

M&M Monday 4.10.2017

*Meditation and Motivation
through Bible verse and prayer
to help you get through your Monday!*



Philippians 4:12-13 – I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. ¹³ I can do all things through him who strengthens me.

Father God, You know my every thought – you know the pain and suffering that I have been through and will have and you know the joys and victories I have walked through with You and will continue to experience as well. You are the God of plenty and I know with You, I'm able to push through, to press on, to hold tight, and to hold on to You – You are my hope – You are the One I need to turn to as I face my Monday and this next week. You are the reason I make anything of epic proportions today and always. Holy Spirit, I pray You have Your way. Amen.

Matthew Henry's Commentary regarding this scripture:

4:12. *This is a special act of grace, to accommodate ourselves to every condition of life, and carry an equal temper of mind through all the varieties of our state. (1.) To accommodate ourselves to an afflicted condition—to know how to be abased, how to be hungry, how to suffer want, so as not to be overcome by the temptations of it, either to lose our comfort in God or distrust his providence, or to take any indirect course for our own supply. (2.) To a prosperous condition—to know how to abound, how to be full, so as not to be proud, or secure, or luxurious. And this is as hard a lesson as the other; for the temptations of fulness and prosperity are not less than those of affliction and want. But how must we learn it? I can do all things through Christ who strengthens me, Phil. 4:13. We have need of strength from Christ, to enable us to perform not only those duties which are purely Christian,*

but even those which are the fruit of moral virtue. We need his strength to teach us to be content in every condition.

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