

A close-up photograph of vibrant green grass blades, each covered with glistening dew drops. The background is a soft, out-of-focus bokeh of light green and yellow, suggesting a bright, sunny day. The overall mood is fresh and invigorating.

Daily **STRENGTH**

The words in this booklet are taken from the Bible. We hope that these life words will bring you strength and encouragement each day.

Jesus said: "Don't let your hearts be troubled. Trust in God, and trust also in me. I am leaving you with a gift – peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."

John 14:1,27



The Scriptures give us hope and encouragement as we wait patiently for God's promises to be fulfilled.

Romans 15:4

In your unfailing love, rescue me.

Psalm 31:16

The LORD will be gracious if you ask for help. He will surely respond to the sound of your cries.

Isaiah 30:19

The LORD is compassionate and merciful, slow to get angry and filled with unfailing love.

Psalm 103:8

Give all your worries and cares to God, for he cares about you.

1 Peter 5:7

Lord, where do I put my hope?
My only hope is in you.

Psalm 39:7

Jesus said: "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty."

John 6:35

I don't have the strength to endure.
I have nothing to live for.

Job 6:11

The LORD is close to the broken hearted;
he rescues those whose spirits are crushed.

Psalm 34:18

The Lord is full of tenderness and mercy.

James 5:11

I love you, Lord;
you are my strength.

Psalm 18:1

The Lord said: "My grace is all you need.
My power works best in weakness."

2 Corinthians 12:9

God says: "I will strengthen you and
help you. I will hold you up with
my victorious right hand."

Isaiah 41:10

Do not stay so far from me,
for trouble is near.

Psalm 22:11

“Be strong and courageous! Do not be
afraid or discouraged. For the LORD your
God is with you wherever you go.”

Joshua 1:9

God has said, “I will never fail you.
I will never abandon you.”

Hebrews 13:5



Hear my cry,
for I am very low.

Psalm 142:6

Give your burdens to the LORD,
and he will take care of you.

Psalm 55:22

“I hold you by your right hand – I,
the LORD your God. And I say to you,
‘Don’t be afraid. I am here to help you.’”

Isaiah 41:13

When I am afraid,
I will put my trust in you.

Psalm 56:3

The LORD is my strength and shield.
I trust him with all my heart.
He helps me.

Psalm 28:7

The eternal God is your refuge, and
his everlasting arms are under you.

Deuteronomy 33:27

*God says: "Don't be afraid,
for I am with you."*

Isaiah 41:10



Keep me safe, O God,
for I have come to you for refuge.

Psalm 16:1

The LORD is a shelter for the oppressed,
a refuge in times of trouble.

Psalm 9:9

“The LORD will personally go ahead of you.
He will be with you; he will neither fail you
nor abandon you.”

Deuteronomy 31:8

I am poor and needy;
please hurry to my aid, O God.

Psalm 70:5

The LORD always keeps his promises;
he is gracious in all he does. The LORD
helps the fallen and lifts those bent
beneath their loads.

Psalm 145:13-14

The LORD says: “I, yes I, am the one
who comforts you.”

Isaiah 51:12

I have wandered away like a lost sheep; come and find me.

Psalm 119:176

O Israel, hope in the LORD; for with the LORD there is unfailing love. His redemption overflows.

Psalm 130:7

The LORD says: "Do not be afraid, for I have ransomed you. I have called you by name; you are mine."

Isaiah 43:1

Rescue me, my God!

Psalm 3:7

The LORD is close to all who call on him ... he hears their cries for help and rescues them.

Psalm 145:18-19

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Isaiah 26:3



Create in me a clean heart, O God.

Psalm 51:10

If we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

1 John 1:9

God sent his Son into the world not to judge the world, but to save the world through him.

John 3:17

The faithful love of the LORD never ends! His mercies never cease.

Lamentations 3:22

How precious is your unfailing love,
O God! All humanity finds shelter
in the shadow of your wings.

Psalm 36:7

Be my rock of protection, a fortress
where I will be safe.

Psalm 31:2

The eternal God is your refuge, and
his everlasting arms are under you.

Deuteronomy 33:27

You are a tower of refuge to the poor,
O LORD, a tower of refuge to the needy in
distress. You are a refuge from the storm
and a shelter from the heat.

Isaiah 25:4

Listen to my prayer for mercy as
I cry out to you for help.

Psalm 28:2



Purify me from my sin.

Psalm 51:2

For the honour of your name,
O LORD, forgive my many,
many sins.

Psalm 25:11

Christ suffered for our sins once for all time. He never sinned, but he died for sinners to bring you safely home to God.

1 Peter 3:18

God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have God's Son does not have life.

1 John 5:11-12

“I am in trouble, Lord. Help me!”

Isaiah 38:14

The LORD is good, a strong refuge when trouble comes. He is close to those who trust in him.

Nahum 1:7

Trust in the LORD always, for the LORD God is the eternal Rock.

Isaiah 26:4

Your unfailing love, O LORD, is as vast
as the heavens; your faithfulness
reaches beyond the clouds.

Psalm 36:5

Feel my pain and see my trouble.
Forgive all my sins.

Psalm 25:18

Purify me from my sins, and I will be clean;
wash me, and I will be whiter than snow.

Psalm 51:7



O LORD, why do you stand so far away?
Why do you hide when I am in trouble?

Psalm 10:1

God is our refuge and strength, always
ready to help in times of trouble.

Psalm 46:1

Let us come boldly to the throne of our
gracious God. There we will receive his
mercy, and we will find grace to help us
when we need it most.

Hebrews 4:16

Be strong and courageous, all you
who put your hope in the LORD!

Psalm 31:24

Now there is no condemnation for those
who belong to Christ Jesus.

Romans 8:1

Now you have been united with Christ
Jesus. Once you were far away from God,
but now you have been brought near to
him through the blood of Christ.

Ephesians 2:13

I will not be afraid,
for you are close beside me.

Psalm 23:4

The LORD is my rock, my fortress, and my saviour; my God is my rock, in whom I find protection.

Psalm 18:2

The love of the LORD remains forever with those who fear him.

Psalm 103:17

Listen to my prayer, O God.
Do not ignore my cry for help!

Psalm 55:1

Lord, you are so good, so ready to forgive, so full of unfailing love for all who ask for your help.

Psalm 86:5

The LORD says: "I – yes, I alone – will blot out your sins for my own sake and will never think of them again."

Isaiah 43:25



I will put my hope in God!

Psalm 42:5

The LORD is our God forever and ever,
and he will guide us until we die.

Psalm 48:14

The faithful love of the LORD never ends!
His mercies never cease. Great is his
faithfulness; his mercies begin
afresh each morning.

Lamentations 3:22-23

The LORD does not punish us for all our
sins; he does not deal harshly with us, as
we deserve. For his unfailing love toward
those who fear him is as great as the
height of the heavens above the earth.

Psalm 103:10-11

“The LORD is my helper,
so I will have no fear.”

Hebrews 13:6

The LORD himself watches over you! The
LORD stands beside you as your protective
shade. The sun will not harm you by day,
nor the moon at night.

Psalm 121:5-6

Jesus said: “I tell you the truth,
you will ask the Father directly,
and he will grant your request
because you use my name.”

John 16:23



Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

Matthew 11:28

Sustain me, and I will be rescued.

Psalm 119:117

When troubles come; he will hide me in his sanctuary. He will place me out of reach on a high rock.

Psalm 27:5

“I do believe, but help me overcome my unbelief!”

Mark 9:24

“Come now, let’s settle this,” says the LORD.
“Though your sins are like scarlet, I will make them as white as snow.”

Isaiah 1:18

When Christ, who is your life,
is revealed to the whole world,
you will share in all his glory.

Colossians 3:4

Guard me as you would guard your own eyes. Hide me in the shadow of your wings.

Psalms 17:8

In peace I will lie down and sleep, for you alone, O LORD, will keep me safe.

Psalms 4:8

The LORD keeps you from all harm and watches over your life. The LORD keeps watch over you as you come and go, both now and forever.

Psalms 121:7-8

“God has come to save me.
I will trust in him and not be afraid.”

Isaiah 12:2

Jesus said: “Not a single sparrow can fall to the ground without your Father knowing it. And the very hairs on your head are all numbered. So don’t be afraid; you are more valuable to God than a whole flock of sparrows.”

Matthew 10:29-31

God showed his great love for us by sending Christ to die for us while we were still sinners.

Romans 5:8

You will show me the way of life.

Psalm 16:11

We are made right with God by placing our faith in Jesus Christ. And this is true for everyone who believes, no matter who we are.

Romans 3:22

Everyone who calls on the name of the LORD will be saved.

Joel 2:32



The LORD will guide
you continually.

Isaiah 58:11

O LORD my God, how great you are!

Psalm 104:1

The LORD said: “I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself.”

Jeremiah 31:3

I am convinced that nothing can ever separate us from God’s love ... Our fears for today nor our worries about tomorrow – not even the powers of hell can separate us from God’s love. No power in the sky above or in the earth below – indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

Romans 8:38-39

Show me the right path, O LORD; point out the road for me to follow.

Psalm 25:4

Don’t worry about anything;
instead, pray about everything.
Tell God what you need,
and thank him for all he has done.

Philippians 4:6

Commit everything you do to the LORD.
Trust him, and he will help you.

Psalm 37:5

“You have the words that give eternal life.”

John 6:68

Jesus said: “For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.”

John 3:16

Jesus said: “I tell you the truth, anyone who believes has eternal life.”

John 6:47



The LORD is my shepherd;

I have all that I need.

He lets me rest in green pastures;

he leads me beside peaceful streams.

He renews my strength.

He guides me along right paths,

bringing honour to his name.

Even when I walk through the darkest valley,

I will not be afraid, for you are close beside me.

Your rod and your staff protect and comfort me.

You prepare a feast for me

in the presence of my enemies.

You honour me by anointing my head with oil.

My cup overflows with blessings.

Surely your goodness and unfailing love

will pursue me all the days of my life,

and I will live in the house of the LORD forever.

God is our refuge and strength,

always ready to help in times of trouble.

So we will not fear when earthquakes come

and the mountains crumble into the sea.

A river brings joy to the city of our God,

the sacred home of the Most High.

God dwells in that city; it cannot be destroyed.

From the very break of day, God will protect it.

The nations are in chaos,

and their kingdoms crumble!

God's voice thunders, and the earth melts!

"Be still, and know that I am God!

I will be honoured by every nation.

I will be honoured throughout the world."

The LORD of Heaven's Armies is here among us;

the God of Israel is our fortress.

I look up to the mountains –
does my help come from there?
My help comes from the LORD,
who made heaven and earth!
He will not let you stumble;
the one who watches over you will not slumber.
Indeed, he who watches over Israel
never slumbers or sleeps.
The LORD himself watches over you!
The LORD stands beside you
as your protective shade.
The sun will not harm you by day,
nor the moon at night.
The LORD keeps you from all harm
and watches over your life.
The LORD keeps watch over you as you come and go,
both now and forever.

Lord's Prayer

Our Father in heaven,
may your name be kept holy.
May your Kingdom come soon.
May your will be done on earth,
as it is in heaven.
Give us today the food we need,
and forgive us our sins,
as we have forgiven those who sin against us.
And don't let us yield to temptation,
but rescue us from the evil one.

Matthew 6:9-13



Jesus Christ is the same
yesterday, today,
and forever.

Hebrews 13:8

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