

# We May Puff and Blow Our Hearts Out

by Thomas Brooks

---

*Through Christ, we can be strong in our faith and trust God's work in our lives, even when our graces seem weak.*

**Scripture:** Psalm 138:3, Song of Solomon 4:16, Isaiah 58:11, John 15:5, Romans 15:13, 2 Corinthians 12:9, Ephesians 3:16, Philippians 4:13, Colossians 1:11, 1 Peter 5:10

**Topics:** "Spiritual Growth", "Strength in Christ"

---

## Description

Thomas Brooks emphasizes that our strength and ability to thrive in various circumstances come solely through Christ. He illustrates that despite our efforts to cultivate our spiritual lives, true growth and fragrance can only come from Christ's internal operation within us. Brooks reassures believers that their graces, though they may seem weak, are nurtured by God, who will not let them wither. He encourages Christians to trust in God's timing for the increase of their spiritual gifts and to remain hopeful in their journey of faith.

---

## Transcript

"I can do all things, through Christ who strengthens me."

I can be high or low, poor or rich, honorable or base, something or nothing, etc., only through Christ who strengthens me.

Canticles 4:16, "Blow upon my garden, that the spices thereof may send forth a fragrant smell." We may puff and blow our hearts out, and yet no fragrance will flow forth--if Christ does not blow. Our graces thrive and are upheld in life and power, in beauty and glory --only by the internal operation of Christ in our souls.

Psalm 138:3, "In the day when I cried, You answered me, and strengthened me with strength in my soul." Your graces, Christians, are heavenly plants of God's own planting and watering; and certainly the heavenly Farmer will never allow such plants of renown to wither, for lack of heavenly sap. He will strengthen, support, and nourish the work of His own hand. He will cause the desires of His people to bud, and their graces to blossom, and their souls to be like a watered garden--green and flourishing. God is eminently and fully engaged to carry on the work of grace in His children's souls.

Therefore do not sit down and say--My light is but dim, and my love but weak, and my joy but a spark which will quickly go out, etc. But always remember, that those weak measures of grace which you have, are a sure evidence of greater measures which God will confer upon you in His own time and in His own ways.

---

Source: <https://sermonindex.net/speakers/thomas-brooks/we-may-puff-and-blow-our-hearts-out/>

# *Grow in Your Walk with Christ*

---

Listen and read messages that will stir your heart for Christ and point you to deeper repentance and devotion.

- 50,000+ Sermons from speakers past and present
- 3,900+ Classic Christian Books freely readable online
- 1,200+ Bible Translations and Commentaries
- Over 450k forum posts — Join our vibrant online Christian forum

**[www.sermonindex.net](http://www.sermonindex.net)**