



# Week 4 Guided Devotional

## Week 4 Energy

A little about myself. I have been married for 13 years. We have 6 biological children and we are pregnant with #7.... Yes #7!

I am tired. I find myself in an out of motivation like the biggest rollercoaster ride you've ever been on. I can be all in and all out in approximately the same leap! Energy is hard for me to find.

In times of weakness His word says that we can find strength in Him.

Today I just want to list some verses for you and remind you that you have made it half way on this journey! Take a few minutes to look back at just how God has carried you and strengthened you and remained faithful to His word.

"I can do all this through him who gives me strength."

Philippians 4:13 NIV

<https://bible.com/bible/111/php.4.13.NIV>

"But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

2 Corinthians 12:9 NIV

<https://bible.com/bible/111/2co.12.9.NIV>

"He gives strength to the weary and increases the power of the weak."

Isaiah 40:29 NIV

<https://bible.com/bible/111/isa.40.29.NIV>

"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 NIV

<https://bible.com/bible/111/isa.40.31.NIV>

"I love you, Lord, my strength."

Psalms 18:1 NIV

<https://bible.com/bible/111/psa.18.1.NIV>

"Finally, be strong in the Lord and in his mighty power."

Ephesians 6:10 NIV

<https://bible.com/bible/111/eph.6.10.NIV>



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"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 NIV

<https://bible.com/bible/111/isa.41.10.NIV>

"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 NIV

<https://bible.com/bible/111/deu.31.6.NIV>

"My flesh and my heart may fail, but God is the strength of my heart and my portion forever."

Psalms 73:26 NIV

<https://bible.com/bible/111/psa.73.26.NIV>

"Look to the Lord and his strength; seek his face always."

1 Chronicles 16:11 NIV

<https://bible.com/bible/111/1ch.16.11.NIV>

"The Lord gives strength to his people; the Lord blesses his people with peace."

Psalms 29:11 NIV

<https://bible.com/bible/111/psa.29.11.NIV>

Lord, You never fail to amaze me. Your word releases a peace to my soul that no other word could give. Thank you for this journey and continuing to pour out Your grace and mercy to me each day. Lord help me to meditate on Your word and write it on my heart. Bring these verses to my memory when I am working, driving, or enjoying a walk outdoors. Keep me focused on You... my stronghold, my deliverer. It is You alone who can do all things. Amen.

<https://youtu.be/UpW9-TKao4?si=rUemloEztQmhX2SH>

iWith Love,

Cassandra Prediger