

## [Weekly Health Update from Pastor Jim – Weekend of March 10 & 11, 2018](#)

### **Dear Friends and Family:**

What a great week I have had. Not only was it my Birthday (68 big years) but I been going to the gym now for three weeks and fully enjoying that and I had my follow up with my Cancer Doctor who was very pleased with my numbers, which are considerably down. He said simply, “keep up the good work.”

If you had told me back in January that I would be tolerating the chemo, seeing substantial improvement and going back to the gym, I would have asked “what rock did you crawl out from under?” But then I would have forgotten Paul’s words in Philippians 4:13, *“I can do all things through Christ who strengthens me.”* Bottom line, “You or I can’t do this. But God can give us the strength to accomplish things, that on my own, would simply be impossible.

I want to be good at leaning in and trusting God. Sounds so spiritual right? But, what does that even look like? It starts when we acknowledge “Who God is ... what He can do ... and how much we need His help.” Our God is the creator of this whole universe. He is all powerful. There is nothing impossible for God. And, without Him, you and I would be lost forever, “but thanks be to God who gives us the victory through our Lord, Jesus Christ” (1 Corinthians 15:57).

Moving ahead, let’s approach every area of our life with a sense of FAITH and POSSIBILITY. I love David’s attitude in Psalm 18:29, “With your help I can advance against a troop; with my God I can scale a wall.” I want to have that attitude. David said these words out of experiencing God’s help through his life. Paul wrote the words in Philippians out of experiencing God’s help time and time again. In faith we can put those possibilities before God and let Him move us forward like never before. He’s waiting and ready. Are you?

Thanking and praising our Great God.

Pastor Jim