

#### 14. A Prayer for Strength

Dear Lord:

Thank you Lord for giving us the strength to carry on. You are always with us, taking care of us according to your will. I am in awe of how you care for every one of us, no matter how we may fail at following and/or serving you. You go with us through everything, good and bad. You are always faithful and just (**Deuteronomy 32:3-4**).

I come to you asking for strength. Sometimes, I get tired and weak and need your help.

Please give me strength physically and mentally (**Scriptures 1 - Physically & Mentally**). Oftentimes, I get so tired and weary that it affects my health. Help me to let go of anger and hurt. Relieve me of feeling stress and help me to trust in you. I know I need to have my mind on you always, but sometimes the stresses and griefs of the day distract me. Oh, how I need your strength in my body and mind.

Lord, I most definitely need your strength in times of temptations (**Scriptures 2 - Temptation**). This world has temptations everywhere I go. It's hard to not do things that other people are doing all around me. Give me strength not to love the world, but to love you and your commandments. Make me strong to say "No!" to the things that are not of you and to follow you in everything I do.

Sometimes, it is hard to endure the troubled times and I want to just give up. I need your strength and I need you with me as I experience endurance (**Scriptures 3 - Endurance**). Every now and then, I have to endure so much that it can break me down. I can't do it on my own. I need you to stand by my side and get me through it.

One of my weak points is patience. Help me to be patient and wait on you (**Scriptures 4 - Patience & Waiting**). When I don't see answers to my prayers, it can feel like you're not with me. But, I know your timing is perfect and you know what is best. Give me the strength to wait on you patiently.

Most importantly, I pray for strength in my spirit (**Scriptures 5 - Spiritual**). Dwell in my heart, Lord. May my faith in you be strong! Please help me when unbelief sneaks in. I know I need to always put you first and you should be the center of my life. But, the distractions in the world can at times pull me away and make me forget that. I want to be strong in my faith and always put you first. May your will (not mine) be done!

I pray in your beautiful name, Jesus. Amen

## jenaministries – Part 3 #14. A Prayer for Strength

Deuteronomy 32:3-4 I will proclaim the name of the LORD. Oh, praise the greatness of our God! He is the Rock, his works are perfect, and all his ways are just. A faithful God who does no wrong, upright and just is he.

### **Scriptures 1 - Physically & Mentally:**

2 Thessalonians 3:3 But the Lord is faithful, and he will strengthen you and protect you from the evil one.

Isaiah 40:29 He gives strength to the weary and increases the power of the weak.

Psalms 28:7 The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

### **Scriptures 2 - Temptation:**

Psalms 73:26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

James 5:16 Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

1 John 2:15-17 Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever.

### **Scriptures 3 – Endurance:**

Philippians 4:13 I can do all this through him who gives me strength.

1 Timothy 1:12 I thank Christ Jesus our Lord, who has given me strength, that he considered me trustworthy, appointing me to his service.

2 Timothy 4:17 But the Lord stood at my side and gave me strength, so that through me the message might be fully proclaimed and all the Gentiles might hear it. And I was delivered from the lion's mouth.

### **Scriptures 4 - Patience & Waiting:**

Isaiah 40:31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

### **Scriptures 5 - Spiritual:**

Ephesians 3:16-19 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.