

## “THERE’S STRENGTH IN KNOWING YOUR WEAKNESS”

I recently recall a conversation I had with a friend who was revealing to me his struggles at times with lust, women, and pornography. He went on to say how he feels after he falls prey to this weakness even after committing to God and himself that he would never do it again. He shared with me the frustration he feels every time he allows himself to get caught up in this sinful behavior. Although he is aware that it is wrong for many reasons, not to mention it is displeasing to God, it seems that he often loses the battle. Hence, the victory seems either far off or unattainable. What a dangerous place to find oneself. Yet, haven’t we all been there? And, isn’t this the exact place that our enemy would want us? Our enemy wants nothing more than to get us to such a low point that we become ineffective for God. As my friend was experiencing common emotions that all well-intended and good-natured followers of Christ experience (*especially when sin and disobedience is at work in our lives*), he became so distracted that he was not able to focus on God. He felt depressed, downcast, disappointed, and unworthy. Such crippling emotions can stifle any Christian from becoming for the Lord what he or she was intended to become. For this friend his primary weakness or struggle is lust, but for others it may pride, alcohol, drugs, lying, idolatry, hatred, jealousy, fits of rage, or impurity, just to name a few.

The Bible is clear in stating that we all have struggles and weaknesses that lead us into sin (*Galatians 5:19, Hebrews 4:14, Romans 8:26*) and that they are not uncommon to man (*1Corinthians 10:12*). Recognizing your weakness or identifying your struggle is the first step in equipping yourself for spiritual battle. This, I have learned, is critical in order to stand against what the enemy will use as a foothold, which is your weakness. There are many who are blind-sided often with temptation and sin because they fail to recognize what their weakness is and therefore fail to fortify themselves in prayer against the onslaught of attacks. Here’s the deal...the enemy knows your weakness and struggle and will use them against you over and over again. It becomes the same play in his playbook. So, if he is aware of your weakness, shouldn’t you be as well?

Unfortunately, the recognition of your weakness is not enough. Although a very good start, being able to identify your struggle still will not guarantee the victory. It just means that you have identified your weakness and when you fall you feel worse because you knew your weakness and still allowed yourself to succumb. As a result, those same emotions of that leave you discouraged, disappointed, depressed, downcast, and unworthy, begin to settle in. The enemy has you right back where he wants you. Can you see the vicious cycle? Here is when you need to know your strength: **Jesus Christ**. **He** is your strength. The Bible declares it so. In John 15:5, Jesus declares it himself when He states that “...apart from me you can do nothing” and in Philippians 4:13, we see that “you can do all things through Christ who strengthens you.” As I went on to mention to my friend, relying on your own strength is futile and only a setup for another setback. The key is to become aware that we all have weaknesses and struggles and to identify yours. Then seek the wisdom, discernment, and strength from God to help you overcome so that you can continue to do and become what He has intended for you all along.

*By Jesús Maymi*