



“Supporting each other”

By Shelley Hitz

Welcome to the Find Your True Beauty Pod-cast. Girls, it’s time to take a stand for true beauty. In a world that idolizes outer beauty, let’s come together and learn to display our true beauty in Christ. I’m Shelley Hitz, the author of the website findyourtruebeauty.com and today I want to talk to you about...supporting each other.

You see, right now I’m trying to train for a half-marathon. I haven’t ran a race over 5 miles, and normally I run a probably a 5K (which is 3.1 miles). But my husband is a big time runner, and he’s talked me into training for a half-marathon. So here I go trying to add miles and it is just grueling. The other day I tried to go out for a 4 mile run and I just felt like I could barely make it home.

Well we decided to join the local running club, Finley Striders, here in the town where we live in. And we went out running with them, it was suppose to be like 5 miles, and I didn’t think anyone would be running as slow as I was. But luckily there were a few women that were my pace and they just took me in. They said we’ll go slow with you, we’ll turn around early if you need to, and they were just great. And they talked to me, and we had some good conversation, and before you know it, we were back at the place. And we had ran almost 5 miles. I couldn’t believe it, and I mean I barely hurt, it didn’t seem like it was hard. And the time went by so fast. And it just got me thinking about how we support each other. And how when we are in a group, and when we are with others, things are so much easier. And that run would have been so much more difficult if I just had myself, and my iPod for my music. I would have been pushing myself and trying to get there and forcing myself. But when I was running with those women I was finished before I knew it.

And so I really believe it’s the same with us spiritually speaking; that we need each other. We need to support each other, and be there for each other. Hebrews 10:25 says: *Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.* I think it is so important to have other people in your life that support and encourage you in your relationship with Christ.

Ecclesiastes 4:9-12 says: *Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm*

alone? Though one may be overpowered, two can defend themselves. And A cord of three strands is not quickly broken. Now these verses are often used in regards to marriage. A cord of three strands the husband, the wife, and Christ. But this can also relate to friendships and to supporting each other in church, or in a small group, or Bible study. And that if one falls down his friend can help him up. And I came across this story and thought it was just a really great story to illustrate the power that comes when we support each other. And the story goes:

In northern Canada, an ox pull was being held to determine who had the strongest ox. The winner pulled 9,000 pounds and the runner-up pulled just a few pounds short of that. So the owners and old-timers who had witnessed the competition started to debate as to how much the two strongest oxen could pull if they were teamed together. The wagers went down. Some bet 16,000 pounds, another 17,000 pounds, and still another felt that they should easily pull double their singular efforts—so they said 18,000. Well, actually when the two oxen were hitched together, guess how many pounds they pulled? 26,000 pounds, almost three times what they could pull on their own. Can you get that picture? You know you can pull 9,000 on your own, and someone else can pull 9,000 on your own, but when you come together, when you join together in like a prayer partner, an accountability relationship, or a small group, or your church, or your Bible study, your Sunday school class, your youth group, whatever is, and you're joining together with people, and connecting in community. You can accomplish so much more. I found that to be true this week when I was running. I could accomplish so much more when I had others around me to support me when I was running.

And so I encourage you, if you don't have somebody in your life right now that can pray for you, that you are accountable to, or a group that you are meeting with on a regular basis, begin praying for that, because we need each other. This is Shelley Hitz, from FindYourTrueBeauty.com, and today I encourage you to support one another.



Shelley Hitz is an ordinary person, just like you, with struggles and trials. And yet, God is doing extra-ordinary things through this "jar of clay." 2 Cor 4:7 says, *"We have this treasure in jars of clay to show that this all surpassing power is from God and not from us."*

Her heart is to help teen girls and women through her website, www.FindYourTrueBeauty.com, that reaches thousands of people each month around the world with God's truth. She is also the author of the book, "Mirror Mirror...Am I Beautiful" and has co-authored a book with her husband CJ, "The Mathematics of Jesus, Making Sense of Life When Life Doesn't Seem to Add Up." Shelley's openness and vulnerability as she shares her own story of hope and healing will inspire and encourage you.

Published by www.FindYourTrueBeauty.com, P.O. Box 1757 Findlay, Ohio 45839