

# Anchored in Strength

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“Take a new grip with your tired hands and strengthen your weak knees. Mark a straight path for your feet so that those who are weak and lame will not fall but become strong.”

Hebrews 12:12-13

## Two R's

Reset:

Rely:

To better Rely on His Strength, we need to:

- Identify where we need to trade our strength for His.
- Be honest with God, ourselves and others.
- Ask for help and accountability.
- Be expectant.

Where do you need to trade your strength for His?

- His strength in our weakness.
- His strength in our waiting.
- His strength in our walking.
  - Relationships
  - Weariness
  - Discontentment
  - Commitments

