



Divine Muscle

Bible Study

[Please provide: musical accompaniment; Bibles, hymnals, and copies of the Bible study for attendees.]

Opening

Muscle is a word often connected with physical strength or power. Athletes spend countless hours developing their physical strength or power. We aren't inclined to think of it when describing our Lord. Yet how many times have you felt His divine muscle carrying you when you had no strength to go on? Read together 2 Corinthians 12:8-10. Share your thoughts about the encouragement that these verses give you.

Our Strength, God's Strength

Throughout Scripture, we see "kindred spirits" – people like you and me who love the Lord yet struggle with sin and weaknesses. From the following verses, note the problems experienced by the Biblical characters and their source of strength.

Exodus 15:22-26

2 Samuel 22:1-4

Nehemiah 8:1-10

Psalms 73:21-26

Psalms 118:10-14

Philippians 4:10-13

For Reflection

What do these verses show us about our own human strength?

What do these verses show us about God's strength?

Man's Advice, God's Solution

Television talk shows, magazines, newspapers, and self-help books are full of advice about our problems. They have solutions for weight loss, love loss, and hair loss, but can offer no solution to our greatest problem – sin. What has God done about that according to Romans 5:6-8?

As God's redeemed children, we look to Him for advice in our struggles and problems. Look up the following verses and note what help and strength God provides for you and me.

2 Samuel 22:29-31

Psalms 46:1-3, 10

Isaiah 41:10

Isaiah 43:1-3a Philippians 4:6-7

For Reflection

How do these promises of God encourage you today?

With God's strength holding us up, what comfort can we give to those around us who may be struggling?

Closing (speak together)

The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song (Psalm 28:7 NIV).

Sing

"A Mighty Fortress Is Our God" LSB 656, TLH 262, LW 298, a well-known hymn by Martin Luther, written in his times of struggle

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