

A black and white photograph capturing a close-up of a person's hands and feet. The hands are firmly gripping a textured barbell, with fingers spread wide. Below, the person's feet are clad in dark athletic sneakers, positioned on a gym floor. The lighting is dramatic, highlighting the textures of the skin, the barbell, and the shoes. The overall mood is one of strength and determination.

GOD IS OUR STRENGTH

Isaiah 40:27-31 NIV

Why do you complain, Jacob? Why do you say, Israel, "My way is hidden from the Lord; my cause is disregarded by my God?" Do you not know? Have you not heard? The Lord. Is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men

Isaiah 40:27-31 NIV

Stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

THE 3 WAYS GOD GIVES US STRENGTH

1. Power For The Weary & Weak

Psalms 68:35 NIV

You, God, are awesome in your sanctuary; the God of Israel gives power and strength to his people. Praise be to God!

We are made strong in our weaknesses.

2 Corinthians 12:9-10 NIV

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong."

2. When Our Hope Is In Him

Romans 8:25 NIV

But if we hope for what we do not yet have, we wait for it patiently.

“There are no hopeless situations; there are only people who have grown hopeless about them.”

Clare Luce

2. When Our Hope Is In Him

Romans 12:12 NIV

Be joyful in hope, patient in affliction, faithful in prayer.

- Rejoice in hope
- Patient in affliction
- Faithful in prayer

3. When We Endure

James 1:2-4 NIV

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

3. When We Endure

Job endured after losing everything and God doubled it.

Moses endured tough times and God used him to free a whole nation.

Joseph endured persecution even from his family and was promoted to the 2nd in command in Egypt.

3. When We Endure

Perseverance is produced when we endure.

Endurance is produced when we are patient.

God Is Our Strength

Let us persevere in all seasons by putting our hope in Him and he will give us the power to overcome.

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