

Day 4: I Can Endure All Things

Devotional

There is a verse that gets quoted on gym walls, sports jerseys, and motivational posters everywhere. "I can do all things through Christ who strengthens me." And while that truth is real, it is worth understanding what Paul actually meant when he wrote it.

He wrote it from prison. He was not talking about crushing goals or achieving dreams. He was talking about enduring hunger, hardship, imprisonment, and uncertainty without falling apart. He was saying, "No matter what comes at me, Christ gives me the strength to make it through."

That is actually more encouraging, not less. Because most of us are not struggling to achieve something great right now. We are struggling to hold on. We are trying to make it through the week, through the diagnosis, through the grief.

And Paul says, you can. Not because you are strong enough, but because Christ is.

The peace God offers does not require your circumstances to change. It requires your trust in the One who holds every circumstance in His hands. You do not have to understand how it works. You just have to trust the One who does.

Bible Verse

"I can do all things through him who strengthens me." - Philippians 4:13

Reflection Question

Are you currently asking God to change your circumstances, or are you asking Him to strengthen you to endure them? What difference might that shift in prayer make?

Quote

When we read that verse and he says, I can do all things through him who strengthens me, I will tell you what he's talking about is I can make it through all things through Christ who strengthens me.

Prayer

Lord, I do not need everything to be fixed right now. I just need Your strength to endure. Thank You that You are enough for whatever I am facing. Amen.