



# UNDER HIS WINGS

SEASON 4

EPISODE 60– Jesus Is My Strength

## SHOW NOTE HIGHLIGHTS

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### Episode Show Notes

Philippians 4:13. I can do all things through Christ who strengthens me.

The Lord is my light; the Lord is my strength.

I know in his might I'll conquer at length.

My weakness in mercy he covers with pow'r,

And, walking by faith, I am blest ev'ry hour.

The Chosen, season 3 episode 8 has a beautiful connection drawn to Psalms 77 throughout it. The whole chapter is beautiful but in verse 14 we read: Thou art the God that doest wonders: thou hast declared thy strength among the people.

Moses proclaimed, "The Lord is my strength and song, and he is become my salvation" (Ex. 15:2).

David sang, "God is my strength and power: and he maketh my way perfect" (2 Sam. 22:33).

Elder David A. Bednar's talk called In The Strength of the Lord said "Most of us clearly understand that the Atonement is for sinners. I am not so sure, however, that we know and understand that the Atonement is also for saints—for good men and women who are obedient and worthy and conscientious and who are striving to become better and serve more faithfully." This is the enabling and strengthening aspect of the Atonement of Jesus Christ.

<https://www.churchofjesuschrist.org/study/general-conference/1993/10/strength-in-the-savior?lang=eng>

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness" (Isa. 41:10)

Quote from a podcast Geri mentions: "Before you think of ending your life, try ending the life you are leading right now and live a different one."

Connie mentions a Follow Him Podcast that shares the Atonement or alonement and the attachment theory (Timecode 07:35)

<https://followhim.co/wp-content/uploads/2023/05/NT-20-Dr.-Matt-Townsend-Matthew-19-20-Mark-10-Luke-18-FollowHIM-SHOW-NOTES-ENGLISH-2.pdf>

Geri tells a story of being enabled to face a challenge with her health. She mentions her blog: [lovinglivinhealthy.blogspot.com](http://lovinglivinhealthy.blogspot.com)

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