

## DAY 3 RHEMI NATION 30 DAY FAITH & FITNESS CHALLENGE

### SCRIPTURE

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

### DEVOTIONAL CAN DO POWER

We all face pressures in life and there are times when we feel overwhelmed: The obstacle looks too big, we never dreamed we'd be dealing with this situation, we thought the trouble at work would have ended by now.

It's easy to feel as though we can't take it anymore and want to give up. The Bible says, "God will never let you face anything that you can't handle and He will also provide a way of escape, so you will be able to bear it" (1 Corinthians 10:13). When God designed you, He took into account everything you would face--every struggle, every unfair situation, every setback—**(REMEMBER THE SETBACK IS A SETUP FOR YOUR COMEBACK)** God put in you the strength, the courage, and the determination to rise up and overcome.

When God designed you, He knew what you would face. Whatever it is, remind yourself that you can do all things through Christ who gives you the strength.

When you come into agreement with God and his word. You begin to realize that your **Comeback is Guaranteed.** Now that's CAN DO POWER!

As a matter of fact, the Scripture says you are full of "**can do**" power. You are well able to overcome opposition, to outlast adversity. I've learned that "**can do**" power doesn't do any good if you have a "**can't do**" mentality.

Quit looking at all the things you can't do. Have a new perspective: "I **can do** all things through Christ who strengthens me. This obstacle may be big, but I can overcome it. This trouble is taking longer than I thought, but I can outlast it. This situation feels overwhelming, but I'm designed for it. I'm strong, I'm anointed, I'm equipped and I'm built for this."

- **PRAY 10 MIN**
- **FITNESS : 15 MIN.**  
Walk 5 Minutes  
Rest 1 Minute  
Repeat 2 More Times.