



## My Strength

This book contains words from Jesus regarding the strength we need and how it can be found in: His righteousness, His Word, He and our Heavenly Father's presence, and the refuge and fortress of Their love.

### Chapters

THE SECRET OF BEING CONTENT  
CAST YOUR CARES  
ASK, SEEK, KNOCK  
PEACE FOR STRENGTH  
MY STRENGTH AND MY SHIELD  
FORTRESS OF SALVATION  
STRENGTHENED WITH ALL POWER  
REFUGE AND STRENGTH  
MY RIGHTEOUS RIGHT HAND  
WATER FROM THE WELL OF SALVATION  
THE POWER OF THE WEAK  
SETTING YOUR HEART AND MIND ON THINGS ABOVE  
FEAR NOT  
RISING IN STRENGTH  
STRENGTHEN AND SETTLE YOU  
SEARCH FOR HIS STRENGTH  
STRENGTHEN YOUR HEART  
THE STRENGTH OF MY LIFE  
STRENGTH AND BEAUTY IN HIS SANCTUARY  
REJOICE  
YOUR ROCK  
FILLED WITH STRENGTH AND JOY  
NAILING IT TO THE CROSS  
MY SUPPORT  
ARMED  
STRONG IN THE LORD  
STRENGTH OF MY HEART  
WHEN I AM WEAK

(SAMPLE CHAPTER)

## Strength of My Heart

Yet I am always with you; you hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory. Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but **God is the strength of my heart** and my portion forever.

(Psalm 73:23-26)

### *My child*

*Just as I was with David, I desire to be with you. Wherever he went, he found Me with him. I held him up in times of trouble. I accompanied him through the valleys of the shadow of death. I was his Strength, his High Tower, his Fortress of Refuge, his Lord and his God.*

*You have heard that David had a heart that was “after my heart.” This means that his heart: pursued My heart, knew My heart, and was strengthened in knowing Who I am; My character, steadfastness and sovereignty.*

*David knew that he could count on Me to show up for him. His heart trusted in My heart, so he knew that he could always rely on Me to rescue him in times of trouble. Knowing Who I am strengthens your heart. Trusting in My heart brings peace and an undergirding of strength to your heart.*

*Where your heart goes, your mind follows. When your heart can rest in the things and ways of God, your mind can receive strength, hope, joy, and purpose by resting in what you know of Me to be true.*

*Listen to David’s words found in My Word. See the stories he recorded to show you My heart and the heart of My Father for you. Find your strength as David did, in the heart of His Father’s love.*

## *Jesus*

Jesus tells us that just as He was constantly with King David, He desires to be with us. He explains how David’s heart trusted in His heart, and tells us that knowing Who He is will

bring us peace and an undergirding of strength. He asks us to listen to David's words found in His Word, so that we can learn more about His heart and the heart of His Father for us.