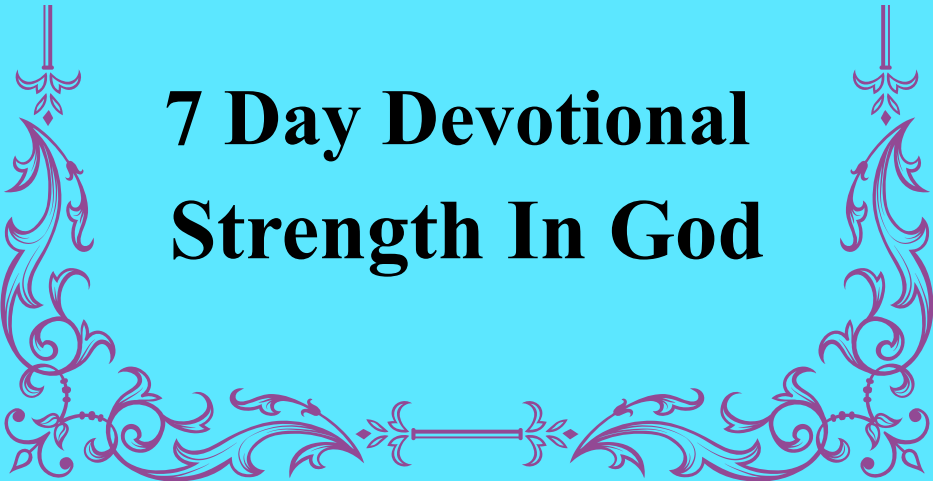
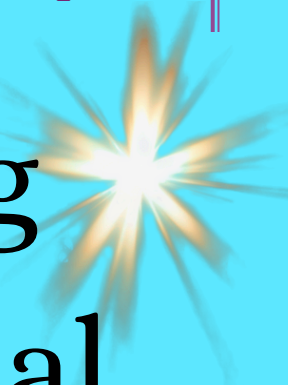




ABUNDANT
flow
Ministries

Morning Devotional



**7 Day Devotional
Strength In God**

7-Day Devotional: Strength

Introduction

Welcome to this transformative 7-day journey of discovering God's strength and developing spiritual endurance. In a world that often leaves us feeling overwhelmed, exhausted, and uncertain, we desperately need to reconnect with the source of true power and perseverance.

This devotional is designed for anyone who finds themselves facing challenges that seem too great to overcome, feeling weary from life's demands, or simply wanting to deepen their understanding of how God strengthens His people.

Whether you're walking through a difficult season, preparing for upcoming challenges, or seeking to grow in your faith, these seven days will ground you in biblical truths about divine strength and supernatural endurance.

Each day's reading includes three powerful scriptures that reveal different aspects of God's strength, followed by a personal affirmation to help you internalize these truths, and ending with a prayer to connect your heart with the Father. The scriptures have been carefully selected to build upon each other, creating a comprehensive foundation for understanding how God equips us for life's journey.

As you begin this week-long adventure, approach each day with an open heart and expectant faith. Allow God's Word to speak into your circumstances, let the affirmations reshape your thinking, and embrace the prayers as conversations with the One who loves you unconditionally. Remember, this isn't just about gaining head knowledge—it's about experiencing a heart transformation that will impact how you face every day ahead.

Set aside quiet time each day, whether in the morning to start your day with strength or in the evening to reflect and find peace. Keep a journal nearby to record insights, answered prayers, or personal reflections that arise during your time in God's Word.

May this devotional be the beginning of a deeper relationship with the God who promises to be your strength in weakness and your hope in every storm.

How to Use This Devotional

Daily Practice:

1. Begin each day with prayer, asking God to speak to you through His Word
2. Read the three scriptures for that day slowly and meditatively
3. Speak each affirmation aloud with faith and conviction
4. Spend time in reflection, journaling, or prayer about how these truths apply to your current situation
5. Carry these truths with you throughout the day, meditating on them when challenges arise

Weekly Reflection: At the end of the week, look back on the seven days and consider:

- How has your faith grown?
- What breakthroughs have you experienced or are you believing for?
- Which scriptures and affirmations resonated most deeply with you?

Remember: Faith is not just believing God can do something, but trusting that He will do what's best according to His perfect timing and plan. May this devotional strengthen your faith and position you for the breakthroughs God has in store for you.

"Faith is taking the first step even when you don't see the whole staircase." - Martin Luther King Jr.

Day 1: God is Our Strength

Scripture 1: *"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."* - Exodus 15:2

Scripture 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

Scripture 3: *"I can do all this through him who gives me strength."* - Philippians 4:13

Affirmation: "God is my source of strength. When I am weak, He makes me strong. I draw my power from the One who created the universe."

Prayer: Heavenly Father, thank You for being my strength when I feel weak. Help me to remember that my power comes from You, not from my own abilities. When I face challenges today, remind me to lean on Your unfailing strength. In Jesus' name,
Amen.

Day 2: Enduring Through Trials

Scripture 1: *"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance." -*

James 1:2-3

Scripture 2: *"We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed." - 2 Corinthians 4:8-9*

Scripture 3: *"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." - Romans 8:28*

Affirmation: "I can endure any trial because God is working everything together for my good. My struggles are developing my character and deepening my faith."

Prayer: Lord, when trials come my way, help me to see them as opportunities to grow. Give me the endurance to persevere through difficult times, knowing that You are using every circumstance to shape me into who You want me to be. Amen.

Day 3: Strength in Unity

Scripture 1: *"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."* - Ecclesiastes 4:9-10

Scripture 2: *"As iron sharpens iron, so one person sharpens another."* - Proverbs 27:17

Scripture 3: *"Therefore encourage one another and build each other up, just as in fact you are doing."* - 1 Thessalonians 5:11

Affirmation: "I am not alone in my journey. God has placed people in my life to strengthen me, and I am called to strengthen others in return."

Prayer: Father, thank You for the community You've placed around me. Help me to be a source of strength to others and to receive strength from those You've put in my path. May our unity reflect Your love and power. Amen.

Day 4: Inner Strength Through His Spirit

Scripture 1: *"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being."* - Ephesians 3:16

Scripture 2: *"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."* - Acts 1:8

Scripture 3: *"Finally, be strong in the Lord and in his mighty power."* - Ephesians 6:10

Affirmation: "The Holy Spirit lives within me, giving me supernatural strength and power. I am equipped for every good work God has prepared for me."

Prayer: Holy Spirit, fill me with Your power and strength. Help me to rely not on my own understanding or abilities, but on Your divine strength that works within me. Make me bold to do Your will and serve others with Your love. Amen.

Day 5: Patient Endurance

Scripture 1: *"Let us hold unswervingly to the hope we profess, for he who promised is faithful."* - Hebrews 10:23

Scripture 2: *"But if we hope for what we do not yet have, we wait for it patiently."* - Romans 8:25

Scripture 3: *"The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord."* - Lamentations 3:25-26

Affirmation: "I can wait patiently for God's perfect timing. My hope is in Him, and He is always faithful to His promises."

Prayer: Lord, teach me patience as I wait for Your promises to unfold in my life. Help me to trust Your timing and to find peace in the waiting. Strengthen my hope and help me to remain faithful even when I cannot see the full picture. Amen.

Day 6: Strength to Serve

Scripture 1: *"Each of you should use whatever gift you have to serve others, as faithful stewards of God's grace in its various forms."* - 1 Peter 4:10

Scripture 2: *"And let us consider how we may spur one another on toward love and good deeds."* - Hebrews 10:24

Scripture 3: *"Serve wholeheartedly, as if you were serving the Lord, not people."* - Ephesians 6:7

Affirmation: "God has given me strength not just for myself, but to serve others. I find purpose and joy in using my abilities to bless those around me."

Prayer: Heavenly Father, give me strength to serve others with joy and excellence. Help me to see serving others as serving You. Use my life to be a blessing to those in need and to bring glory to Your name. Amen.

Day 7: Eternal Perspective and Enduring Hope

Scripture 1: *"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day."*

- 2 Corinthians 4:16

Scripture 2: *"For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all." -*

2 Corinthians 4:17

Scripture 3: *"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." -* Philippians 1:6

Affirmation: "My current struggles are temporary, but God's work in my life is eternal. I have hope because my future is secure in Christ."

Prayer: Lord, help me to keep an eternal perspective on my temporary troubles. Renew my inner strength daily and remind me that You are not finished with me yet. Give me endurance to finish the race You've set before me, knowing that my reward is in heaven. In Jesus' name, Amen.

Why We Need Strength and Endurance

Life presents us with countless challenges, from everyday stress to overwhelming trials that test our very core.

Without spiritual strength and endurance, we become easily discouraged, give up on our dreams, and lose sight of our purpose. God's strength

empowers us to face difficulties with courage and confidence, while His gift of endurance enables us to persevere through seasons of hardship without losing hope.

Strength and endurance are not just personal benefits—they equip us to serve others effectively and to be a source of encouragement in a world filled with discouragement.

When we draw our strength from God and develop spiritual endurance through His Word and prayer, we become living testimonies of His faithfulness. These qualities help us maintain our faith during storms, continue growing in character through trials, and ultimately fulfill the purpose God has for our lives. They transform us from victims of our circumstances into victorious overcomers who can inspire others to trust in God's unfailing love and power.