whether his or his opponent's hand is raised in victory. I wonder why he goes through this. I wonder why he does not walk away, but the lessons he has learned about himself and his life are priceless in those battles.

We all battle something. Some of us choose our battles and some battles are chosen for us, but at moments in our life we are all broken, bruised and bloody...even Jesus battled. Jesus was beaten. Jesus carried his cross. Jesus suffered and in his earthly battle he looked up to God, His Father, for strength and for grace. The battle was not taken away from Jesus. Jesus endured because he knew God was with him in every moment of struggle. God is also with everyone one of us in our struggles. We just need to remember to look up to Him and allow Him to strengthen us. We just need to look up! The Lord, through His grace will strengthen us to take those next steps.

Rebecca

**Prayer:** Lord, in moments when we are battling and unable to put one foot in front of the other, strengthen us as you strengthened Jesus. Guide us and direct us in our lives in the times of happiness and struggles. Allow us to feel your presence in the moments our feet do not want to take that next step. Surround us in your love and your grace. Amen.