

5 2 W E E K S
O F G R O W T H

Give it a Year
Week 26

WEEK 26

Ecclesiastes 4:9-12 (NIV)

“Two are better than one,
because they have a good return for their labor:
If either of them falls down,
one can help the other up.
But pity anyone who falls
and has no one to help them up.
Also, if two lie down together, they will keep warm.
But how can one keep warm alone?
Though one may be overpowered,
two can defend themselves.
A cord of three strands is not quickly broken.”

In our world today, independence is often celebrated. We're taught, even from a very young age, to be strong, self-reliant, and capable of handling life's challenges on our own. And while, yes, there is value in resilience, scripture reminds us that we were NEVER meant to do life alone.

This life is hard and it's too overwhelming. Many of us are conditioned to believe the lie that we are supposed to handle it all and stay strong and be something for everyone. But none of that is found in God's Word. When we walk alone, when we carry the weight of life alone, the burdens of fear, anxiety, and temptation feel heavier. The enemy loves isolation because it makes us easy targets for discouragement and defeat. When we do life alone, we are a single thread cord...easily broken.

When 2 people walk together, there's mutual support. This is true in marriage, friendships, mentorships, and even within the church. Healthy, godly relationships provide accountability and encouragement. They help us stay on track when our strength fades. When we walk together with another person, they are there to pick us up when the weight of life is too heavy. They are able to come along side of us and carry some of that weight. They are there to encourage us with conversation, scripture, prayer, or just a listening ear. They are there to help build us up and make sure that we don't crumble under pressure.

Just like Moses and Aaron. When Moses grew weary during the battle against the Amalekites, Aaron and Hurliterally held up his arms (Exodus 17:12). Without their support, Israel would have lost the battle. We need an Aaron to come along side of us and lift our arms when we are tired and discouraged and weak.

Our scripture above from Ecclesiastes, paints a vivid picture of strength in unity. One person alone is vulnerable. Two people together can stand stronger. But when God becomes the third strand, the bond becomes unbreakable. That's true strength. Not just in human connection, but in God being woven into the relationship. Imagine braiding three cords: if the third strand is removed, the others unravel quickly. But when God is the central strand, He binds the relationship together with unbreakable love and purpose. So, when God is at the heart of a marriage, a friendship, or in a community, His presence brings stability, grace, and forgiveness that human strength alone cannot provide.

A cord of three strands represents you, another person, and God united in purpose.

Remember, life's battles are not meant to be fought alone. A single strand may snap under pressure, but a cord woven with love, accountability, and the presence of God will withstand the storms. Whether it's your marriage, family, friendships, or church community, invite God to be that third, unbreakable strand. When you do, you'll experience strength beyond your own, and your relationships will become living testimonies of His faithfulness.

READ:

Proverbs 27:17

Romans 12:4-5

Hebrews 10:24-25

Colossians 3:14

Psalms 133:1

James 5:16

REFLECT:

- Are there areas of your life where you've been trying to "go it alone" rather than inviting others or God into the situation?
- Who has God placed in your life to "hold up your arms" when you grow weary? And are you actively being that person for someone else?
- Is God truly woven into your closest relationships, or has He been pushed to the edges? What steps can you take to make Him the central strand?

PRAYER:

Father God, Thank You for the reminder that I was never meant to walk through life alone. Lord, help me to lean on the people You've placed in my life and to be a source of encouragement for others. Lord, be the central strand in all my relationships. In Jesus name I pray, Amen.