**Prescriptions for the Soul – Strength**

Here are a number of Bible verses that deal with strength. Each one is preceded by a very short explanation of the main point in the verse. Take 2 in the morning and 2 at night until your symptoms clear up.

* Read them
* Think them through and pray about them
* Apply them to your life
* Memorize the best ones

When you have time, look them up and read the chapter they came from to get even more context.

*As we grow to believe in God, he becomes the source of strength for us.*

[Exodus 15:2](https://www.biblegateway.com/passage/?search=Exodus+15:2&version=NIV) “The Lord is my strength and my defense; he has become my salvation. He is my God, and I will praise him, my father’s God, and I will exalt him.

*When we genuinely encourage each other, we grow stronger.*

[Deuteronomy 3:28](https://www.biblegateway.com/passage/?search=Deuteronomy+3:28&version=NIV) But commission Joshua, and encourage and strengthen him, for he will lead this people across and will cause them to inherit the land that you will see.”

*God strengthens those who will use it for His purposes.*

[Deuteronomy 11:8](https://www.biblegateway.com/passage/?search=Deuteronomy+11:8&version=NIV) Observe therefore all the commands I am giving you today, so that you may have the strength to go in and take over the land that you are crossing the Jordan to possess,

*God maintains our strength until that time he calls us home. Once we are home with God, our strength is complete.*

[Deuteronomy 34:7](https://www.biblegateway.com/passage/?search=Deuteronomy+34:7&version=NIV) Moses was a hundred and twenty years old when he died, yet his eyes were not weak nor his strength gone.

*Turn to God in times of distress and find his strength.*

[1 Samuel 30:6](https://www.biblegateway.com/passage/?search=1%20Samuel+30:6&version=NIV) David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his (captured) sons and daughters. But David found strength in the Lord his God.

*Sometimes the strength God gives us is aimed at keeping in line with him.*

[2 Samuel 22:33](https://www.biblegateway.com/passage/?search=2%20Samuel+22:33&version=NIV) It is God who arms me with strength and keeps my way secure.

*God’s strength for us is tied to our close relationship with him.*

[1 Chronicles 16:11](https://www.biblegateway.com/passage/?search=1%20Chronicles+16:11&version=NIV) Look to the Lord and his strength; seek his face always.

*Sometimes we need strength to stand against intimidation and persecution.*

[Nehemiah 6:9](https://www.biblegateway.com/passage/?search=Nehemiah+6:9&version=NIV) They were all trying to frighten us, thinking, “Their hands will get too weak for the work, and it will not be completed.” But I prayed, “Now strengthen my hands.” (*And God did*!)

*Joy is a mature trait. It is a true strength for believers.*

[Nehemiah 8:10](https://www.biblegateway.com/passage/?search=Nehemiah+8:10&version=NIV) Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.”

*God strengthens and protects us which can bring us great joy.*

[Psalm 28:7](https://www.biblegateway.com/passage/?search=Psalm+28:7&version=NIV) The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

*Again we see that God is always with us through trouble bringing strength.*

[Psalm 46:1](https://www.biblegateway.com/passage/?search=Psalm+46:1&version=NIV) God is our refuge and strength, an ever-present help in trouble.

*A prayer for strength which aligns with God’s word.*

[Psalm 119:28](https://www.biblegateway.com/passage/?search=Psalm+119:28&version=NIV) My soul is weary with sorrow; strengthen me according to your word.

*The strength of our youth gives way to wisdom as we age.*

[Proverbs 20:29](https://www.biblegateway.com/passage/?search=Proverbs+20:29&version=NIV) The glory of young men is their strength, gray hair the splendor of the old.

*We are even stronger together than on our own.*

[Proverbs 30:25](https://www.biblegateway.com/passage/?search=Proverbs+30:25&version=NIV) Ants are creatures of little strength, yet they store up their food in the summer.

*Here, strength means physical actions of love towards God by serving others in His name.*

[Mark 12:30](https://www.biblegateway.com/passage/?search=Mark+12:30&version=NIV) Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

*Why not turn to the source of all strength.*

[1 Corinthians 1:25](https://www.biblegateway.com/passage/?search=1%20Corinthians+1:25&version=NIV) For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.

*Hearing and reading God’s word is strengthening.*

[1 Corinthians 14:3](https://www.biblegateway.com/passage/?search=1%20Corinthians+14:3&version=NIV) But the one who prophesies speaks to people for their strengthening, encouraging and comfort.

*The ultimate strength is resurrection power – God alone has this for us.*

Ephesians 1:18-20  I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, 19and his incomparably great power for us who believe. That power is the same as the mighty strength 20he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms,

*The is a “positive confession” of God strengthening a believer.*

[Philippians 4:13](https://www.biblegateway.com/passage/?search=Philippians+4:13&version=NIV) I can do all this through him who gives me strength.

*Another part of spiritual strength is endurance and patience.*

# Colossians 1:10B-11  live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, 11being strengthened with all power according to his glorious might so that you may have great endurance and patience,

# *At the center of spiritual strength is a strong faith, which God also grows in us.*

# Colossians 2:6-7  So then, just as you received Christ Jesus as Lord, continue to live your lives in him, 7rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

# *Here Paul prays for the spiritual strength of others so they can resist temptation.*

[1 Thessalonians 3:13](https://www.biblegateway.com/passage/?search=1%20Thessalonians+3:13&version=NIV) May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.

*Another prayer for strength against our enemy.*

[2 Thessalonians 3:3](https://www.biblegateway.com/passage/?search=2%20Thessalonians+3:3&version=NIV) But the Lord is faithful, and he will strengthen you and protect you from the evil one.

*The opposite of spiritual strength is falling away from God.*

[Hebrews 13:9](https://www.biblegateway.com/passage/?search=Hebrews+13:9&version=NIV)A Do not be carried away by all kinds of strange teachings. It is good for our hearts to be strengthened by grace

*Serving in our own strength, without God’s, is vain effort.*

[1 Peter 4:11](https://www.biblegateway.com/passage/?search=1%20Peter+4:11&version=NIV) If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.