**Hi friends, today’s prayer theme is for strength.**

*Many of us are facing really new circumstances with all the ways that the coronavirus pandemic is reshaping our lives. Maybe you are home with children homeschooling for the first time, self quarantined, or working from home where the dividing wall of work and home has been erased. Maybe you were laid off, or furloughed, and find yourself feeling weary, or going stir crazy. Perhaps, you are in the essential employee category, and you are out there every day risking your health the serve others! Of course, there is the possibility that maybe you don’t fit into any of these categories, and you are just tired, missing not being able to be with those you love, and need God to grant you supernatural strength to keep going. Well if you are on line joining me you are in the right place. There is no greater time like the present to pray for strength.*

*You may want to light a candle. I have chosen two scriptures to guide us in our prayer this morning.*

*The first is:*

**But those who trust in the LORD will find new strength. (They that wait on the Lord shall renew their strength, KJV) They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint (Isaiah 40: 32)**

**The second is Nehemiah 8:10. “Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.”**

**These are both old testament scriptures. Isaiah is the 23rd book in the bible between song of Solomon and Jeremiah and Nehemiah is the 16th. Between Ezra and Ester.**

*What I love about these passages is that they remind us that God is aware that there are moments in our lives, where we need more than our own strength to get through the day. Isaiah and Nehemiah, who were both prophets to Israel during difficult times discovered that God was a God of strength, who was always ready to share that strength with God’s people when they need it, so we could do more, be sustained, and be renewed. We are all God’s people and beloved children of God, so thank you for joining me this morning to pray for strength.*

**So, if you have joined me via live stream, I invite you to repeat this prayer with me or you can simply bow your head and let it wash over you, whatever works for you.**

**Prayer:**

*God we come to you, as you invited us in the letter of Paul to the Hebrews in 4:16. There you said, “come boldly and with confidence before your throne of grace, drawing near to it, that we may receive mercy and find grace to help in the time of need and in the time of trouble. “*

*During these troubled times, we are asking you for strength!*

*We are going through life during these times dealing with many facets of life. Some of us are struggling with pain and illness, struggling to manage our mental wellness, struggling through hard spots in marriages, parenting, teaching, or homeschooling children, and some of us are just struggling with energy. God at times we get weary, our motivation begins to lag, and in those moments we need your strength!*

*When the pressures of life come and push us in a corner, keeping us from feeling like we can’t move forward, give us your strength! When we are overwhelmed by many voices and don’t know where to turn, let us hear your voice and receive your strength! When we feel like giving up, quitting, and throwing in the towel, let us wait on and trust in you to be renewed by your strength, as you promised in Isaiah.*

*Help us to run and not get weary, to walk and not faint. Remind us that your strength is like that of an eagle who soars high, and that we can run this race faithfully with you, as you continue to strengthen us.   
So, give us that strength today! The strength to take off again, and again to do your will, to care for our children, our spouses, significant others, parents, our neighbors, our community, and ourselves. It is your strength that helps us to reach out and care for those around us. Psalms 91: says, “those who dwell in the shelter of the Most High shall rest in the shadow of the Almighty.”*

*God help us to find strength in that secret place with you this morning, where we can rest in your shadow. A safe place for us to surrender our efforts, and take on your supernatural strength to go a little bit further.*

*So be our strength, our rock, and our fuel for the tasks ahead.*

*As Jesus healed and strengthened the man with the withered hand, strengthen our hands, our minds, our hearts. As Nehemiah reminds us that your joy is also where our strength lies, fill us with that joy! That joy that Jesus promised to give us so that our joy would be full. We know when we are operating and functioning on full joy, life takes on a different perspective. Let your joy consume us, help us to find lots to laugh about, to smile about, to appreciate! Let that joy transform our weakness and make us strong. Let that joy be bigger than our limitations and failed attempts. And help us to know, you are always there at the ready to strengthen our hearts through your joy and delight in us!*

*The psalmist in Psalms 27:14 tells us to “Wait* on the LORD; Be of good courage, and you shall strengthen our hearts.”

*So, this morning we thank you for renewing our strength, and deepening our joy. We thank you for filling us with supernatural strength, that we need to overcome the obstacles we face. Thank you for walking beside us, working through us, and carrying us when we need you.*

*So, today we say goodbye to our weariness and hello to your amazing, abundant, never ending strength, that is holding us in this very moment. Thank you! In Jesus name we pray, and ask this in the name of the father, the son, and the Holy Spirit!*

***Amen***

***Repeat after me:*** *I will not give up when I am weary and feeling weakened! I will keep my eyes on God who is walking beside me and ready to carry me when I need it. God has strengthened me today, like God will everyday! I will wait on that strength and joy. Through it, I will soar like an eagle! Because of that strength, I can make it! That is where I will live today.*