

The Lord is My Strength and My Song

Oasis: Self-Guided Prayer

October 14, 2015

Isn't it interesting to get pumped for a run we put on our favorite jam that boosts our energy and our confidence? Or that when our favorite athletes come out they have a theme song? Or that certain music can make us feel triumphant and victorious? Or in movies the music throws us into the action with our favorite lead characters?

The Lord is my strength and my song. What if our strength came from the Lord? What if instead of the latest health trend and energy bar our strength came from the One who made heaven and earth?

*I lift up my eyes to the hills. From where does my help come?
My help comes from the Lord, who made heaven and earth.*

Psalm 121:1-2

Where do you need strength? Where do you need help? To whom or to what are you looking?

For the rest of your time in prayer you will find scripture on strength on the rest of this page. Find one that speaks most to you. Read that passage slowly, thoughtfully. How is God speaking to you through the Word?

Open your mind and your heart to the Lord to speak to you. Ask God to open your understanding in a new way that you have never experienced before.

Creator of heaven and earth, as we come before you preparing to read your Word will you open our minds to understand? Break open the mold of our old thinking and create a new spirit in us where we can see something that we have never seen before. We lay down all distractions and weaknesses before you. You are Lord of all. Fill our minds with your Holy Spirit and speak to us through your Son Jesus Christ. We draw our strength from you today and lay down any attempts on our own. Fill us with your Word and your strength. Amen.

I can do all things through Christ who strengthens me. Philippians 4:13

...The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable; He gives power to the faint, and to him who has no might he increases strength. Isaiah 40:28-29

My soul melts away from sorrow; strengthen me according to your word! Psalm 119:29

Finally, be strong in the Lord and in the strength of his might. Ephesians 6:10

...but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. Isaiah 40:31

God is our refuge and strength, a very present help in trouble. Psalm 46:1

