



water from rock

## Selah: Stop, Look, Listen – August 8, 2024

The Lord be with you.

“I think I can, I think I can, I think I can.” Perhaps you recognize those as the words of the little engine in that popular children’s story “The Little Engine that Could.” As ‘I think I can’ are the words of the little engine as it chugs triumphantly up over the hill. The story begins as a locomotive has broken down and engines larger and more powerful than the little engine have all been called to pull the train, but they all refuse because the load is too much for them. Finally, finally, the little engine is summoned and the little engine it’s, it’s willing to try and to pull the heavy train. The little engine starts, starts gathering steam going up the mountain repeating. I think I can, I think I can, I think I can, and it pulls a heavy load up over the mountain.

I want to suggest that there are two important differences between the little train story that I used to tell my sons when they were little. Two important stories between the little engine and the Bible. The little engine story says, I think I can. The Bible says, I know I can. And the second important difference, the second important difference between the Little Engine story and the Bible is that the little train is relying on its own power. And the Bible teaches us that we can rely on the power of Christ at work in us so that we can always say, I know I can and we see this magnificent affirmation in the Apostle Paul’s letter to the Philippians, Philippians chapter four verse 13 that says, I can do all things through Christ who strengthens me.

And I wonder about you today. If you might be facing what seems to you an impossible mountain, it might be a mountain of financial trouble, it might be heartbreak in your family. It might be bad news from the doctor. And this verse assures us this verse promises us that we are ready for anything that life throws at us through the power of Christ working in us. I like to remember where Paul is as he writes these magnificent words, Paul is in a Roman prison and Paul knows that he has Christ’s power to handle any situation you see, for Paul, it is not, it is not, I think I can, but it’s I know I can. Philippians 4:13.

It’s, it’s not God’s promise that we will be successful in all of our personal goals, but it is God’s promise that through Christ, we can face, we can handle any situation with confidence and peace. Knowing the Christ is our strength. I know I can earlier in the book of Philippians, Paul says, for me to live is Christ and it is a knowing Christ as our life that you and I experience Christ’s power at work in us to deal with any problem. Any temptation, any trial, our confidence comes from knowing Christ who equips us, who gives us the power to



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handle every situation. The strength is not, it is not our own, but it is Christ as he empowers us to face every situation, endure every trial to be steadfast in our faith.

And so, loving Father, today we thank you for the promise that we can, we can do all things through Christ, who is our strength. We pray that you would help us to rely on his power rather than our own power and to take on every challenge with faith and confidence in Christ who is our life knowing that with him, all things are possible. I know I can. In the name of Jesus we pray. Amen.

I am Tim Smith, a fellow traveler. Thank you for listening. Until next time.