

What is the secret to receiving God's strength and power? How do we go from lives that are full of weakness and fear, to lives that are filled with the confidence of God's favor and blessing?

One of the most important aspects of this transformation is time with God and His Word. The Bible tells us that those who know God will do great exploits (see Daniel 11:32).

The more we know and understand who God is, how much He loves us, and all He desires to do for us and through us—the more we will experience the peace, strength and power that are available in Him.

This process can begin as simply as setting aside some time when we talk to God, think about His Word, and then ask Him to speak to our hearts. Too often we have one-way conversations with God. We present our lists of prayers and praises without ever giving Him the opportunity to speak into our lives.

Satan, the enemy of your soul, knows what a difference this time with God can make in your life. He will do all that he can to steal it from you. He may tell you that you are too busy, or too exhausted. Perhaps he has told you that you are not worthy to have time with your Father in heaven, that you will never change, and that God is tired of waiting. This is absolutely untrue. You can bind the power of Satan in your life. As a Christian, you can speak in the name of Jesus, in the authority you have in Christ, and silence the lies of the enemy.

Remember, our Father is full of mercy. He is always ready to forgive, always ready to restore. He has great plans for you. And, He desires to reveal those plans to you.

God wants to help you, to comfort you, to strengthen you and fill you with power. Come to Him now, meditate on these verses, and then be still before Him and ask Him to speak to you. He will reveal incredible things to you and you will find that you are no longer afraid, weak, defeated and hopeless. This is the amazing change that comes as we spend time in the presence of God.

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RECEIVING God's Strength AND Power

I will refresh
the weary
and satisfy
the faint.

—Jeremiah 31:25



RECEIVING GOD'S STRENGTH

Your goodness is so great! You have stored up great blessings for those who honor you. You have done so much for those who come to you for protection, blessing them before the watching world. –Psalm 31:19

The LORD is my strength, my shield from every danger. I trust in him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving. The LORD protects his people. –Psalm 28:7-8

God is our refuge and strength, always ready to help in times of trouble. –Psalm 46:1

Search for the LORD and for his strength, and keep on searching. Think of the wonderful works he has done, the miracles and the judgments he handed down. –Psalm 105:4-5

Don't be afraid, for I am with you. Do not be dismayed, for I am your God. I will strengthen you. I will help you. I will uphold you with my victorious right hand. –Isaiah 41:10

We also pray that you will be strengthened with his glorious power so that you will have all the patience and endurance you need. May you be filled with joy. –Colossians 1:11

RECEIVING GOD'S POWER

Jesus replied, "Your problem is that you don't know the Scriptures, and you don't know the power of God." –Matthew 22:29

My gracious favor is all you need. My power works best in your weakness. –2 Corinthians 12:9

LORD, there is no one like you! For you are great, and your name is full of power. –Jeremiah 10:6

And I have given you authority over all the power of the enemy, and you can walk among snakes and scorpions and crush them. Nothing will injure you. –Luke 10:19

Now glory be to God! By his mighty power at work within us, he is able to accomplish infinitely more than we could ever dare to ask or hope. –Ephesians 3:20

And God, in his mighty power, will protect you until you receive this salvation, because you are trusting him. It will be revealed on the last day for all to see. So be truly glad! There is wonderful joy ahead, even though it is necessary for you to endure many trials for awhile. These trials are only to test your faith, to show that it is strong and pure. It is being tested as fire tests and purifies gold—and your faith is far more precious to God than mere gold. So if your faith remains strong after being tried by fiery trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world. –1 Peter 1:5-7

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