## FOOD FOR THOUGHT (Week #19)

I can do all things through Christ which strengthened me. Philippians 4:13.

ALL includes everything and excludes nothing. Therefore, there are no obstacles that come in our lives that can defeat us if we allow ourselves to be strengthened by the power of Christ.

The words cannot or impossible must be eliminated from the vocabulary of the believer. We must speak positively concerning our situations and our goals no matter how difficult they may seem. Whether it be finishing school, pursuing a career, or even increasing in our spiritual lives, we must believe and confess emphatically, I can do all things, through Christ. YES WE CAN!!!

By Deborah A. Rolle