

British Adventurer Bear Grylls Says His Source of Energy Is God

British adventurer Bear Grylls, known for his show *Man vs. Wild*, says his source of support and energy is God.

“I try and start every day the same way on my knees, quietly reminding myself that I desperately need the presence of Christ with me,” Grylls says. “I ask for His forgiveness, His confidence, His strength. I ask Him to protect my family, to guard my words, my attitudes and my actions. I ask Him to take away my many fears and to give me His peace and to be with all those who are struggling.”

To watch the entire video for more encouragement, [click here](#).