

5 Power-Packed Verses to Pull You Into God's Promise of Strength

Recently, quite a few friends have asked me how I'm keeping up with all Steve and I are doing. I have been touched by this question and warmed by the concern from others.

Steve and I love what we're doing! We love ministering to our teams. We love traveling around the world. We love speaking. We love writing. We love that we get to serve Jesus. It's a privilege!

But I have to admit, at times I've prayed, "Lord, I need more strength. My energy is low. I need the power and provision that only your Holy Spirit provides. "

As I've been thinking about this I read about Monie Motis, a retired missionary who served countries like Eretria and Liberia. She was held hostage in Liberia during one of the wars. Years before, she had written verses about strength on 4-by-6-inch index cards and had worked to memorize them. During her captivity, the verses reminded her of the strength God promised. Though she was ultimately set free, Monie continued to review those verses even into her retirement years.

Reading Monie's story gave me a great idea! I've decided to make some verse cards about the strength God promises. Even though I've memorized those verses, I can pull them out and review them when I need to be reminded that whatever God calls me to do, He gives me strength to do.

I thought this week I'd give you five of my favorite strength verses, because chances are, if I need to be reminded of these promises about God's strength, you probably do too!

5 Verses About God's Promise of Strength:

Your strength will equal your days (Deut. 33:25). I love this promise because it's a simple reminder that whatever God calls you to do—whether that's traveling overseas, rocking sleepless babies in the night, caring for an adopted child with special needs, or facing retirement—He will give you the strength you need. You can trust Him. Next time you feel your strength failing, declare this promise out loud over your situation!

The joy of the Lord is your strength (Neh. 8:10). The entire first year that Steve and I were with Reach Beyond, I had a friend praying this promise on my behalf. Moments when I felt weak or inadequate, I knew my friend was covering me with this promise. As I claimed this promise for myself, God gave me overflowing joy and renewed strength, no matter where I was in the world. In your life, you may be facing discouraging circumstances. This promise is for you! The joy of the Lord is *your* strength. Claim it. Write it on your mirror where you'll see it every time you brush your teeth. Memorize it. Write it on an index card and declare it out loud over your life. When we are filled with joy, His strength follows.

"God is our refuge and strength, a well-proven help in trouble" (Ps. 46:1). This promise of strength first became precious to me when I was walking the journey of cancer. Cancer is no fun! Every day when I would take a walk, I would say Psalm 46 out loud. Now, whenever I am in a situation where I feel frightened or anxious, I review Psalm 46. It's become my go-to Psalm for every fearful situation.

In quietness and trust is your strength (Isa. 30:15). The other day I was on a plane (shocker, I know). As I was traveling home, my mind was going in a million directions with all I needed to do in the upcoming week. I started to feel overwhelmed, but then I heard the clear soft whisper of the Holy Spirit saying, "*Stop!*" My mind immediately went to this verse. When I quietly trust the Holy Spirit to accomplish what

has to be done, my mind enjoys rest. When I try to do it all myself, my energy is sapped, and I become exhausted. I need to return to this verse almost every day. Rest comes when we quiet our minds and trust God to do what we cannot do.

“Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you, I will help you, yes, I will uphold you with My righteous right hand” (Isa 41:10). This has been one of my favorite “strength” verses for many years. Whenever God has called me to do something challenging, I have reminded myself that God is with me and that He will empower me. The same holds true for you!

Friend, do you feel weary, tired or discouraged? Write these strength verses out on index cards and keep them in your purse. Pull them out throughout your day and remind yourself that God will give you the strength you need for the day!

I’d love to hear from you. What is your favorite “strength” verse? {eoa}

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