

But I Know Who Can

When my strength and will aren't enough:
not by might, but by His Spirit

TAMMY LODGE

Regulated Woman

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His strength, not mine

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Welcome

It is not by force nor by strength, but by my Spirit, says the Lord of Heaven's Armies.
Zechariah 4:6

I can't do it in my own strength and will. I've tried. I've promised myself, made plans, started again on Monday, and pushed harder. And I've run out.

But I know who can.

This booklet is about coming to the end of myself, and finding that God's strength begins where mine runs out. It's not about trying harder. It's about trusting deeper.

This booklet will help you:

- recognise where you've been relying on your own strength
- understand how God's power works in weakness
- move from striving to abiding
- hand it over to Him, and walk in His strength.

HOW TO USE THIS BOOKLET

- Be honest about where you've run out.
- Say it out loud: "I can't, but I know who can."

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When Willpower Runs Out

I've tried

Tick what's true for you.

- ☐ I keep promising myself, "This time will be different."
- ☐ I start strong, then give up.
- ☐ I white-knuckle my way through, then crash.
- ☐ I feel ashamed that I can't just stop.
- ☐ I try to fix people and situations myself.
- ☐ I'm exhausted from holding everything together.
- ☐ I pray, then carry on as if it all depends on me.

Paul knew this struggle well:

I want to do what is right, but I can't. I want to do what is good, but I don't.
Romans 7:18–19

Who will free me...? Thank God! The answer is in Jesus Christ our Lord.
Romans 7:24–25

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Apart From Me, Nothing

The vine and the branches

Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.
John 15:5

A branch doesn't strain to produce fruit. It simply stays connected to the vine, and the life flows through it.

Where am I trying to produce fruit without staying connected?

For I can do everything through Christ, who gives me strength.
Philippians 4:13

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His Power in My Weakness

When I am weak, I am strong

Paul begged God three times to take away his struggle. God's answer wasn't more willpower. It was more grace.

> *Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me… For when I am weak, then I am strong.*
> *2 Corinthians 12:9–10*

My weakness isn't the end of the story. It's the place where God's power shows up.

A *weakness I can bring to Him:*

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Striving or Abiding?

Two ways to live

STRIVING IN MY STRENGTH	ABIDING IN HIS STRENGTH
“It all depends on me.”	“It all depends on Him.”
Willpower	His power
Pushing and forcing	Trusting and receiving
Exhausted and anxious	Rested and at peace
Pride when I succeed	Thanks when He succeeds
Shame when I fail	Grace when I fall
Doing it alone	Doing it with Him

Unless the Lord builds a house, the work of the builders is wasted.
Psalm 127:1

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Gideon: Too Many

So God gets the glory

Gideon had 32,000 soldiers. God said it was too many.

> *The Lord said to Gideon, "You have too many warriors with you. If I let all of you fight the Midianites, the Israelites will boast to me that they saved themselves by their own strength."*
> *Judges 7:2*

God brought the army down to just 300. And God won the battle.

Sometimes God lets my strength run out, so that I know the victory was His.

> *God chose things that are powerless to shame those who are powerful.*
> *1 Corinthians 1:27*

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Peter's Empty Nets

"But if You say so"

Peter was an experienced fisherman. He'd worked all night, in his own skill and strength, and caught nothing. Then Jesus told him to try again.

> *"Master," Simon replied, "we worked hard all last night and didn't catch a thing. But if you say so, I'll let the nets down again."*
> *Luke* 5:5

The nets filled so full they began to tear.

THE DIFFERENCE

- Same lake, same boat, same nets.
- The difference was Jesus' word, and Peter's obedience.

Where do I need to say, "But if You say so, Lord"?

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The Battle Is Not Mine

Eyes on Him

When a huge army came against King Jehoshaphat, he admitted he was powerless.

We are powerless against this mighty army that is about to attack us. We do not know what to do, but we are looking to you for help.
2 Chronicles 20:12

Do not be afraid! Don't be discouraged by this mighty army, for the battle is not yours, but God's.
2 Chronicles 20:15

They went out praising, and God won the battle.

The Lord himself will fight for you. Just stay calm.
Exodus 14:14

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Where Have I Been Trying Alone?

An honest look

AREA	WHAT I'VE TRIED IN MY OWN STRENGTH	WHAT I'LL HAND TO HIM
A habit or struggle		
My health and body		
My relationships		
My children		
My finances		
My work or calling		
My emotions		
My faith		

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Walking by the Spirit

Not passive, but partnered

Handing it over doesn't mean doing nothing. God gives me both the desire and the power, and I walk with Him, step by step.

For God is working in you, giving you the desire and the power to do what pleases him.
Philippians 2:13

So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.
Galatians 5:16

MY PART	HIS PART
Surrender	Strength
Ask	Answer
Obey the next step	Make a way
Stay connected	Produce the fruit

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Handing It Over

Moment by moment

WHEN I'M OUT OF STRENGTH

- ☐ **Admit it:** "Lord, I can't."
- ☐ **Turn to Him:** "But You can."
- ☐ **Ask:** "Holy Spirit, give me Your strength right now."
- ☐ **Receive:** Thank Him that His grace is enough.
- ☐ **Take the next step,** leaning on Him.
- ☐ **Keep returning,** every time I start striving again.
- ☐ **Praise Him** for what only He can do.

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.
Proverbs 3:5–6

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New Strength and Rest

Wings like eagles, an easy yoke

He gives power to the weak and strength to the powerless… But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.
Isaiah 40:29–31

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."
Matthew 11:28–30

Humanly speaking, it is impossible. But not with God. Everything is possible with God.
Mark 10:27

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Prayers and Declarations

A PRAYER OF SURRENDER

Lord, I can't do it in my own strength and will.
I've tried, and I've run out.
But I know who can. You can.
I lay down my striving, my pride and my willpower.
I come to You, weary, and I take Your yoke.
Holy Spirit, give me Your desire and Your power.
Let Your strength be made perfect in my weakness.
In Jesus' name,
Amen.

I DECLARE

I can't, but I know who can.
Not by might, nor by power, but by His Spirit.
His grace is all I need.
When I am weak, then I am strong.
I can do everything through Christ, who gives me strength.
The battle is not mine. It's the Lord's.
Everything is possible with God.

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My Journal

Where He was strong

DATE	WHERE I RAN OUT	HOW HE CAME THROUGH

A Closing Blessing

May you come to the end of your own strength,
and find that His is just beginning.
May His grace be all you need,
and His power be perfect in your weakness.
May you soar on wings like eagles, run and not grow weary,
and walk and not faint.
Amen.

I can't, but I know who can.

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My Notes and Prayers

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It is not by force nor by strength,
but by my Spirit,
says the Lord of Heaven's Armies.

Zechariah 4:6

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