

Stories 3.0: Strength for Today

Today's Story: Ione Bollar

Strength for today is found in the **PEOPLE** of God

📖 1 Thessalonians 5:11 (NIV) "...encourage one another and build each other up, just as in fact you are doing."

📖 Romans 12:10–15 (NIV) "Be devoted to one another in brotherly love. Honor one another above yourselves. ¹¹ Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. ¹² Be joyful in hope, patient in affliction, faithful in prayer. ¹³ Share with God's people who are in need. Practice hospitality. ¹⁴ Bless those who persecute you; bless and do not curse. ¹⁵ Rejoice with those who rejoice; mourn with those who mourn."

📖 Hebrews 6:10 (NIV) "God is not unjust; He will not forget your work and the love you have shown Him as you have helped His people and continue to help them."

Strength for today is found in the **PRESENCE** of God

📖 Psalm 16:11 (NIV) "You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand."

📖 Lamentations 3:20–22 (NIV) "...my soul is downcast within me. ²¹ Yet this I call to mind and therefore I have hope: ²² Because of the Lord's great love we are not consumed, for His compassions never fail."

Strength for today is found in the **PROMISES** of God

📖 Psalm 37:4 (NIV) "Delight yourself in the Lord and He will give you the desires of your heart."

📖 Proverbs 3:5–6 (NIV) "Trust in the Lord with all your heart and lean not on your own understanding; ⁶ in all your ways acknowledge Him, and He will make your paths straight."

📖 Isaiah 43:2 (NIV) "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze."

📖 Philippians 4:19 (NIV) "And my God will meet all your needs according to His glorious riches in Christ Jesus."

📖 Matthew 5:4 (NIV) "Blessed are those who mourn, for they will be comforted."

📖 John 16:22 (NIV) "...Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy."

📖 Romans 8:18 (NIV) "...our present sufferings are not worth comparing with the glory that will be revealed in us."

Strength for today is found in the **PROVISION** of God

📖 Exodus 16:4 (NIV) "Then the Lord said to Moses, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions."

📖 Matthew 6:34 (NIV) "...do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

📖 Lamentations 3:22b–25 (NIV) "...His compassions never fail. ²³ They are new every morning; great is your faithfulness. ²⁴ I say to myself, "The Lord is my portion; therefore I will wait for Him." ²⁵ The Lord is good to those whose hope is in Him, to the one who seeks Him..."

📖 Deuteronomy 33:25 (NIV): "...your strength will equal your days."

Digging Deeper: Where do you get your strength? In what ways have people helped strengthen you? What do you do when you don't feel God's presence? Do you trust God even though you don't see God? Are you enjoying your life, or has worry or sadness stolen that? What are some of your favorite promises of God?