



Words of Wisdom #3

Girl Power vs. God Power

“I can do all things through Him who strengthens me” Philippians 4:13

I believe jiu-jitsu is the best martial art for self-defense because it equips a smaller person to defend against a larger opponent. A girl learns to trust techniques, not her own strength.

Today's culture attempts to convince girls to reach within herself to find strength. “Girl Power” sounds empowering, but in reality, it's exhausting. Pressure to perform and expectations to succeed crush a girl's spirit. Girls suffer from depression and anxiety now more than any time in history. Girl power falls short. Thank goodness for God's power! A girl can do anything NOT because of who she is. A girl can do anything because of WHOSE she is! Let His power strengthen you!

How would you describe the difference between Girl Power vs. God Power?

Ask God to fill you with His Power and memorize Philippians 4:13.

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strengthens me” Philippians 4:13



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