

“God Keeps His Promises — Even in Our Weakness.”

By Captain Heather Pope

Hebrews 11:32-40(NIV):

Have you ever felt like you weren't strong enough to face what's in front of you? Maybe you're juggling motherhood, work, or grief. Or maybe you're carrying guilt or shame. God's promise of deliverance isn't just for the strong—it's for the willing.

Thirteen years ago, I experienced one of the scariest times of my life. Our newborn baby was having difficulty breathing and had jaundice, so we were sent back to the hospital. The local doctors worked tirelessly trying to help her, but she continued to decline. At first, one doctor blamed me and said I needed to stop breastfeeding her because my milk was making her worse. Something in my milk was not good for her. I was devastated. Feeling like a failure, like I was hurting my new baby. I remember sitting in a room by myself crying and going completely numb. I was overcome by fear of the unknown, so much that I didn't want to ask anyone for anything.

We started to bottle feed, and her health continued to decline. They then started to test her for more issues. Each new needle poke broke my heart even more. They finally tested for RSV, which she was positive, by this time her lungs were so full of mucus they were unsure what to do. We were then airlifted 4 hours away to a children's hospital.

I remember praying for God to please save my little girl, and to please forgive me for not seeking Him sooner. I had been keeping all the pain in, and I couldn't handle any more on my own. When we arrived at the children's hospital there was a sense of peace that I can't explain. A peace over the new doctors, who were able to get her breathing regularly, a sense of peace over my husband and I as we saw our newborn laying in her hospital bed sleeping soundly and no longer fighting to breathe, peace knowing that my milk was never harming her and it was ok to start nursing again, a sense of peace knowing that the Lord was always faithful even in my weakness.

In Hebrews 11, we read a list of heroes of faith. But if you flip back to the Book of Judges, you'll find that these heroes were deeply flawed. Gideon was terrified and asked for repeated signs. Barak was hesitant and needed Deborah to push him. Samson had a weakness for women. Jephthah made a tragic vow. Yet each one is remembered for faith—and God delivered Israel through them.

These stories remind us that deliverance is not about our perfection but God's power. When we bring our fear, doubt, and weakness to Him, He meets us with strength. We never have to store up all the things that are holding us down. Get rid of that bondage and give it to the one who is always there to set you free.

Lord, I feel weak and unsure. But I believe You are strong and faithful. Help me to trust You like Gideon, follow You like Barak, rely on You like Samson, and call on You like Jephthah. Deliver me not by my strength, but by Your promise. Amen.

Reflection Question:

What fear or weakness do you need to surrender today so God can show His power through you?