

The Power of Leaning

Have you ever leaned on something so hard or so long that it eventually gave way? Or maybe you leaned back in a chair, got comfortable, and then—bam—it fell and you ended up flat on the floor. Or maybe you've leaned on something long enough that it left a mark.

Here's what I've learned: what we lean toward matters.

For years, I leaned on things that looked strong—my education, my career, even my own determination to fix what was broken in me. But when those things gave way, I fell hard.

In early 2021, I was getting my master's degree in nutrition, finding peace after losing my dad, and then I got COVID. What started as a simple illness turned into something much scarier. My esophagus shut down, and I could barely eat. Three weeks went by, then months. I lost 35 pounds and all hope that things would ever return to normal.

I leaned on myself to fix it—my knowledge, my doctors, my research. I leaned into me. And the more I tried to figure it out, the more anxious, hopeless, and defeated I became.

I stopped leaning into God's Word. I stopped praying from faith and started pleading from fear. My thoughts became dark—so dark that I began to wonder if my life still mattered.

But one desperate day, God met me in my kitchen. Through tears, I prayed, *"God, I can't do this anymore. Please help me."*

And in the stillness, I heard His voice whisper:

"you're leaning into everything but Me. Come lean into Me."

That quiet moment changed everything. God didn't instantly heal my body, but He began to heal my heart. I started looking up Scriptures on healing and reading them aloud. As I spoke His Word, hope began to rise again.

Slowly, my thoughts changed. My attitude changed. Even though my symptoms didn't disappear right away, my peace returned. I knew God was still good, and I was going to be okay—whether or not I ever ate a hamburger again.

It took a year, but my health improved, and eventually surgery helped me fully heal. But even more than that, God used my weakness to remind me of His strength.

Now when I feel myself starting to lean the wrong way—toward fear, control, or worry—I stop and ask: Am I leaning on something that can hold me up? Or something that's going to crumble?

"Give your burdens to the Lord, and he will take care of you." (Psalm 55:22)

"Give all your worries and cares to God, for he cares about you." (1 Peter 5:7)

Leaning on Jesus isn't weakness—it's strength. It's peace in chaos. It's hope when everything else fails. He alone can hold us.

So, what are you leaning toward today?

PRAYER

Lord, I confess that I've leaned on everything but You—on my strength, my plans, my control. Forgive me for trying to hold up what only You can carry. Teach me to lean fully into You, to rest in Your Word, and to trust Your timing.

When fear, sickness, or struggle come, remind me that You are my shelter and my safety. Thank You for never giving way beneath me.

Amen.

TRUTH DECLARATIONS

- I will give my burdens to the Lord; He will take care of me.
- God cares deeply about what happens to me.
- I find rest and protection in the shadow of the Almighty.
- My peace comes from leaning on Jesus, not myself.
- I will speak God's Word out loud until my heart believes it.
- What I lean on shapes who I become—so I will lean on Christ alone.

FURTHER READING

- Psalm 55:22 – Cast your burdens on the Lord; He will sustain you.
- Philippians 4:6–7 – Pray about everything and experience His peace.
- Psalm 91:1–2 – Find rest in the shelter of the Most High.
- 1 Peter 5:7 – Give all your worries and cares to God.
- Matthew 7:7–8 – Keep asking, seeking, and knocking; He will answer.
- Ephesians 6:10–18 – Put on the armor of God.
- Ezekiel 37:1–10 – God breathes life into what feels dry and dead.

