

## God Is Our Strength

***“With a strong hand and an outstretched arm, for his steadfast love endures forever”***

**Psalm 136: 12**

When you're weary, feeling small. When tears are in your eyes, I will dry them all. I'm on your side. Oh when times get rough. And friends just can't be found. Like a bridge over troubled water; I will lay me down. (Like A Bridge Over Troubled Water). We all feel the pain and suffering that life can bring. We all know what it means to hurt and cry and we know what it's like to feel alone. We so often forget that God is not only there to strengthen us and guide us, but also hold us and cry with us.

*The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be. Anne Frank*

**The LORD will guard you from all evil; he will guard your soul. Psalm 121:7**

***“...be strong in the Lord and in the strength of his power.”***

**Ephesians 6: 10**

“Let the risen Jesus enter your life, welcome him as a friend, with trust: he is life! If up till now you have kept him at a distance, step forward. He will receive you with open arms. If you have been indifferent, take a risk: you won't be disappointed.

If following him seems difficult, don't be afraid, trust him, be confident that he is close to you, he is with you and he will give you the peace you are looking for and the strength to live as he would have you do.” - Pope Francis

***“Fight the good fight of faith, take hold of the eternal life, to which you were called and for which you were made.”***

**1 Timothy 6: 12**

To walk with God, is to know God. To place our lives in His hands is to trust God. This is the hardest thing for us to do, take control out of our hands and put it into God's hands. If we do this, we will find the greatest peace, strength and love in the hands of our Lord. “This reality of faithful love that God has for each of us helps us to face our daily life, which is sometimes slow and tiring, with serenity and strength.” Pope Francis.

***“I can do everything through him who gives me strength “***

**Philippians 4:13**

*Almighty Father,*

*As I journey through each day that you give to me, grant that I may stand strong in the face of all adversities and may I feel the power of your strength, that guides me ever closer to the glory of your kingdom.*

*Amen*