

**OF DESPAIR** G. F. Handel's biographer described a time in his life when his health and his fortune had reached the lowest ebb. His right side had become paralyzed, and his money was all gone. His creditors had seized him and threatened him with imprisonment. For a brief time, he was tempted to give up the fight, but, then, he rebounded again to compose the greatest of his inspirations, the epic Messiah. When we stand to sing "The Hallelujah Chorus" -- 'The Lord omnipotent reigneth' -- we thus remember that the triumphant notes were composed by a man who was 'dead broke' and 'half paralyzed.'

Submitted by Wayne Holloway, First Baptist Church, Pine Mountain, GA.

Today I receive and share the gift of strength.

I CAN DO ALL THINGS THROUGH THE STRENGTHENING SPIRIT OF GOD WITHIN ME.



Strength

This is a day of accomplishment for me. I have time enough, energy enough, and strength enough to do those things that I need to do. I make the best use of my inner resources and use good judgment in planning my day's activities. I deny any thought of hurry, pressure, or strain, for I know that such thoughts are self-defeating and self-depleting. I build into my consciousness life-affirming thoughts of my innate strength and power, thoughts that affirm *I can* in every circumstance.

"I am mentally alert and emotionally stable. I have strength and power. I am capable of amazing things." As I affirm these words, I am energized and rejuvenated in every part of my being. I truly can do all things through the strengthening Spirit of God within me.

*I can do all things in him who strengthens me.*—Phil. 4:13

GOD IS MY STRENGTH. I AM STRENGTHENED WITH ALL POWER.

Strength

God's power is within me. God is my strength, a foundation of spiritual power for mind, emotions, and body.

God's strength within me is power of mind. My willpower, which can overcome any negative habit or thought, is God's powerful will of good within me.

Because God is my strength, I do not allow my emotions to lead me on a road of ups and downs. I am on the even foundation of God's strength and fortitude; therefore, I am stable and secure.

God's foundation of strength supplies me with renewed and increased physical strength. I claim physical strength through steadfast belief and positive affirmation. I am renewed with energy, stamina, and vitality.

God is my strength. I am strengthened with all power.

*May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy, giving thanks to the Father.*—Col. 1:11-12

Worrying about the future is like paying interest on a loan to be taken out next year. The payments in between are wasted, since one must still pay the full amount of interest when the loan is received, and in the meantime there is no money for present bills.

Just so, anxiety does not empty tomorrow of its trouble; it only exhausts one's strength to face today's troubles. You cannot carry today's burden since you are trying to carry tomorrow's. And many of us try to carry yesterday's burdens as well.

**Boldly go where no one has gone before.**

**Nothing to Fear but Fear Itself**