

We are Weak but He is Strong
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This is my first year in the NID, and I would never say this to my Wisconsin friends and family, but we are happy to be in Northern Illinois! In our short period of time here, it has been clear that one of the NID's main focuses is the wellness of the people in the district, specifically, those who are working in the mission field in our district.

Lent is a good time to focus on not just the wellness of our minds and bodies, but it is a time to really focus on the wellness of our souls. Now, fasting is not necessarily going to be the key to the wellness of mind and body. Some may have heard of the acronym HALT. When I am Hungry, Angry, Lonely, or Tired I am much more likely to make a bad decision. Fasting, whether it be from food, or something else we enjoy, is not necessarily the best way to prevent hunger, anger, loneliness or tiredness.

When we look to Jesus, we see how he handled the temptations brought to him when he was experiencing physical and mental weakness during his time of fasting. Let us recognize the contrast between the First Adam seen in Genesis 3 and the Second Adam in Matthew 4.

The First Adam was surrounded by unlimited bounty of (1) food in the Garden, (2) could speak with God in his physical presence, and (3) he had God-given power over all of Creation. Yet, he is tempted with a (1) piece of fruit to (2) give up his connection to God, (3) by desiring more power. The Second Adam had (1) nothing to eat over the previous 40 days, (2) was away from his Heavenly Kingdom, and (3) did not use his divine power for personal benefit. The First Adam had everything, and he gave in to the temptations of Satan. The Second Adam was at his weakest, and he turned to God's Word. "It is written: '(1) Man does not live on bread alone, but on every word that comes from the mouth of God... (2) Do not put the Lord your God to the test... (3) Worship the Lord your God, and serve him only.'"

It is in the Word of God, the Word made flesh, where we find our greatest wellness; the eternal wellness of our souls where we have contentment in our situations and joy in our lives! It is just as Paul writes, "(Christ's) grace is sufficient for you, for (his) power is made perfect in weakness...That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong."