**Strength & Weakness**

**In quietness and in trust shall be your strength.**

***(Isaiah 30:15)***

**My grace is sufficient for you,
for strength is made perfect in weakness.
*(2 Corinthians 12:9)***

**In the struggle we discover his gift of strength.**

**To feel His gentle touch is to know His strength.**

**Give no thought to what lies behind,**

**but push on to what lies ahead.**

***(Philippians 3:13)***

**We always weaken whatever we exaggerate. *(Jean Francois de Laharpe)***

**The following poem says it all. It was written by an anonymous soldier more than 100 years ago and was found on a battlefield during the Civil War. He knew the true meaning of Thanksgiving: “I asked God for strength that I might achieve, I was made weak that I might learn humbly to obey.” *(Ken Magid)***

**I have made what seems to me a discovery. I was fearfully sick; I had all the ills of mind and body that I could bear. Medicine and doctors ceased to give me relief, and I was in despair when I found practical Christianity. I took it up and I was healed. I went to all the life centers in my body and spoke words of Truth to them -- words of strength and power. I asked their forgiveness for the foolish, ignorant course that I had pursued in the past, when I had condemned them and called them weak, inefficient, and diseased. I let a little prayer go up every hour that Jesus Christ would be with me and help me to think and speak only kind, loving, true words. *(Myrtle Fillmore, co-founder of Unity)***

**If I really dislike you, the last thing I want to do is to go through a period of unforgiveness. If I do this, you have power over me. I have allowed you to take away all my power. Through the choices I have made in my mind, I poison myself and become weaker and weaker. Eventually this comes out in some area of my body. *(Christopher Ian Chenoweth)***

**When you feel lost, weak and defenseless, your Father will sprinkle the courage of angels upon your shoulders, breathe the strength of living into your soul and will grant you the grace of a bird in flight to fly above your previous limitations and beyond your current expectations. *(Michele Gigliotti)***

**The lust for power is not rooted in strength but in weakness. *(Erich Fromm, in Escape From Freedom)***

**The overcoming of Goliath by David illustrates the mastery of the spiritual over the material. Goliath trusted in his armor, which represents the protective power of matter and material conditions. David, spiritual strength, had no armor or material protection. David's power was gained by trust in divine intelligence, through which he saw the weak place in Goliath's armor. Direct to this weak place, with the sling of his concentrated will, he sent a thought that shattered the forehead of the giant. This incident shows how easy it is to overcome the seemingly strong personal and material conditions when the mind of Spirit is brought into action. *(Charles Fillmore, in The Twelve Powers of Man, p. 36)***

**Grandchild: “Do you worry that cutting off your hair will affect your strength? You know, like the story of Samson.” Grandma: “That’s silly. Hair and strength are not related. Besides, it’ll grow back. You know what they say: ‘Hair today, gone tomorrow’.” Grandchild: “See? It’s already making your jokes weaker.” *(Steve Breen, in Grand Avenue comic strip)***

**Rudeness is the weak man’s imitation of strength. *(Eric Hoffer)***

**Heresy is what the minority believe; it is the name given by the powerful to the doctrines of the weak. *(Robert G. Ingersoll, American lawyer and statesman)***

**I learned that it is the weak who are cruel, and that gentleness is to be expected only from the strong. *(Leo Rosten)***

**There is nothing stronger in the world than gentleness. *(Han Suyin, iu A Many-Splendored Thing)***

**Strong people make as many and as ghastly mistakes as weak people. The difference is that strong people admit them, laugh at them, learn from them. That is how they became strong. *(Richard J. Needham)***

**He who injured you was either stronger or weaker. If he was weaker, spare him; if he was stronger, spare yourself. *(Seneca)***

**It's a matter of taking the side of the weak against the strong, something the best people have always done. *(Harriet Beecher Stowe)***

**How sweet it is when the strong are also gentle! *(Libbie Fudim)***

**Louis Pasteur discovered the scientific principle behind vaccines: if a microbe can be weakened just enough, it will lose its power to cause disease but retain the power to confer immunity*. (Peter Jaret)***

**A person who calls himself frank and candid can very easily find himself becoming tactless and cruel. A person who prides himself on being tactful can find eventually that he has become evasive and deceitful. A person with firm convictions can become pigheaded. A person who is inclined to be temperate and judicious can sometimes turn into a man with weak convictions and banked fires of resolution. Loyalty can lead to fanaticism. Caution can become timidity. Freedom can become license. Confidence can become arrogance. Humility can become servility. All these are ways in which strength can become weakness. *(Dore Schary, in Bits & Pieces)***

**Weakness is treating someone as though they belong to you. Strength is knowing that everyone belongs to themselves. *(Yaa Gyasi, novelist)***

**Let not thy will roar, when thy power can but whisper*. (Thomas Fuller)***

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