



Take Heart

Day 5: Chorus

So take heart
Take a breath
Let Me lift that heavy weight up off your chest
Take My hand
I know it's looking dark
When the world falls all around you
I won't let you fall apart

Scripture Reference

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

– *2 Corinthians 4:16-18*



May we be bold enough this week to ensure we have the right perspective on life's troubles? Let's take a risk and try to do just that as we wrap up. Our scripture today is all about perspective starting with outward and inward focus. Paul tells us that, although his physical body was aging and deteriorating, his inward being and relationship with Christ was being renewed day by day. In the midst of his troubles, and likely even because of them, Paul did not lose heart. He encourages the same for us today.

List some ways in which you are outwardly wasting away, either in your physical body or in other ways (such as finances, relationships, jobs, etc.) Contrast those to your inward being. Can you, like Paul, say inwardly you are being renewed day by day? Why do you think you are or are not?

Paul next addresses our perspective on what we see. We're told to fix our eyes not on what is seen, but on what is unseen. When you're going through trials, either now or in the future, your life or those things around you may look dark. It may look like the world is crumbling down. Maybe even more scary, it may look like you yourself are falling apart. Paul tells us to not fix our eyes on what it may look like around us. Instead, affix your focus on that which is unseen. Fix your eyes on Jesus.

What around you catches your attention, your focus? What do you obsess over in this physical life you are living? Are you fixing your eyes on that which seen? How can you fix your eyes on that which is unseen instead? Ask the Holy Spirit to fill you with His presence.



Why does Paul tell us to fix our eyes on what is unseen? Well, this is yet another challenging perspective he provides us. What is unseen is eternal, not temporary like that which we can see around us. Our light and momentary troubles are achieving for us eternal glory. Our present suffering is only minimal compared to the abundant glory we receive in Christ. We see a beautiful truth that glory outweighs trouble. Sometimes, we get lost thinking troubles are immensely heavy, but take heart, Jesus outweighs any trouble. He can overcome any circumstances you are facing.

What does it mean to you that your momentary troubles are achieving for you eternal glory? How does that shift your perspective on the trials and challenges you face? How can you better undertake and experience trials because of what Jesus has done for you?

Let's end this week just as we began. Both Paul and Jesus are saying to you: "Do not lose heart but take heart!" May we be people who accept that invitation. Even when things around you look dark...even when the world falls around you...even when you feel like you are falling apart. Take a breath...take heart, He has overcome the world. Fix your eyes not on what is seen, but on what is unseen. Fix your eyes on Him. Remind yourself of the right perspective.

End this week in meditation and prayer. Ask the Holy Spirit to fill you up with courage and trust. Take a breath and fix your eyes on what is unseen. Fix your eyes on Him.
