

# Strength From God

*All of us face times in life when we lack strength to do what we need to do. When we feel weak and weary, we need to know that there is a place we can go to renew our strength.*

David writes in Psalm 46:10 “*God is our refuge and strength, a very present help in time of trouble.*” A refuge is a place of shelter. God is the refuge we need when life is too much for us to handle on our own. In that place of shelter from life’s storms, God provides strength for the weak. He gives us His strength when we are out of strength and feel powerless. Note that in times of trouble, God, who is our refuge and strength, is A VERY PRESENT HELP.

*We are not alone when we feel weak and powerless. God is present, on the spot, and more than ready to help. When we need renewed strength, all we need to do is admit our powerlessness and then submit ourselves to His promises to strengthen us.*

**The following scriptures from God’s Word will encourage you to look to the Lord for the strength you need.**

- “**Yet those who wait for the Lord will gain new strength;** they will mount up with wings as eagles, they will run and not get tired, they will walk and not become weary.” **Isaiah 40:31**
- “Do not fear, for I am with you; do not look anxiously about you, for I am your God. **I will strengthen you,** surely I will help you; surely I will uphold you with My righteous right hand.” **Isaiah 41:10**
- “I can do all things through **Jesus Christ who strengthens me.**”

## **Philippians 4:13**

- “**The Lord God is my strength and my song,** and He has become my salvation; this is my God, and I shall praise Him.” **Exodus 15:2**
- “**God is my strong fortress,** and He sets the blameless in His way. He makes my feet like hind’s feet, and sets me on my high places.” **II Samuel 22: 33-34**
- “**The Lord is their strength,** and He is a saving defense to His anointed.” **Psalm 28:8**

- **“I love Thee O Lord, my strength;** The Lord is my rock, my fortress and my deliverer, My God, my rock, in whom I take refuge; my shield and the horn of my salvation, **my stronghold.”** **Psalm 18:1-2**
- **“For Thou O God has girded me with strength for battle,** Thou hast subdued under me those who rose up against me.” **Psalm 18:39**
- **“O Lord in thy strength the king will be glad,** and in Thy salvation he greatly rejoices.” **Psalm 21:1**
- “The Lord is my light and my salvation, whom shall I fear? **The Lord is the strength of my life, whom shall I dread?”** **Psalm 27:1**
- **“The Lord is my strength** and **my shield.** My heart trusts in Him, and I am helped. Therefore my heart exults, and with my song, I shall thank Him.”

**Psalm 28:7**

- “My flesh and my heart may fail, **but God is the strength of my heart** and my portion forever.” **Psalm 73:26**
- “Sing for joy to **God our strength,** shout joyfully to the God of Jacob.” **Psalm 81:1**
- **“How blessed is the man whose strength** is in Thee O God....” **Psalm 84:5**
- “They go from **strength to strength,** every one of them appears before God in Zion.” **Psalm 84:7**
- “With whom My hand will be established, **My arm also will strengthen him.”**

**Psalm 89:21**

- “And He has said to me,” My grace is sufficient for you, **for power is perfected in weakness.**“ Most gladly, therefore, **I will rather boast of my weaknesses, that the power of Christ may dwell in me.** Therefore, I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ’s sake; **for when I am weak, then I am strong.”**II Corinthians **12:9-10**
- “Finally, my brethren, **be strong in the Lord** and **the power of His might.”**

**Ephesians 6:10**

- “I will go in the strength of the Lord God.....”

**Psalm 71:16**

**You, Yes You, Can Be Strong In The Lord And The Power Of  
His Might!**

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