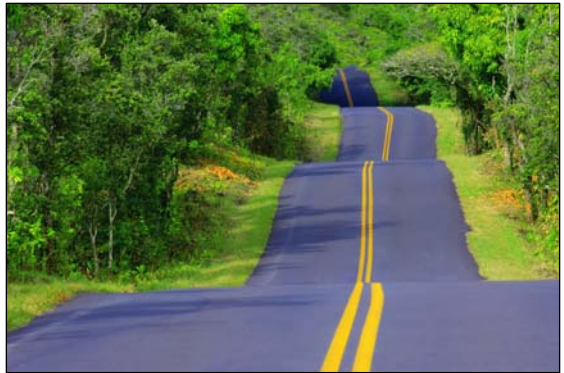


## How Steep the Hill

Researchers at the University of Virginia have found that most people perceive a hill to be steeper than it really is, especially if they are tired or carrying a heavy load.

When asked to estimate the slope of a hill, test participants consistently misjudged it, thinking a 10-degree slant was about 30 degrees, and rating a 5-degree slope as nearly 20 degrees. Hardly any of them believed they could be that far off.

When we are burdened and exhausted, even a minor problem can seem too big for us to handle. As we encounter a trial in life, we're tempted to sit down at the base of that difficult hill and stay there, convinced that the grade is too steep for us.



That is why we need encouragement – from family, from friends and, especially, from God's Word. It draws our attention to our untiring God, Who knows our need.

In His strength, we can conquer any difficult hill.

*He gives power to the weak, and to those who have no might He increased strength (Isaiah 40:29).*

--Beecher Hunter