



ACCEPTING PHYSICAL FRAILTIES

Why our weakness can open our eyes to God's strength.

OVERVIEW:

Kathleen Anderson was an athlete, bodybuilder, runner, and dancer who expected her vigor and energy to continue unabated. Then life happened: surgeries, food allergies, pain, waiting, frustration, and fear. All she had counted on and come to expect as a normal part of her life was gone or on the way out the door. Kathleen, a Christian, suddenly had to face hard questions, as do all of us who come to the realization that mortal existence is not all fun and games.

In her suffering, Kathleen began to mine the Scriptures for answers to questions she had never asked. In so doing, her problems didn't disappear, but they ushered her into secret places that have become waiting rooms for a Reality beyond reality. May this study give all of us a glimpse of that Reality.

SCRIPTURE REFERENCE:

Ecclesiastes 11:7-12:14

1 Corinthians 12:12-26

2 Corinthians 4:7-18

2 Corinthians 12:1-10



—Teaching point one: Receive youth and health as gifts—albeit temporary ones—from the loving hand of God.

What are some of the gifts that come with Youth?

What are the Eternal Principles?

—Teaching point two: Spiritual strength can come from physical weakness.

Explain how our spiritual strength comes from physical weakness?



—Teaching point three: Christians are called to help one another.

How can you help someone else, even with your physical frailties?

—Teaching point four: Our reward will far outweigh our suffering.

What will be our reward?

—Teaching point five: Believers will one day be like Christ.

When will that transformation take place?



THINGS TO PONDER . . .

How will you apply your findings to your daily life?

Strength

We take a moment to recognize ways we have been trying to be self-sufficient through our limited human strength. We now gently surrender these efforts to Spirit, acknowledging with Jesus that “we of ourselves can do nothing.” In the peace of this personal surrender, we feel ourselves infilled with the strength of God—the Presence within that truly does the work.

Strength is not only associated with our limited human form. The spiritual power of strength—the divine *idea* of strength as it is eternally created in Divine Mind—is far greater than our attempts at strength in the manifest realm.

As Paul reminds us in his first letter to the Corinthians, “God’s weakness is stronger than human strength” (1 Corinthians 1:25).

Accessing that spiritual power of strength requires us to confront one of the greatest of all spiritual paradoxes: That we can only achieve strength of Spirit through a willingness to surrender. We surrender our attempts to be self-sufficient, and in the process, open ourselves to the true, unlimited strength of God, ready to express through us.