

# Day 5 — Faith for Strength

## Scripture:

*“The Lord is the strength of my life; of whom shall I be afraid?” — Psalm 27:1*

## Devotional:

There are days when your strength feels thin — when you’re tired in places sleep can’t reach, when your heart feels stretched, when your spirit feels worn. On those days, it’s easy to believe you’re supposed to push harder, try more, or pretend you’re okay. But God never asked you to be strong on your own. He offers His strength — steady, unshakable, and endless.

David wrote this psalm while surrounded by enemies, uncertainty, and pressure. Yet he declared, “The Lord is the strength of my life.” Not his skills. Not his courage. Not his resources. God Himself. When your strength comes from God, you don’t have to fear what’s ahead. You don’t have to fear what you lack. You don’t have to fear the battles you face. God’s strength fills the places where yours runs out.

His strength shows up in quiet ways — in the peace that steadies you, the clarity that guides you, the endurance that carries you, the courage that rises when you thought you had none left. His strength is not loud or forceful; it’s gentle, consistent, and faithful.

You may feel weak today, but weakness is not failure. Weakness is an invitation. It’s the place where God steps in and becomes everything you need. When you lean on Him, you discover a strength that doesn’t crumble under pressure, doesn’t fade with exhaustion, and doesn’t depend on circumstances.

Today, God is reminding you that you don’t have to be strong alone. You don’t have to hold everything together. You don’t have to pretend you’re not struggling. His strength is available, and it’s more than enough.

## Reflection:

Where do you feel weak right now?

Where are you trying to push through in your own strength?

What would it look like to let God strengthen you instead of trying to carry everything yourself?

Let your honesty become the doorway to His strength.

## Guided Prayer:

*Lord, I admit that I feel weak in some areas of my life. I need Your strength today. Fill me with Your power, Your peace, and Your endurance. Help me to stop relying on my own strength and to lean fully on You. Thank You for being my refuge and my source. I trust You to carry me through every challenge I face. Amen.*

## Daily Practice:

Say aloud:

*“God is my strength. I don’t walk alone.”*

Let that truth settle into your spirit.