

God Our Strength

“The Lord is my strength and my shield; my heart trusts in him, and I am helped. Therefore my heart celebrates, and I give thanks to him with my song.” (Psalm 28:7)

In this ABIDE, we will look to the Lord to be our strength.

Prayers of Praise

“I love you, Lord, my strength.” (Psalm 18:1)

Let’s begin our ABIDE time by praising God for the times He has been our strength in moments of weakness.

Prayer: God, you are my rock. Thank you for strengthening me when _____ (ask the Lord to bring to mind specific moments in your life when you have experienced His mighty strength.)

Prayers for God’s Strength

“I lift my eyes toward the mountains. Where will my help come from? My help comes from the Lord, the Maker of heaven and earth.” (Psalm 121:1-2)

Strength for my heart:

Take a moment to acknowledge where all the help that you need comes from. Consider the fact that your source of strength happens to be the Maker of heaven and earth. Pause, and let that sink in a minute. Ask the Holy Spirit to reveal to you places in your heart and life where you need God’s strength.

Prayer: God, I need your strength in _____ (fill in the blank with what the Spirit revealed to you).

Strength for others’ hearts:

Let’s pray for the hearts of those who are hurting and need God’s strength today. Specifically, let’s pray for those struggling with depression, anxiety, discouragement, oppression, job loss, grief of losing a loved one, physical illness or fear.

Prayer: Lord, we cry out to give strength to all who are experiencing _____ and give them your strength.

Closing Prayer:

Father, help me to remember that apart from you I can do nothing; yet, I know with You, nothing is impossible! I praise You Lord that You are the only One who is strong enough to do superabundantly more than all I would ask, think, pray for, hope for or dream of. I want your power to be at work within me, strengthening me to carry out your purpose for my life. In Jesus’ name, Amen.



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