

Jesus

*You are my strength in all things!*



# I Can Do All Things Through Christ Who Gives Me Strength

Cindy Barclay



Bethany recently danced a solo at her Dazzler Dance recital. This marked her 12th and final year dancing with this amazing dance production team. Her song choice was- ***Nothing is Impossible***, by Planet Shakers. Bethany could hardly sleep the night before the recital! Before we prayed, she said, "Mom, God must have had me choose this song. You know why? Because it's true! Mom, God helps me do it all!"

[Tweet "Our strength and help comes from God! #downsyndrome #challenges #specialneeds"]

It's easy to read the above verse wrong, kind of like a mantra. "I can do ALL things through Christ" But in context, the verse isn't promising we can become President or win an Olympic medal. It means something much better!!!! When you read the literal rendering- it is an astounding promise. It reads this way:

**For ALL THINGS, I have strength, in Christ's strengthening me;**

Philippians 4:13 Youngs Literal Translation

In context, Paul is sharing he has the strength to go through anything life throws at him. God gives us strength for all things. WOW!

*Through Christ- I have strength for all things (to bear) not to do.*



When we received the DNA results that confirmed that our little Bethany, did indeed have down syndrome, we were crushed in our spirits. So sad and fearful, wondering what her future would look like. We knew there would be many things she wouldn't be able to do. We were perplexed and mystified about what she would be able to do.

The ironic thing is this: **uncertainty in life is a given for each of us.** No one will be able to accomplish everything in this life. Nor, do any of us know what our future holds.

But we don't need to. Our good, good Father is over it all; nurturing us day by day, infusing us with strength and singing over us with His love. Grace upon grace.flows from His love to us.



I'm 60 now! And I'm telling you the only way I have strength for ALL things is because of Jesus! I realize, more than ever, I have my limits. **But He doesn't!!!** He constantly infuses and shares His love and grace for each and every thing "life" throws at me!

And Bethany is learning this truth! She has strength to live with her limitations and challenges because Jesus has given her purpose and joy in this life. His joy is our strength.

His joy  
my strength.



18 years ago, we never would have dreamed, our little girl with down syndrome, would be dancing 5 routines and a Senior Dance solo on the big stage of the Lied Center at KU! We couldn't have known she would be able to dance for 12 years with Dazzlers; a competitive Christian dance team. Nor, would we have been able to envision her going to KU this fall for a transitional post high school experience and internships!



Now all glory to God,  
who is able,  
through  
His mighty power  
at work within us,  
to accomplish  
infinitely more  
than we might  
ask or think.

Ephesians 3:20

Life isn't always easy, but He's is with us through ALL things- strengthening and encouraging us to keep our eyes fixed on the Author and Finisher of our faith.

I'm sure, to many, her dance routine would seem simplistic.

But as her mom, I am completely in awe of how God has infused Bethany with **strength to learn** and **persevere**. I know how many extra lessons and days of practicing it took to polish that routine! I know how badly her little flat feet hurt after every dance class.

I love how she has no sense of comparison or jealousy of the other more accomplished dancers. She admires them so much! And yet, she is equally thrilled with her own performance, knowing it was Jesus that strengthens her daily and gives her joy in her journey.

And there we have it.

[Tweet "God gives us strength for ALL things that come our way! #downsyndrome #specialneedparenting #encouragement #hope"]

(I've been a hot mess this last month with tears, laughter and everything in between. ) I hope you enjoy her joyful expression of dance as much as we did.

[https://youtu.be/laquT6pIR\\_4](https://youtu.be/laquT6pIR_4)

*Amazed by His love ~ Cindy*



**Surprising Treasure:** "I, Paul, pleaded with the Lord 3 times to take away my chronic weakness. But God said to me, "My grace is sufficient for you, for my power is perfected in weakness."

II Cor. 12:9