**Hey God**

**Week 2: Where Do I Find Strength?**

**Daily Time With Truth**

As you read these daily scriptures, ask yourself these three questions:

1. What is God saying to me?
2. What do I want to say to God in response?
3. How will I live out this truth?

**Day 1: Psalm 28:7 (AMP)**

The Lord is my strength and my [impenetrable] shield; My heart trusts [with unwavering confidence] in Him, and I am helped; Therefore my heart greatly rejoices, And with my song I shall thank Him *and* praise Him.

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**Day 2: Isaiah 41:10 (TPT)**

Do not yield to fear, for I am always near.  Never turn your gaze from me, for I am your faithful God. I will infuse you with my strength and help you in every situation. I will hold you firmly with my victorious right hand.

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**Day 3:** **Isaiah 40:27-31 (MSG)**

Why would you ever complain, O Jacob, or, whine, Israel, saying, “God has lost track of me. He doesn’t care what happens to me”? Don’t you know anything? Haven’t you been listening? God doesn’t come and go. God *lasts.* He’s Creator of all you can see or imagine. He doesn’t get tired out, doesn’t pause to catch his breath. And he knows *everything*, inside and out. He energizes those who get tired, gives fresh strength to dropouts. For even young people tire and drop out, young folk in their prime stumble and fall. But those who wait upon God get fresh strength. They spread their wings and soar like eagles, They run and don’t get tired, they walk and don’t lag behind.

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**Day 4: Psalms 138:3 (TPT)**

At the very moment I called out to you, you answered me! You strengthened me deep within my soul and breathed fresh courage into me.

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**Day 5: 2 Corinthians 12:9-10 (NLT)**

Each time he said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That’s why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.

Discussion Questions:

1. What did you do to gain strength during the Pandemic?

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2. Read 1 Samuel 30:1-6. What is the issue here? Who had David been hiding from and why?

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3. How were David’s men dealing with their grief? What did David do in *his* distress?

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4. “If you want to find strength in the Lord, you first have to admit you need His help.” What makes that hard to do sometimes? Explain and share your personal experiences.

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5. Read 2 Corinthians 1:8-9. “Whatever you are going through, no matter how bad the circumstance is, it may be the very thing God is using to bring you back to Him.” Share a time when your faith was strengthened through a difficult time.

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6. “Don’t be afraid to pray BIG prayers.” Read Acts 9:11-12; 17-22. What happened was amazing! How do the prayer results in this passage inspire and challenge you?

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7. First, admit you need God’s help. Second, pray big prayers. Third, trust Him. The Voice translation of Psalm 130:5 is “So I wait for the Eternal—my soul awaits *rescue*—and I put my hope in His *transforming* word.”

How do you wait well? What is the key to holding on and not giving up?

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8. Fourth, encourage others with the strength you’ve been given. Share a testimony of when you went through a dark time, asked God for help and He delivered. Do you remember how you felt? How has God provided you with opportunities to share your experience with others to encourage them through their dark times?

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9. Finally, rejoice! “God rests in, sits upon, dwells within the praises/worship of His people.” How can we rejoice with you in how God has increased your strength?

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