

### **3 day Self care devotional: Cultivating Inner Strength.**

*Our Bible App. 8/5/2018*

Timothy Arliss O'Brien.

Day one.

**God with us.**

Exodus 14:10-14

**10-12** *As Pharaoh approached, the Israelites looked up and saw them—Egyptians! Coming at them!*

*They were totally afraid. They cried out in terror to God. They told Moses, “Weren’t the cemeteries large enough in Egypt so that you had to take us out here in the wilderness to die? What have you done to us, taking us out of Egypt? Back in Egypt didn’t we tell you this would happen? Didn’t we tell you, ‘Leave us alone here in Egypt—we’re better off as slaves in Egypt than as corpses in the wilderness.’”*

**13** *Moses spoke to the people: “Don’t be afraid. Stand firm and watch God do his work of salvation for you today. Take a good look at the Egyptians today for you’re never going to see them again.*

**14** *God will fight the battle for you.*

*And you? You keep your mouths shut”*

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God has promised to be with us, but so often this promise will elude us in times of great stress and trauma. It is so common to encounter being let down, left out, and even maliciously targeted. As we navigate life, being hurt by people and inevitably hurting others, we must remember that this feeling is shared. Everyone, at some point or another, feels plunged into the fear and darkness of isolation, loneliness, and abandonment.

The great challenge comes to us when we must sit alone with our hurt, and how we choose to respond. God wants to meet us in our time of need and restore comfort, peace, and hope. We must navigate the conscious choice to listen to the heart of God, and to match the radical forgiveness, and love.

The love of God is plentiful for our enemies, our friends, and (so often forgotten) for ourselves. Taking intentional time to see the love of God applied to us and others, frees us. Taking that freedom and applying it generously to those who have hurt us and even to ourselves, can become our greatest strength.

Throughout your day, look for God's love and patience desperately wanting to spill out from you onto others, and take some meaningful time to splash some divine love onto yourself.

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Day two.

**God holding us.**

Ecclesiastes 8:7-10

*7Yes, there's a right time and way for everything, even though, unfortunately, we miss it for the most part. It's true that no one knows what's going to happen, or when. Who's around to tell us?*

**8** *No one can control the wind or lock it in a box.*

*No one has any say-so regarding the day of death.*

*No one can stop a battle in its tracks.*

*No one who does evil can be saved by evil.*

**9** *All this I observed as I tried my best to understand all that's going on in this world. As long as men and women have the power to hurt each other, this is the way it is.*

**10** *One time I saw wicked men given a solemn burial in holy ground. When the people returned to the city, they delivered flowery eulogies—and in the very place where wicked acts were done by those very men! More smoke. Indeed.*

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We must look for how God holds us together in our weakest moments. God's job is far outside the stretch of our imagination. We must take an active role in moving our focus away from the role of placing fault. We can become so very wrapped up in understanding where blame lies. Although this is often for the purpose of righting a wrong, it can easily breed bitterness.

God holds us together. Learning to pause and reflect on divine help, is a meditative and challenging habit. Taking the time to silence the inner critic and saboteur, takes a lot of practice and patience.

In our weakest moments and darkest places, God will be present and active. As moments in life come and go, it is often easy to get frustrated and try to do everything on our own. Understanding God's role in our day to day life, provides us a reassurance larger than ourselves.

Look for moments this week, when divine providence inserts itself into your life. God will be present in your personal life, showing you that you are being held.

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Day three.

***God in our weakness.***

Hebrews 4:14-16

**14-16** *Now that we know what we have—Jesus, this great High Priest with ready access to God—let’s not let it slip through our fingers. We don’t have a priest who is out of touch with our reality.*

*He’s been through weakness and testing, experienced it all—all but the sin. So let’s walk right up to him and get what he is so ready to give.*

*Take the mercy, accept the help.*

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God has publically stood with us in our weakness, acknowledging that we get to stand in strength greater than our own. Our faith is made active by the practice of holding firm to the knowledge of our strength. The depth of God’s love understands us, and provides for us a safe place.

Now in the safety of God’s love we may recharge, and be able to walk into the world with confidence in ourselves, and confident in God. As we remember the good things God has done for us our faith is strengthened.

We gain confidence from understanding the help that is provided to us, a help and a love without condition. Look for love in you life, and search it out like treasure to remember your worth. You deserve it.