Getting Strong
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One! Two! Ooohhhh! Hi Children, happy Sabbath. Oh, man, you guys just caught me in the middle of a workout. I was just here lifting some weights trying to get strong. You know, now that I think of it being strong.

Hmm. How do we get stronger? Well, did you know professional weightlifters are anyone that lifts weight? You know, they don't start off with the biggest weight in the beginning. You see building strength takes time. And takes a lot of work. A lot of discipline. You see, any weightlifter will tell you lifting weights is half the battle. You see you can be someone that lifts weights every day. But the people that find the most and biggest success are the ones that go beyond the weight. What do I mean by that? Well, like I said, it's a lot of discipline. And a lot of it comes down to your nutrition, what you eat. See weightlifters need a lot of protein. So if you're lifting weights and you want to get big, you're gonna make sure you get protein that can build that muscle. And did you know when you're lifting weights, your muscle is tearing. See, what happens is you lift and your muscle tears. And then your body heals. It repairs the tear and it puts more muscle on there. So as a tear and it gets bigger and you tear and it gets bigger and bigger and bigger. That's why if you've ever done exercise, you're sore because your muscles are tearing. That's why it hurts sometimes.

And in the beginning, you're probably going to start off with small weights like this, small little weights. You know, another thing is the form you want perfect form, right? You want to do, you don't want to be flinging this all over the place like that, right? You want perfect form.

But what if I told you you can be very strong without any weights or exercise? Did you know that God can offer you his strength? How strong Do you think God is? Ever thought about that? God, the being that created the whole universe, he's able to make mountains and lift them up and tear them down. Can you imagine how much weight God can lift? Probably infinite, right? But you know, God offers his strength to us. You see, being strong isn't always about just lifting, lifting heavy weights and being big. You see, being strong can look different. In whatever situation, what are some ways we can be strong? I know, when I think about being strong, you know, sometimes being strong is, is trusting God. Maybe you had a bad day, and nothing went your way. Maybe you didn't get such a good grade on that paper or homework. Maybe someone called you a name. And coming home when you feel bad, and remembering that God loves you. And he's there to strengthen us. And then feeling better, because you've trusted in God. I consider that real strength. And anyone can do that.

Or maybe helping someone when they're down. Maybe you see someone that's needs help, and you help them. I consider that strength. Right? So being strong, isn't just about lifting weights. You see being

strong in life can have a variety of meanings. But ultimate strength, the most ultimate strength will always come from God. So how do we tap into the strength from God? Right, we can trust God. Or on top of that. We can do things such as you know, opening our Bibles and reading. Have you ever tried to read the Bible? So long, thick book, look at this book, there's a lot of strength in here for us. And just like lifting weights, like I mentioned, it's hard. The first time you probably read this, it's very difficult. And maybe you have to do it. Maybe you take one verse, and you got to read it a couple times over. But you know what, just like any weightlifter, if you continue doing it, you'll get stronger. And you will understand more each and every day. So remember, children, maybe you're feeling maybe on a day you feel weak. Maybe you don't feel like doing something, maybe someone hurt you. Your feelings hurt. Maybe you hurt yourself, maybe you bumped your knee. Remember, trust God, pray to God. See, Jesus is king. Jesus is mighty. Jesus is the ultimate power, all of the universe. And he offers it to us with open hands. And all we have to do is take his hand and follow Him. So I hope all of you children, eat all your fruits and veggies and healthy foods and get real strong. Trust in God, study His Word. And you're going to find that even though life can be hard, you're gonna be very strong. Not because you have the biggest muscles. But because you serve a big God that will never let you down.

Just like David and Goliath. Do you remember that story? David a small weak, probably skinny, Jewish boy versus a big giant, right? Goliath. And he went into battle with him. And what happened? Goliath was much bigger, he was much stronger. It's probably much faster. But what did David do with his little slingshot? He put his strength in God. See, David knew he would fail that battle if you didn't have God on his side. So when you have God on your side, you don't lose. see God's on the winning team. So let's be strong like David and put our strength in God Have a beautiful Sabbath day, children. I'll see you next time.