

## Inner Strength

**Monday, 10/13/08 – Read Ephesians 3:14-21**

My Observations: \_\_\_\_\_

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A Question to Answer: Today's reading is a prayer. Think of it as a prayer for you. Let yourself feel that: the Bible praying for you! ... And the prayer is that you will be "strengthened in your inner being with power through his Spirit." ... What do you think that means -- to be internally strong? Think of someone you have known who seemed to you internally strong, spiritually strong. What was it about them that suggested inner strength? ... As you pray today, pray for inner strength.

**Tuesday, 10/14/08 – Read John 4:7-15**

My Observations: \_\_\_\_\_

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A Question to Answer: In his conversation with the Samaritan woman at Jacob's well, Jesus spoke of an internal spring of water, "gushing up to eternal life." ... Today use your imagination. Imagine a spring of living, spiritual water inside you; imagine it gushing up from way down deep. Visualize it. Picture it. ... This is your inner strength. It's there inside you right now. As you live your normal life today, pause occasionally and picture that spring of strong water inside you.

**Wednesday, 10/15/08 – Read Acts 14:21-23  
and Matthew 6:34**

My Observations: \_\_\_\_\_

A Question to Answer: Today's reading speaks of the people's souls being strengthened. Why is this so important? Why does Ephesians (see Monday) pray that you be strengthened in your inner being? ... In life we are always faced with difficulties -- tough circumstances that we have to struggle our way through. Sometimes those come in the form of persecutions; but it can be any kind of trouble -- family difficulties, job problems, economic hard times. Life is full of troublesome times. It does take inner strength to live creatively and faithfully. What are the difficulties that you are currently facing in your life?

**Thursday, 10/16/08 – Read 2 Corinthians 4:16-18  
and Ephesians 1:17-18**

My Observations: \_\_\_\_\_

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A Question to Answer: Inner strength and perseverance through difficulty leads us to "an eternal weight of glory," a grand inheritance that God has prepared for us. When you are going through difficulty, is it hard to remember that, beyond the difficulty, a great reward is awaiting you? How different would the current struggle be if you kept your eyes fixed on the reward?

**Friday, 10/17/08 – Read Philippians 3:12-16**

My Observations: \_\_\_\_\_

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A Question to Answer: Inner strength is both a gift and an achievement. It is something God gives and something we develop. It's like a talent. Musical talent is simply given, but then becoming a great musician takes hard work and practice. Today's reading emphasizes the hard work side of inner

strength. What is one thing you can do today exercise your spiritual muscles?

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**Saturday, 10/18/08 – Read *Philippians 4:4-9***

My Observations: \_\_\_\_\_

A Question to Answer: How do we do our part in developing inner strength? ... One important part of the work is focusing and training the mind. Our minds can be indiscriminate; our minds will attend to any random thought that happens to flit through the mind. It takes some discipline and some practice to keep our minds focused. Today's reading suggests that we "think about these things." ... Try it today. When you notice your mind attending to critical or destructive or unhelpful thoughts, gently refocus; gently redirect your thinking toward something commendable. Maybe choose a favorite scripture verse; then, when your mind is troubling you, think about that verse. Try it!

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**Sunday, 10/19/08 – Read *Ephesians 3:17-19***

My Observations: \_\_\_\_\_

A Question to Answer: Inner strength is finally about the strength to love. The prayer for inner strength is also a prayer for knowing the love of God and being filled with God's own presence. Often it takes real strength to love well. And all of us have some people in our lives that it is hard to love. In your prayer, ask God to fill you with God's own love, and ask God to help you love well.

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*My Faith Journal*, October 12, 2008  
Becoming Grownups #5  
**Citizenship**

**What do I want to remember out of today's message?**

**What action do I intend to take as a result of today's message?**

*Each day this week, take a few minutes. Begin with PRAYER. Then READ through the Bible passage indicated on the inside of this guide. WRITE down your own thoughts, reactions, observations. ANSWER THE QUESTION to begin connecting the Bible with your life experience. Use additional paper or your own notebook if you need more space to write.*