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The Lie: Not Enough

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The Lie: Not Enough

<https://www.youtube.com/watch?v=PLamtM9Qeds>



I can do all things through Christ who strengthens me.

PHILIPPIANS 4:13

There have been times in my life when, to triumph over adversity, I literally had to convince myself a miracle was needed. Especially when I couldn't see anything happening.

When circumstances looked impossible, it was easy to wonder if I had what it took to keep going. Was I strong enough? Wise enough? Capable enough?

The lie whispered, "You're not enough."

During those seasons, affirmations could encourage me, but I discovered something far more powerful: a song could lift my spirit and stir my heart toward a simple biblical truth:

"I can do all things through Christ who strengthens me." — Philippians 4:13

Not because I am strong enough on my own. Not because I have all the answers. Not because I can control what happens next.

But because Christ strengthens me.

For more than three decades, MercyMe has been sharing their music. It speaks honestly to life's challenges. Their song Say I Won't captures the determination to keep moving forward when circumstances seem determined to hold us back.

One line especially speaks to my heart: "I'm gonna live and not just be alive."

What a powerful declaration!

Sometimes triumph doesn't mean everything suddenly changes. Sometimes it means we choose to believe God is working even when we can't see it. It means getting up one more time. Taking one more step. Trusting one more day. And refusing to let the voice of our adversary have the final word.

So when the familiar lie comes—You're not enough. You can't do this. You'll never get through it—remember whose strength you are standing in.

You don't have to be enough. Christ is enough.

And with His strength within you, you can face what is in front of you with courage, hope and confidence. Today, give your challenge completely to God. Then face it knowing you are not facing it alone.

Closing Prayer

Father God, when I hear the lie I am not enough, remind me I was never meant to do this alone. Fill me with Your strength when mine is gone, Your courage when I am afraid, and Your hope when I cannot see what lies ahead.

Today, I choose to believe Your truth over the lies. I am enough because "Through Christ, I can do all things." In Your precious son's name, Amen.

Karen Good

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