

DAY 3 – STRENGTH FOR TODAY

SCRIPTURE: ISAIAH 40:31

DEVOTIONAL THOUGHT:

Strength doesn't always look like running marathons or crushing goals. Sometimes strength is simply showing up when you want to give up. Sometimes it looks like whispering a prayer when your mind is tired and your heart feels worn out.

Isaiah says God “renews” our strength—meaning He exchanges our weakness for His power. Eagles don't soar by flapping harder; they soar by leaning into the wind. When you wait on God, you stop striving and start rising.

You may feel tired, stretched, or overwhelmed, but God has fresh strength for today—not leftovers, not yesterday's strength, today's strength. He renews minds, emotions, marriages, faith, and hope.

Revival strengthens the weary—not the perfect.

REFLECTION QUESTIONS:

- Where do you desperately need fresh strength?
- What has been draining your hope or energy lately?

PRACTICAL APPLICATIONS:

- **Pray before each task today** – big or small.
- **Write down one area** where you need God's strength and surrender it.
- **Choose one thing to rest from** that's burning you out.
- **Repeat throughout the day:** “Lord, be my strength.”



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PRAYER

Lord, I need Your strength today. Exchange my weariness for Your renewal. Lift my spirit the way You lift the eagle on the wind. Help me stop striving and start trusting. Give me fresh endurance for every part of this day. In Jesus' name, amen.

