

GOD STRENGTHENS

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The Lord gives his people strength. He is a safe fortress for his anointed king. Save your people! Bless Israel, your special possession, Lead them like a shepherd, and carry them in your arms forever. (Psalm 28:8-9)

Key scripture: Isaiah 41:10

*Don't be afraid, for I am with you.
Don't be discouraged, for I am your God.
I will strengthen you and help you
I will hold you up with my victorious right hand.*

GOD SAYS, 'I AM WITH YOU'

He seeks to calm our fears with the reassurance of His powerful presence even in the worst times

Deuteronomy 31:6; Psalm 46:1–2

He stills us with the promise of His care

Exodus 33:14; Psalm 23

He quiets our anxious thoughts with the assurance of His strength

We know that, if God is with us, nothing can stand against us (Proverbs 21:30; Romans 8:31)

With God on our side, we will not be overcome (1 John 4:4)

We don't have to rely on our own strength. In our human weakness, God's strength is made perfect (2 Corinthians 12:9–10; Judges 7:4–7)

The Lord's plans and purposes cannot be thwarted (Mark 10:27; Job 42:2; Genesis 18:14)

He comforts us with His guarantee of help

The Bible says the Lord will not let us stumble; He watches over us, never sleeping or slumbering (Psalm 121:3–4)

Whenever we are in trouble, He is ready and willing to help us (Psalm 46:1)

The God who made heaven and earth is the One we can count on when we need rescuing (Psalm 124:1–8)

We can confidently say... (Hebrews 13:6)

He dispels our worries by extending His guiding, protecting, supportive hand

Psalm 73:23

God's hand symbolises His power, sovereignty, and authority in the world (Psalm 95:4; 1 Chronicles 29:12)

We are safe in God's hands

He promises never to fail or abandon us His presence will be with us forever

Jesus reaffirmed this with His parting words before ascending into heaven (Matthew 28:20)

GOD SAYS, 'I WILL STRENGTHEN YOU'

'I will strengthen you' is packed with meaning

Hebrew 'to strengthen': making someone stronger and stronger; to grow and develop; to prevail; to have or show courage; to seize, grasp, and keep hold of.

God's strengthening presence is a strong, guiding hand

Psalm 139:8–10; Psalm 63:8

God's 'right hand' symbolises His power and strength.

The Lord's presence with us, along with our trust in Him, brings strength

Isaiah 40:29–31

Because of his close relationship with the Lord, the psalmist could say... (Psalm 73:26)

The same power God demonstrated throughout Israel's history is still available to us today through a relationship with Jesus Christ

Philippians 4:13

If we are born of God's Spirit, Jesus is our source of strength to overcome the trials and temptations of this life

(John 16:33; 1 John 5:4; Romans 8:37; 2 Cor. 12:9–10)



The apostle Paul testified that it was God's strength alone that enabled him to preach the gospel (2 Timothy 4:17–18; 1 Timothy 1:12).

Paul trusted God—who stood at his side—to give him strength and deliver him safely through every hostile experience until he reached his heavenly home.

As God used Israel's personal experiences of hardship and adversity to strengthen them, He uses our suffering today

1 Peter 5:10

James also taught that our suffering produces character and strength (James 1:3–4)

CONCLUSION

Some days, believers may feel like Israel did in captivity: abandoned, rejected, disheartened, alone, and afraid.

If you need God's strength today, remember His comforting assurance:

'Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.'