

"Be Strong" 14 Days of Devotions

By Natalie Pickett



With God on your side, you are strong!

Let's be honest, you don't always feel strong. Life can have you feeling weak but this month, I challenge you to find your strength in Christ. Join me and follow this devotion over the next 14 days to receive a dose of courage to continue the fight for all God has for you. It's quite simple. All you have to do is follow the daily "RTA."

RTA? What's that?

- **R**ead on it: One scripture a day provided in NIV and MSG version.
- **T**hink on it: A daily dose of encouragement related to gaining strength and/or finding courage to move forward and stay the course.
- **A**ct/**P**ray on it: Get ready to apply God's word through a daily challenge (no worries, it's not hard... just rewarding). Some days instead of a challenge, you will be provided with a prayer to keep close to your heart.

Are you ready to get begin?

Day 1

Read on it:

Philippians 4:13 (NIV)

I can do all things through him who gives me strength.

Philippians 4:13 (MSG)

I can make it through anything in the One who makes me who I am.

Think on it:

When you do things in your own power, you will tire easily, feel weak and want to quit. But living each day with God's strength empowering you, you can get things done. With God's strength also comes His wisdom (which is power within itself). Allow His wisdom to work through you, providing you the strategies, ideas and knowledge to make it through any circumstance or situation that comes your way. Remember there is nothing that God will not provide you the strength to accomplish and conquer. With Him, all things are possible.

Act it out:

What areas in your life are you trying to do things in your own power? You know, those areas that are constantly on your mind- where you feel like you're working but at the same time things are *barley* getting done? Today, make the decision to surrender those areas to God. Allow His power to work through you, giving you the physical strength and wisdom needed to make sufficient progress.

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Day 2

Read on it:

Deuteronomy 31:6 (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 (MSG)

“Be strong. Take courage. Don't be intimidated. Don't give them a second thought because GOD, your God, is striding ahead of you. He's right there with you. He won't let you down; he won't leave you.

Think on it

Who or what is intimidating you to the point that you won't move ahead with your dreams? Is it a past failure? Fear of rejection or your BFF who thinks you're dreaming too big? Whatever (or whoever) it may be, it's time to be strong, take courage and move forward. You can do this because God is with you. He's not leaving your side. He wants your dreams to come true. He is right there, cheering you on. So, let go of the fear that's holding you back. Step out there and go forward with God.

Pray on It

Lord, help me to let go of the fear and intimidations that keep me from going after more. Pour your strength and courage into me so that I will not walk in weakness but rise and stand strong. I give you everything and everyone that is causing me to second guess myself. Help me to be confident in You and You Continue to remind me that you have my back in all things and for that I'm thankful. In Jesus name, Amen.

Day 3

Read on it

Isaiah 41:10 (NIV)

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 (MSG)

Don't panic. I'm with you. There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, keep a firm grip on you.

Think on it

Panic is a sign of worry and stress--two things that God does not want you to be consumed with at all. Remember, no matter how bumpy life's road gets or how unstable certain seasons may be, God will hold you up. He has a firm grip on you and while the unknown causes you to feel weak, God's righteous right hand will carry you. The next time those feelings of dismay begin to creep up whisper God's name and allow His strength to fill your weak places.

Pray On it

Lord, thank you for keeping me calm and steady when I want to panic. Keep me with my mind stayed on you, knowing that you will hold me tight and keep a firm grip on my heart and hand. I thank you Lord for your strength which helps me to be strong during life's crazy and uncertain times. In Jesus name, Amen.

Day 4

Read on it

Deuteronomy 20:4 (NIV)

For the LORD, your God is the one who goes with you to fight for you against your enemies to give you victory."

Deuteronomy 20:4(MSG)

GOD, your God, is right there with you, fighting with you against your enemies, fighting to win.

Think on it

Every battle that you face, God is right there with you. He will not leave you when the battle gets tough. If anything, He longs to be closer to you because He knows that you need Him even more during those times. What's even better is that God doesn't expect you to fight, He wants to fight FOR you. And when God fights on your behalf, all you can do is win.

Act on it

Download Israel and New Breed's song: "In Jesus Name" (Covered, Live in Asia Album). I take that back, download the entire album if you can. But focus on that specific song right now. Get it in your spirit and make it your theme song for the month. It will remind you that no matter what, God has got your back and He is always fighting for you.

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Day 5

Read on it

Isaiah 40:31 (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 (MSG)

But those who wait upon GOD get fresh strength. They spread their wings and soar like eagles, they run and don't get tired, they walk and don't lag behind.

Think on it

Loosing hope has a way of zapping your strength. I mean, think about a time when things didn't work out as you expected. Or how about the time you waited and waited for something to happen but it didn't. Times like these can leave you feeling weak in body and spirit.

The funny thing is that God usually uses your times of hopelessness to give you a new level of strength that's needed for the next step in your journey. Here's the key, place your hope in the Lord (not in yourself or others). Be patient. Trust me, he's working things out even when it seems like nothing is working. It is during those times where he will give you fresh strength to soar.

Pray on it

Lord, help me to be patient when I feel hopeless. Help me to completely trust in You to work everything out in your time and for my good. Shower me with Your confidence when I feel weak. Give me fresh strength so that I can soar when my new season comes. In Jesus name, Amen.

Day 6

Read on it

Isaiah 40:28-29 (NIV)

The LORD is the everlasting God the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. ²⁹ He gives strength to the weary and increases the power of the weak.

Isaiah 40:28-29 (MSG)

GOD doesn't come and go. God *lasts*. He's Creator of all you can see or imagine. He doesn't get tired out, doesn't pause to catch his breath. And he knows *everything*, inside and out. He energizes those who get tired, gives fresh strength to dropouts.

Think on it

Aren't you thankful that God never gets tired; that He never grows weary; that he doesn't slumber or sleep? This means that He is constantly working on your behalf. Not only that, the fact that just when you're about to call it quits and give up, He will give you the strength and power to keep going. God holds your great future in His hands. He knows though that on your journey, there will be times that you will want to throw in the towel. But, He loves you enough to send you strength in the nick of time. Remember, God has His eye on you and is waiting to strengthen you at the right time.

Pray on It

God, thank you for never getting tired of me. Thank you for never giving up on me. Help me to keep going. Strengthen me to keep moving and pressing even when things may look like they are falling apart. I know that you have great plans for me and that they are good. Help me to keep my mind focused on the great future ahead and keep me strong as I travel my purposeful journey.

Day 7

Read on It

2 Corinthians 12:9-10 (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. ¹⁰That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

2 Corinthians 12:9-10 (MSG)

My grace is enough; it's all you need. My strength comes into its own in your weakness. Once I heard that, I was glad to let it happen. I quit focusing on the handicap and began appreciating the gift. It was a case of Christ's strength moving in on my weakness. Now I take limitations in stride, and with good cheer, these limitations that cut me down to size—abuse, accidents, opposition, bad breaks. I just let Christ take over! And so the weaker I get, the stronger I become.

Think on It

Did you read this scripture right here? No, like did you read it? Difficult times will come. You will be insulted. You will experience hardships and bad breaks. Pretty much this scripture is telling us that to receive strength, we must delight in the bad stuff. Yes delight-take great pleasure. Not only that, whatever areas in your life that have you feeling insufficient, deal with it calmly. Don't let it affect your productivity or influence. Own it and let God's power seep in and do its great work.

Act on it

The next time someone insults you; the next time you experience hardship or opposition, deal with it calmly. In addition, think of the areas in your life where you feel limited, insufficient-maybe an area has you feeling restricted. No more running from it. Own it and ask God to give you the strength to improve, develop and grow. That's where His strength is made perfect.

Day 8

Read on it

Matthew 11:28 (NIV)

“Come to me, all you who are weary and burdened, and I will give you rest.

Matthew 11:28 (MSG)

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life.

Think on it

If you're like me, your mind and body are constantly on the go and resting is hard to do. But the fact is, when you lack rest, you will become weary. You won't be able to focus, be productive, enjoy life and/or give your best to others. God understands that life can cause us to get this way. He does want you to work hard but He also knows that you will need a safe place to rest. When you feel weary, tired and worn out, go to God and let Him refresh you mentally and physically.

Act on it

Are you long overdue for a refreshing from God? Are you feeling tried but have yet to go to Him and get in His presence? Well, He is waiting for you. Turn on some worship music. Spend some time talking with Him uninterrupted. Dig into His word. This will strengthen you spiritually. I then encourage you to find rest for your body. Do something relaxing or take that long overdue nap. You need it and I'm sure you deserve it too.

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Day 1

Read on it

Exodus 15:2 (NIV)

"The LORD is my strength and my defense; he has become my salvation.

Exodus 15:2 (MSG)

GOD is my strength, GOD is my song, and, yes! GOD is my salvation.

Think on it

You do not have to defend yourself anymore. Time out for trying to explain your what or why to others. The need to constantly defend your thoughts and actions can be draining. If God has placed a dream in you; if there is a business he told you to start; a book he's told you to write; a place where he has told you to move- just do it.

Many times, the enemy brings in others to have you second guess what you heard or to question every move you make. This is only to bring distractions your way and to have you focusing your energy on defending your purpose rather than working your purpose. Obey God and let Him be your salvation. He will protect you and cover you. Leave the defending up to him.

Pray on it

Lord, thank you for being my strength and defense. Help me to place my focus in the right places. I ask that you silence the enemies who are working to distract me from carrying out your plan for my life. Teach me to discern those who are for me and those who are against me. Release me from the need to defend what you have told me to do. Give me the inner strength to move despite opposition and/or lack of support. I know that as long as I stick to Your word, You will provide for me and be my shield. In Jesus name, amen.

Day 10

Read on it

Psalm 31:24 (NIV)

Be strong and take heart, all you who hope in the LORD.

Psalm 31:24 (MSG)

Be brave. Be strong. Don't give up. Expect GOD to get here soon.

Think on it

In times of weakness, you must keep an expectation that God will come through. Sometimes the struggle in your journey is God's way of testing your faith. No matter how dim things may appear, you must walk in courage. You must stay faithful to God and yourself. Expect God to come through and deliver you. Believe in your heart that He is a present help and will meet your need right on time.

Pray on it

God, I ask that you increase my expectation today. Help me to remember all the times that you have come through for me before. Give me an expectation that you will come through again. During this time of weakness, help me to stay faithful to you and my purpose. Help me to walk in your power even though things look dim at this moment. Thank you for being a present help and for meeting my needs at the perfect time. In Jesus name, amen.

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Day 11

Read on it

1 Chronicles 16:11 (NIV)

Look to the LORD and his strength; seek his face always.

1 Chronicles 16:11 (MSG)

Study GOD and his strength, seek his presence day and night;

Think on it

It is possible to believe in God but not know God. Building a relationship with Him is the key to you finding strength. The more that you know God, the more your faith in Him will increase. Be intentional and deliberate in seeking Him. Build your relationship so that you move from believing to KNOWING.

Act on it

Pull out your calendar right now and schedule time with God for each day. Today's scripture teaches us that through studying Him, we will be strengthened. I challenge you to study God's characteristics. Get to know Him. It's more than just believing in Him. Yes, that's needed but you must go deeper. Google "characteristics of God" and it should provide you scriptures. Seek Him consistently and throughout the day. This will take you to a new, deeper and stronger level in Him.

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Day 12

Read on it

Psalm 27:1 (NIV)

The LORD is my light and my salvation—whom shall I fear? The LORD is the stronghold of my life—of whom shall I be afraid?

Psalm 27:1 (MSG)

Light, space, zest—that's GOD! So, with him on my side I'm fearless, afraid of no one and nothing.

Think on it

With God on your side, you have no reason to fear. Now you may want to fear but you're wasting energy. Be fearless today. Do the thing that has been in your spirit for years but you have yet to move. God wants you to go for it. He is holding on to you with all power in His hands. Trust me, you got this!

Act on it

Ok, got another download for you: "No Reason to Fear" by J.J. Hariston and Youthful Praise (You Deserve It Album). Pump this song in the morning, get it in your spirit and be fearless!

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Day 13

Read on it

Psalm 73:26 (NIV)

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

Psalm 73:26 (MSG)

When my skin sags and my bones get brittle, God is rock-firm and faithful.

Think on it

Whether we feel weak due to age, sickness or life circumstances don't forget that God's strength is a constant force in your life. The message Bible describes Him as rock-firm and faithful. Pretty much, there is no one or nothing that can remove His power over your life. He will forever be the portion that you need to get through. Nothing can separate you from His strength.

Pray on it

Lord thank you for the strength you have given me. I may not feel my best physically. Life circumstances may keep knocking me down but I know that you are a constant source of strength in my life. Thank you for your faithfulness. Thank you for holding me up consistently. Thank you for being a firm foundation where I can stand. I appreciate your love for me. I promise to cling to You in all seasons. I will not let anything separate me from your strength. In Jesus name, amen.

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Day 14

Read on it

Daniel 10:19 (NIV)

Do not be afraid, you who are highly esteemed," he said. "Peace! Be strong now; be strong." When he spoke to me, I was strengthened and said, "Speak, my lord, since you have given me strength."

Daniel 10:19 (MSG)

'Don't be afraid, friend. Peace. Everything is going to be all right. Take courage. Be strong.' "Even as he spoke, courage surged up within me. I said, 'Go ahead, let my master speak. You've given me courage.'

Think on it

Do you know that God is your biggest fan? He is right there in this game of life cheering you on! You are His friend and He wants the very best for you. As your friend, He will speak to you in a way that will stir up the courage that lies deep within you. When you take that step of faith, He will be the first to give you a high-five. When you're feeling down, He will whisper: "It's going to be all right." He knows your ups and downs and He will always be there to build you up.

Act on it

Sit quietly in God's presence and listen to the words of encouragement that He will speak to you. Ask Him to speak courage into your current situation. Write down what He says so that you can revisit when needed.

Thanks so much for joining me during this devotion. I would love to stay connected with you. Have you signed up for my mid-week motivation emails? If not, head on over to <http://www.nataliepickett.com> and do so! Be blessed!