



ISAIAH 40:29

He gives strength to the weary and increases the power of the weak.

Help Me To Have Energy To Do All I Need To

Lord I am asking that you would multiply my energy in a way that is supernatural. There are so many demands on my time and my resources and there just doesn't seem to be enough hours in the day sometimes.

Lord would you give me energy when I am exhausted? Will you help me to sleep well at night and to wake up refreshed for my family and work the next day?

Lord will you let the passion that I have for my life and my family be enough to energize me?

Help me Father to set the things in place that give me the energy I thank you in advance Lord. Amen.

Affirmation: I AM STRONG

JOURNAL THIS:

What can you release today that will serve your energy and regain the strength for what matters most?