



(24 Hours in a Day)



(10 Fingers – My Strength)

Proverbs 24:10

“If thou faint in the day
of adversity, thy
strength is small.”

The word faint is “raphah” in Hebrew. It means to sink, relax, sink down, let drop, be disheartened.

The KJV also translates this word as feeble, frail, weaken, go alone, idle, stay, slack, faint, forsake, abated, cease.

Adversity is the God given test we all face at different points in our lives, revealing where we are in our walk of faith. Like a report card at the end of the school year which reveals how much we have truly understood; adversity allows us to evaluate how much we have grown spiritually.

Psalms 119:71, “It is good for me that I have been afflicted; that I might learn thy statutes.”

The most difficult part about any adversity is getting our eyes off the adversity and placing our eyes on Jesus; having a desire to learn and grow from the adversity instead of letting the adversity tear us down.

Instead of getting angry, frustrated or disheartened about situations that occur in life; stop, pray and ask God if there is something He is trying to show you by allowing the unexpected situation to occur. Take the time to reflect upon your heart and your behavior. Determine to learn whatever God may be trying to teach you.

As you grow spiritually and new adversities come your way, you will experience the joy of looking back and seeing that you controlled your flesh and responded as the Spirit led you to respond, as if you received an A+ on your report card!

Since it is guaranteed that adversity will come, seek to build your faith each day filling your mind with God’s Word and relishing in time alone with Him in prayer and praise. Then when adversity comes, your strength in Him will carry you through.

Psalms 119:65-68, “Thou hast dealt well with thy servant, O LORD, according unto thy word. Teach me good judgment and knowledge: for I have believed thy commandments. Before I was afflicted I went astray: but now have I kept thy word. Thou art good, and doest good; teach me thy statutes.”

