Praying in Exile: Uniting in Prayer During the COVID-19 Pandemic

Trinity Presbyterian Church – Pensacola, FL May 20, 2020
Hugh Hamilton, Pastor

I CAN DO ALL THINGS IN CHRIST: Jesus is Giving You Strength to Endure Your Circumstances

I can do all things through Him who strengthens me. – Philippians 4:13

We're three months into COVID-19 isolation, withdrawals, and challenges no matter where we turn. Myriad decisions and the intensity of connecting by technology and keyboards rather than in-person conversation wearies us. These circumstances compound, our normal level of stressors, challenges, disappointments, and griefs.

The Apostle Paul's beloved and oft-quoted verse about the inner strength we gain in Jesus encourages us to endure and to overcome adversity. That strength of which Paul writes in Philippians 4:10-13 Paul discovered in his own experiences.

Psalm 23 says "my cup overflows," God's goodness and mercy never exhaust and will comfort us all the days of our lives. Sarah Young's daily devotional for May 17 in her book *JESUS CALLING: ENJOYING PEACE IN HIS PRESENCE,* reflects on the God of abundance, whose resources ever run out and who capacity to bless you is unlimited. I pray that you are experiencing more deeply Jesus's presence and power in you, making you.

Hugh Hamilton

REFLECTION QUESTIONS:
1. What weighs you down, wearies you, confronts you these days?
2. The Apostle Paul says he learned to be content no matter how good or how bad his circumstances, and he'd known the best and worst of times. What is his secret to contentment? (Philippians 4:13)
3. The Philippians had sent Paul a gift of money to help him, delivered by a faithful friend. The gift and the friendship sustained Paul. Who has helped in some way in the past, or is helping you now? Will you thank God and thank the person(s)?
4. Looking at the past, assessing the present, and looking ahead, Paul testifies his confidence in God: *My God wil meet all your needs according to his glorious riches in Christ Jesus* – Philippians 4:19