

Weakness

WEAKNESS]

DEFINITION: Weakness is a condition of being fatigued, tired, and inadequate physically, mentally, spiritually, or emotionally to the extent that you cannot function effectively.

FACTS ABOUT WEAKNESS:]

There are two main types of weakness. One is weakness (as defined above) that hinders you from functioning effectively. The other type of weakness is desiring something so much that you are unable to resist it. The latter meaning is dealt with as "Temptation" in this database.

Weakness is multi-faceted and interrelated. You can experience physical, mental, spiritual, or emotional weakness. One type of weakness can affect other areas of your life. For example, emotional weakness can also affect your physical body by causing stress.

What causes weakness. Spiritual weakness is caused by not spending time with God and in His Word and/or refusing to do God's revealed will. Emotional weakness can result from not dealing properly with difficult circumstances and wrong emotional responses. Physical weakness results from sickness, lack of exercise, or lack of proper rest. Mental weakness results from not controlling your thought life. (Mental weakness, as defined here, does not mean mental illness. See "Mental Illness" in this database for coverage of this topic.) Weakness can also result from receiving the Lord's Supper improperly (1 Corinthians 11:28-30).

DEALING WITH WEAKNESS:]

Analyze your weakness. It is important to discover the root cause of your weakness so you can deal with it and not repeat behaviors that are causing it. Are you experiencing physical weakness resulting from an illness or not eating, resting, or exercising? Is it emotional weakness due to not handling negative circumstances properly? Is it spiritual weakness resulting from lack of time with God, in prayer, and in the Word? Are you losing the spiritual battle for you mind? Are you deliberately disobeying God and doing something that is causing spiritual, mental, emotional, or physical weakness?

Admit your weakness to God. The Apostle Paul admitted his weakness to God, and in so doing God gave him strength (2 Corinthians 12:8-10). Sometimes God supernaturally eliminates your weakness, but at other times He gives you strength in the midst of it.

Accept and confess God's provision for strength in your weakness. The same spirit that raised Christ from the dead dwells within you. Draw upon that strength. Claim promises like Philippians 4:13: "I can do everything through him who gives me strength."

Correct root causes of your weakness. If your weakness is physical because of improper rest, exercise, or diet, correct these. If you have been losing the battle for your mind, study the topic of the "Mind and Thoughts" in this database. If you are emotionally weak, learn how to handle your emotions properly. Correct any sinful behaviors that may be causing weakness. For sure, spend time with God and His Word to strengthen yourself spiritually.

Spend time in God's presence. "But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint" (Isaiah 40:31, NKJV).

Recognize that when you are weak, you are strong spiritually. Weaknesses, handicaps, and inadequacies can be positive in that they make you recognize your dependence on God. This relieves you of trying to do God's work in your own strength, and motivates you to function in the power of the Holy Spirit. It replaces pride with humbleness and provides a marvelous opportunity for the Lord to demonstrate what He can do through you. Weakness actually attracts God's strength (2 Corinthians 12:8-10).

WHAT GOD'S WORD SAYS ABOUT WEAKNESS:]

...Your strength will equal your days. (Deuteronomy 33:25)

Look to the Lord and his strength; seek his face always. (1 Chronicles 16:11)

But as for you, be strong and do not give up, for your work will be rewarded. (2 Chronicles 15:7)

...for the joy of the Lord is your strength. (Nehemiah 8:10)

The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold. (Psalms 18:2, NKJV)

He reached down from on high and took hold of me; he drew me out of deep waters. He rescued me from my powerful enemy, from my foes, who were too strong for me. (Psalm 18:16-17)

You give me your shield of victory, and your right hand sustains me; you stoop down to make me great. (Psalm 18:35)

You armed me with strength for battle; you made my adversaries bow at my feet. (Psalms 18:39)

The Lord is my light and my salvation; Whom shall I fear? The Lord is the strength of my life; Of whom shall I be afraid? (Psalms 27:1, NKJV)

The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song. (Psalms 28:7)

The Lord gives strength to his people; the Lord blesses his people with peace. (Psalms 29:1)

Be strong and take heart, all you who hope in the Lord. (Psalm 31:24)

But the salvation of the righteous is from the Lord; He is their strength in the time of trouble.

And the Lord shall help them and deliver them; He shall deliver them from the wicked, and save them, because they trust in Him. (Psalms 37:39-40, NKJV)

God is our refuge and strength, an ever-present help in trouble. (Psalm 46:1)

My soul finds rest in God alone; my salvation comes from him. (Psalm 62:1)

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

(Psalm 73:26)

Look to the Lord and his strength; seek his face always. (Psalm 105:4)

The Lord is my strength and my song; he has become my salvation. (Psalm 118:14)

The Lord upholds all those who fall and lifts up all who are bowed down. (Psalm 145:14)

Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord, is my strength and my song; he has become my salvation. (Isaiah 12:2)

For thus said the Lord God, the Holy one of Israel: In returning [to Me] and resting [in Me] you shall be saved; in quietness and in [trusting] confidence shall be your strength. But you would not, (Isaiah 30:15, AMP)

He gives strength to the weary, and increases the power of the weak. (Isaiah 40:29)

But those who wait on the Lord Shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. (Isaiah 40:31, NKJV)

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (Isaiah 41:10)

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:28-30)

For the foolishness of God is wiser than man's wisdom, and the weakness of God is stronger than man's strength. (1 Corinthians 1:25)

God chose the weak things of the world to shame the strong. (1 Corinthians 1:27)

A man ought to examine himself before he eats of the bread and drinks of the cup. For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself. That is why many among you are weak and sick, and a number of you have fallen asleep. (1 Corinthians 11:28-30)

The body that is sown is perishable, it is raised imperishable; it is sown in dishonor, it is raised in glory; it is sown in weakness, it is raised in power; it is sown a natural body, it is raised a spiritual body. (1 Corinthians 15:42-44)

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. (2 Corinthians 12:9-10)

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (Galatians 6:9)

Finally, my brethren, be strong in the Lord and in the power of His might. (Ephesians 6:10, NKJV)

I can do everything through him who gives me strength. (Philippians 4:13)

To this end I labor, struggling with all his energy, which so powerfully works in me. (Colossians 1:29)

And what more shall I say? I do not have time to tell about Gideon, Barak, Samson, Jephthah, David, Samuel and the prophets, who through faith conquered kingdoms, administered justice, and gained what was promised; who shut the mouths of lions, quenched the fury of the flames, and escaped the edge of the sword; whose weakness was turned to strength; and who became powerful in battle and routed foreign armies. (Hebrews 11:32-34)