

# **Jesus is able to carry you through difficulties**

Good morning, teachers and students. Today, I'd like to share with you a Christian hymn called "He's able", which is often considered a signature hymn of Christianity. This hymn mainly talks about the great power of Jesus.

The lyrics or words of the hymn "He's able" are as follows:

He's able, He's able,  
I know He's able,  
I know my Lord is able to carry me through.

He healed the broken-hearted  
And set the captive free,  
He made the lame to walk again  
And caused the blind to see.

He's able, He's able,  
I know He's able,  
I know my Lord is able to carry me through.

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Boys and girls, I like this song very much, and I have two points to share with you.

**Firstly, in our real life, we face a lot of difficulties, problems and constraints.** First, as the hymn says, **we are a captive.** Captive is a person who is kept as a prisoner, especially in a war. Of course, we are not a real prisoner, but in our real life, we are still captured by a lot of constraints and we are not free. For example, we are controlled by bad habits and we cannot resist them. We are also controlled by sin; we cannot resist temptations. As apostle Paul says in Bible Romans 7:18 “For I have the desire to do what is good, but I cannot carry it out.” (羅馬書 7:18 「因為立志為善由得我，只是行出來由不得我。」) We are really a captive. Second, as the hymn says, **we are also the broken-hearted.** Broken-hearted is a feeling of great sadness, especially when somebody you love has died or left you. In our real life, we sometimes face such sad situations. For example, our beloved may pass away or leave us. Third, as the hymn says, **we are a lame.** A lame is a person who is unable to walk well because of an injury to the leg or foot. We have similar characteristics with a lame. We do not know how to walk in a proper way. We may walk in step with the wicked and bad people. Fourth, as the hymn says, **we are blind people** who are not able to see properly. Actually, we share similar characteristics with blind people. We can only see the problems, but we cannot see the blessings. We can only see the negative side of somebody or something, but we cannot see the positive side.

In spite of the difficulties, problems and constraints, I want to share with you the **second key point** of my speech: **Jesus is able to tackle and overcome such problems and difficulties.** **First, Jesus is able to carry us through the difficulties.** Jesus is able to help us to survive a difficult period. Jesus is even able to raise the dead people to live again. **Second, Jesus is able to heal the broken-hearted** and make us healthy again. **Third, Jesus is able to set the captive free.** Jesus is able to set us free from sin and bad habits. With the help of Jesus, we are able not to be restricted or controlled by anyone or anything. We are able to do or say what we want. With the help of Jesus, when we have the desire to do what is good, we can carry it out. With the help of Jesus, we are able to say “NO” to temptations. **Fourth, Jesus is able to heal the lame and**

**blind** so that we can walk and see in a proper way.

In conclusion, boys and girls, trust Jesus and seek the help of Jesus. In so doing, even though you are broken-hearted, captive, lame and blind, you will be healed, set free and able to walk and see in a proper way. Apostle Paul says in Bible 2 Corinthians 1:10 “He has delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will continue to deliver us.” (哥林多後書 1:10 「他曾救我們脫離那極大的死亡、現在仍要救我們、並且我們指望他將來還要救我們。」) Similarly, Jesus has carried us through difficulties in the past. At present, He continues to help us. In the future, we have set our hope that He will continue to help us.