

How to Find Strength and Courage in God: 15 Promises to Hold Onto

By Melkisedeck Leon Shine · July 5, 2023

Christian Reflections to Build your Faith, By Melkisedeck Leon Shine

How to Find Strength and Courage in God: 15 Promises to Hold Onto ??

In times of adversity and challenges, it is easy to feel overwhelmed and powerless. But as Christians, we have a source of strength and courage that goes beyond human understanding - our faith in God. He promises to be with us, to guide us, and to give us the strength we need to overcome any obstacle that comes our way. Let's explore 15 biblical promises and examples that can ignite a fire of faith in our hearts, empowering us to face life's trials with unwavering courage.

1 "The Lord is my strength and my shield; my heart trusts in him, and he helps me." - Psalm 28:7 Just as David found strength in God during his battles, we can also find solace in knowing that our Heavenly Father is our ultimate protector. When we trust in Him, He will come to our aid and provide the strength we need.

2 "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." - Isaiah 40:31 God promises to renew our strength when we put our hope in Him. Like eagles, we are called to soar above our circumstances and overcome challenges with endurance.

3 "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you." - Deuteronomy 31:6 Just as Moses encouraged the Israelites to be strong and courageous, we too can find comfort in knowing that God is always by our side. He will not abandon us, even when the world seems intimidating.

4 "I can do all this through him who gives me strength." - Philippians 4:13 In Christ, we have the power to overcome any obstacle. Even when we feel weak, we can rely on His strength to carry us through.

5 "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." - Proverbs 3:5-6 When we surrender our understanding to God and trust in Him completely, He promises to guide us on the right path. Letting go of our own understanding and relying on His wisdom gives us the courage to face any situation.

6 "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." - Joshua 1:9 Just as God assured Joshua of His presence, we can take comfort in the fact that God is with us wherever we go. This knowledge should give us the strength and courage to face whatever lies ahead.

7 "The righteous cry out, and the Lord hears them; he delivers them from all their troubles." - Psalm 34:17 God is always listening to our prayers, and He promises to deliver us from our troubles. Even in the midst of our darkest moments, we can find

strength in the knowledge that God will rescue us.

8 "God is our refuge and strength, an ever-present help in trouble." - Psalm 46:1
When we feel weak and helpless, God is our refuge. He is always there to support us and give us the strength we need to face any challenge.

9 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Psalm 34:18 In times of sorrow and grief, God is near to us. He promises to save us from our despair and mend our broken hearts, providing us with the strength to carry on.

? "I sought the Lord, and he answered me; he delivered me from all my fears." - Psalm 34:4
We can find courage in the knowledge that God hears our prayers and delivers us from our fears. When we turn to Him in times of trouble, He will grant us the strength to overcome our anxieties.

11 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." - John 14:27
Jesus offers us His peace, a peace that surpasses all understanding. By embracing His peace, we can find the strength to face our fears and worries, knowing that He is in control.

12 "Cast all your anxiety on him because he cares for you." - 1 Peter 5:7
God cares deeply for us, and He encourages us to cast all our worries and anxieties upon Him. When we surrender our fears to Him, He will replace them with His strength and courage.

13 "For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you." - Isaiah 41:13
God promises to hold our hand and guide us through life's challenges. With Him by our side, we can move forward with confidence, knowing that His help is always available to us.

14 "So 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." - Isaiah 41:10
God's presence gives us the strength to face our fears. He promises to strengthen us, help us, and hold us up with His righteous right hand. With Him as our support, we can overcome any obstacle.

15 "Finally, be strong in the Lord and in his mighty power." - Ephesians 6:10
Paul encourages us to find our strength in the Lord's mighty power. By relying on His strength, we can boldly face the challenges of life and emerge victorious.

As we reflect on these promises from God's Word and the examples set by biblical heroes, let us be inspired to hold onto them in our own lives. May we continually seek strength and courage through prayer, meditating on His Word, and living in obedience to Jesus' teachings. May our faith grow stronger each day, enabling us to love God wholeheartedly, love one another deeply, and trust in God's unfailing promises. May we be blessed with the strength and courage to face every trial that comes our way, knowing that our Heavenly Father is always with us. Amen. ??