Romans 6:19

I speak in human terms because of the weakness of your flesh. For just as you presented your members as slaves of uncleanness, and of lawlessness leading to more lawlessness, so now present your members as slaves of righteousness for holiness.

If you want to know what your weaknesses are, then look at what satan is attacking and tempting you with. If you want to know your strengths are, then look at what satan does not attack you with. Because an enemy will always attack a person where they are the weakest. Look at the animal kingdom, does not the lion attack the weakest in a herd of antelopes? In war, does not the enemy look for the weakest part in the wall around the castle?

A good example is that the enemy will not attack me with drugs or alcohol, because I could care less about taking drugs or getting drunk or even drinking alcohol. Whereas for others, these things are a weakness for them, because they struggle with drugs and/or alcohol. Also your weaknesses are those things you give into when tempted or struggle with all the time, knowing it is a sin yet trying ever so hard every day not to fall again.

These are things we should remember, because if someone came to me that had a drug or alcohol problem, and I just blew them off because I don't understand how they could be weak in such a thing since it's not my struggle, I am not being loving or caring or sympathetic with that person.

Your sin may not be drugs or alcohol, but maybe you are a workaholic, or you love to spend money, or have a problem with Porn, or you are wanting to be in the limelight, standing out in a crowd. Maybe you like to gossip, saying bad things about others and are always looking for some juicy gossip on others, never building others up, but always tearing them down with your words and attitude. Maybe it's your phone or tablet, which has all you attention, rather than the things of God. Once again, what are you most attacked with, and maybe it is something that you never thought about until now. But now that you are, what are you going to do with those weaknesses?

Paul gives us one example of what to do, which is seeking the Lord for His strength and help in out weaknesses.

Corinthians 12:9 And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

And when we come to the Lord with our weaknesses, we can be confident that the Lord has experienced the same thing that we have, only He overcame those temptations. But still He knows the struggle and what we are going through.

Hebrews 4:15-16 For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

Throughout the bible, we read of great men of God who struggled with one thing or another, and as we read about them, you will notice that they all struggled with different things, maybe even some of the same things that you struggle with.

Peter 4:12-13 (MSG) Friends, when life gets really difficult, don't jump to the conclusion that God isn't on the job. Instead, be glad that you are in the very thick of what Christ experienced. This is a spiritual refining process, with glory just around the corner.