



**FROM: THE DESK OF PASTOR CARUANA**  
**TO: The People of Zion**  
**DATE: August 28, 2020**

## STRENGTH

*“I love those who can smile in trouble,  
Who can gather strength from distress,  
And grow brave by reflection.”*

**-- Leonardo Da Vinci**

Sometimes the daily grind of everyday life can rob us of our strength, leaving us tired, beat up, and worn out. Many times, it's not just the physical drain but also the mental fatigue that worry, anxiety, and frustration can bring into our lives, sapping our strength to the point that we feel completely void of energy.

Maybe things aren't going well at work, and it takes all the strength that you can muster just to get up and go to work every day. Maybe you've lost your job or are facing the stress of a major illness in your life or the life of a family member. Maybe you are facing serious marital problems, monetary problems, or something else. Whatever the case, it takes strength to combat the weariness that comes when trying to balance all the things in our lives. So the question is, "How can we stay strong in the midst of life's ever-constant troubles?"

God answers this question in his Word and reveals who our source of strength is: "In conclusion, be strong in the Lord [be empowered through your union with him]; draw your strength from him [that strength which his boundless might provides]" (Ephesians 6:10 *The Amplified Bible*).

We gain strength through our fellowship with God in prayer and through God's Word. When we spend time with our Lord, it strengthens our spirit and bolsters our faith. When we read the Bible and meditate on its promises, we receive strength to endure, power to overcome, and joy to sustain us – no matter what challenges may come.



Let us pray.

Lord, we ask you to give us strength. Help us draw strength from you so the demands of daily living won't pull us down or wear us out. Let your strength produce spiritual resilience, physical stamina, and mental sharpness in us.

Help us resist the temptation to give in or give up. For when our strength begins to waver, yours will take over. Help us draw strength from you so we will not grow weary. You are our source of energy and our source of strength.

In your present we find strength to endure, power to overcome, and sustaining joy to conquer any challenge that may come our way. As we study and meditate on your Word, we thank you that we find comfort and peace and our strength is renewed.

Amen.

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*Scripture Passages on Strength*  
(New Living Translation)

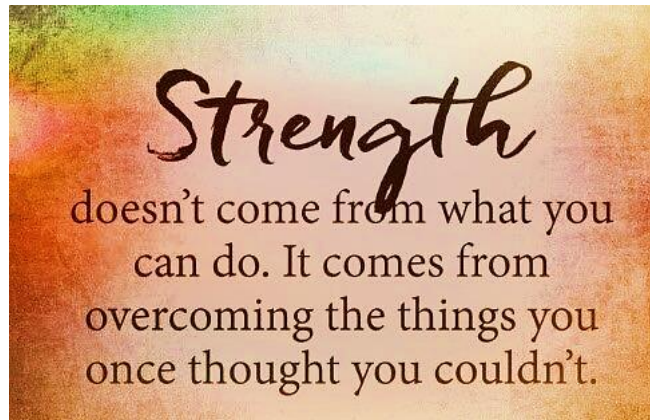
- Isaiah 40:29            He gives power to the weak and strength to the powerless.
- Isaiah 40:31            Those who trust in the Lord will find new strength. They will  
soar high on wings like eagles.
- Philippians 4:13        I can do everything through Christ, who give me strength.

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*Quotation on Strength*

*“You gain strength, courage, and confidence by every experience  
in which you really stop to look fear in the face.  
You are able to say to yourself, ‘I have lived through this horror.  
I can take the next thing that comes along.’  
You must do the thing you think you cannot do.”*

**-- Eleanor Roosevelt**



† In peace ...  
*Pastor Barb*