



lì bù cóng xīn
力不从心

adjective/idiom · the spirit is willing / but the flesh is weak / lack the ability to execute

Example Sentences

wǒ xiǎng bāng máng dàn lì bù cóng xīn
我想帮忙，但力不从心。

I want to help, but my strength is not equal to my ambition.

tā bìng fēi bù xiǎng chéng dān zé rèn shí zài shì lì bù cóng xīn
他并非不想承担责任，实在是力不从心。

It's not that he doesn't want to take responsibility; he truly lacks the capacity.

miàn duì rú cǐ fù zá de rèn wu wǒ shēn gǎn lì bù cóng xīn
面对如此复杂的任务，我深感力不从心。

Faced with such a complex task, I deeply feel that my abilities fall short.

Trace each character, then write the word on your own.

力	力	力	力	力															
不	不	不	不	不	不	不													
从	从	从	从	从	从	从													
心	心	心	心	心	心	心													