

Notes: Shabbat – February 26, 2022

Start: 10 am

### Order of Service:

Meet and Greet  
Introduction (if new people)  
Announcements  
Open in Prayer for service  
Liturgy – Shema  
Praise and Worship Songs  
Message  
Time of Prayer  
Aaronic Blessing  
Kiddush  
Oneg

Introduction: “God Is Able”

The last two weeks have been an enormous struggle for me personally. What I thought started off as a severe cold turned out to be Covid and its litany of symptoms that goes with it. Many of you in the congregation have experienced this already so I am not sharing anything new with you, yet I am experiencing what you are experiencing, maybe not exactly the same.

For me, the biggest challenge over these two weeks has been dealing with Covid brain. I seemed to be in a fog the entire time. I did not have a desire to read or even write in that I could not focus long enough for anything to take hold. In some ways, I felt extremely empty. Even as I write now, the effects are still lingering.

Yet, in the midst of this Covid malaise, this feeling of discomfort, illness, and uneasiness there was this Bible verse on the table. It was actually three words of a Bible verse. I was being fed on three words during a time when I was not only struggling with eating actual food, but did not have the energy to consume Spiritual food either.

The three Words that continued to sustain me.

“God is Able”

The full verse is 2 Corinthians 9:8...

**2Co 9:8** And God *is* able to make all grace abound toward you; that ye, always having all sufficiency in all *things*, may abound to every good work: (KJV)

**2Co 9:8** Moreover, God has the power to provide you with every gracious gift in abundance, so that always in every way you will have all you need yourselves and be able to provide abundantly for every good cause— (CJB)

This verse is part of a passage Sha'ul shares with believers at Corinth as it pertains to giving and doing so in a gracious and cheerful manner.

Sha'ul is concerned with the inner state of the giver and not merely with the fact of giving. The New Covenant emphasizes both the inner condition and the outward action; and that inner state is created not by oneself but by God. Sha'ul urges the Corinthians not to fear for themselves, for God will supply plenty so that they may be generous.

That is the context of this verse, yet the focus for me was not on the aspect of giving but on the One whom has the power, the One who is able.

These three words have been resonating in me for two weeks now.

“God Is Able”

Not going into the Greek or Hebrew and just resonating on the word that was before me “Able” I saw this as a very open ended statement. God is Able in so many ways, yet what is He wanting to say to me in my moment?

This morning when I looked up the definition for “Able” it further emphasizes just how open ended this statement can be...”having the power, skill, means, or opportunity to do something”

Whether in your weakened state when you are sick or your depressed state when you are going through something that is consuming you physically, emotionally and spiritually. Whether you are discouraged, frustrated or anxious about something transpiring in your life at that moment. You may feel empty, helpless, powerless in the moment, yet these three simple words should offer you hope...

“God Is Able”

When you are empty, God is Able to fill that emptiness.

During these two weeks, when I had no desire to read or write and just those three simple words confronting me I believe the Ruach brought to mind times when God is Able to sustain us. I had come to realize that over the last two years I had become more depleted than I had realized, sometimes just functioning on fumes. I may share more of this in the weeks to come, needless to say, these two weeks I had felt physically, emotionally and spiritually depleted.

I was reminded of Yeshua's words during His sermon on the mount where He conveys how much God cares about us and if He cares about us this much then He is most certainly Able...

[Mat 6:25](#) "Therefore, I tell you, don't worry about your life—what you will eat or drink; or about your body—what you will wear. Isn't life more than food and the body more than clothing?"

[Mat 6:26](#) Look at the birds flying about! They neither plant nor harvest, nor do they gather food into barns; yet your heavenly Father feeds them. Aren't you worth more than they are?

[Mat 6:27](#) Can any of you by worrying add a single hour to his life?

[Mat 6:28](#) "And why be anxious about clothing? Think about the fields of wild irises, and how they grow. They neither work nor spin thread,

[Mat 6:29](#) yet I tell you that not even Shlomo in all his glory was clothed as beautifully as one of these.

[Mat 6:30](#) If this is how God clothes grass in the field—which is here today and gone tomorrow, thrown in an oven—won't he much more clothe you? What little trust you have!

Though sometimes in the lowest parts of our humanness. That is when our minds undermined us at every turn, fed by lies of the Adversary not to mention our own words of inadequacy are the times when we need to realize that God is Able. Yet, as much as God is Able, we have to be willing. We have to be willing to received what God is Able to do. We have to be willing to do our part and that is first acknowledging Him.

[2Co 12:8](#) Three times I begged the Lord to take this thing away from me;

[2Co 12:9](#) but he told me, "My grace is enough for you, for my power is brought to perfection in weakness." Therefore, I am very happy to boast about my weaknesses, in

order that the Messiah's power will rest upon me.

**2Co 12:10** Yes, I am well pleased with weaknesses, insults, hardships, persecutions and difficulties endured on behalf of the Messiah; for it is when I am weak that I am strong.

God is Able, especially when we are willing.

He is able to sustain us in times of trouble, times of depletion, times of uncertainty. His Word is never far from us as believers who have received His Word, written on our hearts.

**Jer 31:32** "For this is the covenant I will make with the house of Isra'el after those days," says Adonai: "I will put my Torah within them and write it on their hearts; I will be their God, and they will be my people.

**Psa 19:1** [*For the leader. A psalm of David:*] The heavens declare the glory of God, the dome of the sky speaks the work of his hands.

**Psa 19:2** Every day it utters speech, every night it reveals knowledge.

**Psa 19:3** Without speech, without a word, without their voices being heard,

**Psa 19:4** their line goes out through all the earth and their words to the end of the world. In them he places a tent for the sun,

**Psa 19:5** which comes out like a bridegroom from the bridal chamber, with delight like an athlete to run his race.

**Psa 19:6** It rises at one side of the sky, circles around to the other side, and nothing escapes its heat.

**Psa 19:7** The Torah of Adonai is perfect, restoring the inner person. The instruction of Adonai is sure, making wise the thoughtless.

**Psa 19:8** The precepts of Adonai are right, rejoicing the heart. The mitzvah of Adonai is pure, enlightening the eyes.

**Psa 19:9** The fear of Adonai is clean, enduring forever. The rulings of Adonai are true, they are righteous altogether,

**Psa 19:10** more desirable than gold, than much fine gold, also sweeter than honey or drippings from the honeycomb.

**Psa 19:11** Through them your servant is warned; in obeying them there is great reward.

**Psa 19:12** Who can discern unintentional sins? Cleanse me from hidden faults.

**Psa 19:13** Also keep your servant from presumptuous sins, so that they won't control me. Then I will be blameless and free of great offense.

**Psa 19:14** May the words of my mouth and the thoughts of my heart be acceptable in your presence, Adonai, my Rock and Redeemer.

**Psa 46:1** [*For the leader. By the descendants of Korach. On `alamot [high-pitched musical instruments?]. A song:*] God is our refuge and strength, an ever-present help in trouble.

**Psa 46:2** Therefore we are unafraid, even if the earth gives way, even if the mountains tumble into the depths of the

sea,

**Psa 46:3** even if its waters rage and foam, and mountains shake at its turbulence. (Selah)

**Psa 46:4** There is a river whose streams gladden the city of God, the holy habitation of `Elyon—

**Psa 46:5** God is in the city. It will not be moved—when daybreak comes, God will help it.

**Psa 46:6** Nations were in turmoil, kingdoms were moved; his voice thundered forth, and the earth melted away.

**Psa 46:7** Adonai-Tzva'ot is with us, our fortress, the God of Ya`akov. (Selah)

**Psa 46:8** Come and see the works of Adonai, the astounding deeds he has done on the earth.

**Psa 46:9** To the ends of the earth he makes wars cease—he breaks the bow, snaps the spear, burns the shields in the fire.

**Psa 46:10** "Desist (Be still), and learn that I am God, supreme over the nations, supreme over the earth."

**Psa 46:11** Adonai-Tzva'ot is with us, our fortress, the God of Ya`akov. (Selah)

Whatever your situation may be today. Whatever may be transpiring in your life or in the world today, remember these three words...

God is Able!

He is Able, yet we must be receptive. As believers He has equipped us, prepared us, sustained us, even when the world depletes us. That is because there is no limit in Him.