# Finding Strength in God: A 7-Day Study for Women



Discover God's sustaining strength for women weary of bearing burdens alone. Let Him be your refuge and renewed power each day.





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#### Introduction

Welcome to this 7-day journey for women who feel the weight of constant strength. Life demands much from us — as mothers, daughters, friends, professionals, and caregivers — and sometimes the pressure to "hold it all together" exhausts our very souls. Yet, Scripture reminds us that we do not have to rely solely on our own strength. *God invites us to find rest, refuge, and renewal in Him.* This study is designed to encourage and uplift you, helping you turn your weariness into worship and your fatigue into faith.

Throughout these seven days, we will explore women in the Bible who faced challenges, embraced God's strength, and found their true power in Him. From Deborah's courageous leadership to Hannah's heartfelt prayers, these stories will inspire and remind you that God honors your honest need for help. We will look into God's promises, such as being our safe place (Psalm 46:1) and everlasting strength (Isaiah 40:29), anchoring your spirit when you feel overwhelmed.

It's okay to be tired. It's okay to admit you need a break. This study encourages you to let go of the pressure to be the unshakable source of strength for everyone, and instead, lean deeply on the One who never tires. Let this time in God's Word rejuvenate your heart and remind you that your worth is not in how much you can do but in who you are as God's beloved daughter.

So prepare your heart. Open your Bible and your soul. Let God meet you in your tiredness and supply strength beyond what you can muster. By the end







of this study, may you be renewed, encouraged, and equipped to live from a place of God's peace and power.









Day 1: Strength for the Weary









#### Your Verse

Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."

#### **Supporting Scriptures**

- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







#### Devotional: God's Power Lifts the Weary

Life's demands often leave us feeling drained and overwhelmed. When you are constantly strong for everyone else, it's easy to forget that God wants to be your true source of power. Isaiah 40:29 declares God's promise: He gives strength to the weary and increases the power of the weak. This is not a suggestion but a divine guarantee. No matter how exhausted you feel, God's strength is available to empower you beyond your own abilities.

Think about the times you tried to carry life's burdens alone. How did that feel? Now, picture turning those heavy loads over to God. He is your refuge—a safe place to rest and be restored. Matthew 11:28 is a loving invitation from Jesus: "Come to me, all you who are weary and burdened, and I will give you rest." Jesus doesn't ask you to try harder; He asks you to come to Him for rest and renewal.

Today, reflect on the truth that you are not expected to be unbreakable. God's power is made perfect in your weakness (2 Corinthians 12:9). When you feel tired of being strong, surrender to God's strength. You can be confident that He will carry you through every challenge, reviving your spirit and refreshing your soul.







# Reflect and Apply

1.	In what areas of your life do you feel the most weary right now?
2.	How have you tried to rely on your own strength instead of God's?
	What would it look like to fully accept God's promise to increase your power when you are weak?







## **Journaling Prompts**

1.	Write about a moment you felt overwhelmed and how you responded.
2.	List ways you can invite God to strengthen you daily.
3.	Describe what "resting in God" means to you personally.







#### Prayer for Today

**Dear Lord,** I come to You feeling tired and worn. Thank You for Your promise to give strength to the weary. Help me to release my burdens into Your capable hands and to trust You as my refuge and strength. Teach me to rest in Your presence and to rely on Your power rather than my own. Renew my spirit and fill me with Your peace today. *In Jesus' name, Amen.*

















Day 2: 🎡 Finding Rest in God's Care

#### Your Verse

Psalm 62:5 - "Yes, my soul, find rest in God; my hope comes from him."

#### **Supporting Scriptures**

- Psalm 91:1 "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."
- Matthew 6:26 "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them."







Day 2: 🏟 Finding Rest in God's Care

#### Devotional: Resting Your Soul in God's Shelter

Rest isn't just a physical need; it's a deep soul necessity. Psalm 62:5 encourages us to find rest for our souls in God, not in circumstances or self-reliance. When you're tired of constantly being strong, God invites you to find hope and peace in Him. Resting in God means trusting His care, provision, and timing even when life feels chaotic.

Psalm 91 paints a beautiful picture of safety—dwelling in the shelter of the Most High means being protected and fully cared for. It's a reminder that no matter what threats or pressures you face, God's shadow shields you. You can let down your defenses and be vulnerable, knowing He is your stronghold.

Jesus points us toward God's daily provision by pointing to the birds. They don't labor anxiously or try to carry loads bigger than themselves, yet God feeds them. How much more does your Heavenly Father care for you? Today, allow yourself the grace to rest in God's care. Let go of striving and simply embrace His love.







# Reflect and Apply

1.	How easy or difficult is it for you to rest your soul in God?
2.	What fears or worries keep you from fully trusting God's care?
	In what ways can you practice daily resting in God's provision and protection?







Day 2: 🏠 Finding Rest in God's Care

#### **Journaling Prompts**

1.	Write about a time you experienced God's protection or provision.
2.	List three practical ways you can make space to rest in God this week.
3.	Reflect on how trusting God can change your view of your own strength.







Day 2: 💮 Finding Rest in God's Care

#### Prayer for Today

**Heavenly Father,** thank You for being my refuge and shelter. Help me to find true rest in You for my soul. When life calls me to be strong beyond my strength, remind me that I can find hope and peace only in You. Teach me to surrender control and trust Your loving care each day. May Your presence calm my heart and renew my spirit. *In Jesus' name, Amen.* 🛱 😂







# Day 3: 1 Embracing Vulnerability with God









Day 3: 1 Embracing Vulnerability with God

#### Your Verse

2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."

#### **Supporting Scriptures**

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding."







Day 3: 1 Embracing Vulnerability with God

#### Devotional: Strength Through Vulnerability

When you're tired of being strong, vulnerability can feel frightening. Yet, Paul's words in 2 Corinthians 12:9 remind us that God's grace is enough, and His power is most evident when we acknowledge our weakness. God doesn't expect you to carry burdens alone; He wants you to lay them down and lean on Him.

Being open about your struggles is not a sign of failure but a path to deeper strength. When your heart feels broken or crushed, remember Psalm 34:18 promises God's closeness in those moments. He sees you, understands your pain, and wants to comfort you.

Trusting God with your whole heart includes trusting Him with your vulnerability. Proverbs 3:5-6 encourages us not to rely on our own understanding but to acknowledge God in every part of our lives. This vulnerably trusting God invites His wisdom, peace, and strength to fill you.

Today, be courageous in admitting your need for God's power and grace. Embrace your weakness as space for God's strength to grow in you.







Day 3: 🐧 Embracing Vulnerability with God

# Reflect and Apply

	What feelings arise when you think about being vulnerable with God or others?
2.	How have you experienced God's grace in your moments of weakness?
	What steps can you take to trust God more fully when you feel weak or broken?







Day 3: 🐧 Embracing Vulnerability with God

# **Journaling Prompts**

1.V	Write about a time when admitting weakness led to growth or healing.
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	List fears you have about vulnerability and ask God to help you with each one.
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	Describe how you can remind yourself daily that God's power is perfected n weakness.
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Day 3: 🗘 Embracing Vulnerability with God

#### Prayer for Today

**Lord God,** I confess my weakness and ask for Your grace to fill me. Help me to see that vulnerability is not weakness but an invitation for Your power to work in me. Draw near to my broken heart, comfort me, and teach me to trust You more deeply with all I am. May Your strength become my foundation. *In Jesus' name, Amen.*  $\uplus$ 

















#### Your Verse

Jeremiah 29:11 - "For I know the plans I have for you... plans to give you hope and a future."

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning."







#### Devotional: Anchoring Your Soul in God's Hope

When the pressures to be strong wear you down, hope can feel distant. Yet God's promises are a lifeline that pull you back from despair. Jeremiah 29:11 reassures us that God's plans for our lives are filled with hope and purpose, even when current circumstances feel difficult.

Romans 15:13 speaks of a God who is full of hope Himself — a hope that brings joy and peace as you trust Him. Trust doesn't mean ignoring pain but allowing hope to anchor you amid uncertainty.

God's compassionate love is renewed every morning, as Lamentations 3:22–23 beautifully reminds us. This means each day is a fresh opportunity to experience God's faithfulness and strength. When you wake up feeling worn out from being strong, remember that God's mercy invites you to start anew with Him.

Today, plant your heart firmly in the hope found in God's promises. Let them refresh your spirit and fuel your perseverance.







# Reflect and Apply

1.	How do God's promises give you hope when you feel exhausted?
2.	What practical ways can you cultivate joy and peace in trusting God daily?
	How can remembering God's compassion renewed every morning change your outlook?







#### **Journaling Prompts**

1.	Write a prayer asking God to fill you with hope and peace today.
2.	List God's promises that have encouraged you in the past.
	Describe how you can remind yourself of God's faithfulness each morning.







#### Prayer for Today

**Gracious Father,** thank You that Your plans for me are good and filled with hope. Help me to trust You even when I feel weak or weary. Fill me with joy and peace as I rely on Your promises. Thank You that Your compassion is new every morning, giving me strength for each day. May I keep my eyes fixed on You and find hope in Your faithfulness. *In Jesus' name, Amen.* 

















Day 5: X Courage to Lead and Serve

#### Your Verse

Judges 4:4-9 - "Deborah... said, 'Go, take the lead in the battle... The Lord will go with you."

#### **Supporting Scriptures**

- Proverbs 31:25 "She is clothed with strength and dignity; she can laugh at the days to come."
- Philippians 4:13 "I can do all this through him who gives me strength."







Day 5: X Courage to Lead and Serve

#### Devotional: God Equips You to Lead Boldly

Women in the Bible show us how God equips His daughters to lead courageously. Deborah's story in Judges 4 is a powerful example of God calling a woman to lead and fight with confidence. She reassured Barak, "The Lord will go with you," reminding us that true courageous leadership comes from God's presence and strength.

Proverbs 31:25 celebrates a woman clothed with strength and dignity, who faces the future without fear. This strength is not self-generated but Godgiven. Philippians 4:13 underscores this truth: "I can do all this through him who gives me strength." You are not alone in your responsibilities or challenges; God empowers you every step.

Even when you are tired of being strong for everyone, God calls you to embrace courageous service, not by your power but His. When God equips you, your leadership becomes a blessing to many, and your strength a testimony of His grace.







Day 5: 🎇 Courage to Lead and Serve

# Reflect and Apply

1.	What leadership roles do you feel called to or currently hold?
	How can relying on God's strength change your approach to responsibility?
3.	What fears or doubts could you give to God as you lead courageously?







Day 5: 🎇 Courage to Lead and Serve

# **Journaling Prompts**

1.	Reflect on a time God helped you lead or serve despite feeling weak.
2.	List qualities of strength and dignity you want to develop with God's help.
3.	Write a prayer asking God to empower your leadership and service.







Day 5: 🎇 Courage to Lead and Serve

#### Prayer for Today

**Loving God,** thank You for equipping me to serve and lead with courage. When I feel tired of being strong, remind me that Your strength is my foundation. Help me to face challenges with confidence, knowing You go before me. May my leadership reflect Your grace and bring encouragement to others. *In Jesus' name, Amen.* \*









Day 6: Restoring Joy and Peace









#### Your Verse

Nehemiah 8:10 - "Do not grieve, for the joy of the Lord is your strength."

#### **Supporting Scriptures**

- John 14:27 "Peace I leave with you; my peace I give you."
- Galatians 5:22–23 "But the fruit of the Spirit is love, joy, peace..."







#### Devotional: Joy and Peace as God's Strength

Feeling worn out can steal our joy and peace, but God offers restoration.

Nehemiah 8:10 connects the joy of the Lord directly with strength. When you are weary of carrying burdens, let God's joy replenish your soul.

Jesus promised peace that the world cannot give (John 14:27), a peace that calms our anxious hearts. This peace is a gift to receive freely — not earned by our efforts. The fruit of the Spirit, including love, joy, and peace (Galatians 5:22–23), flows in us as we remain connected to God.

Allow God's joy and peace to heal your weary heart today. Rest in the truth that your worth is not measured by your productivity or strength but by God's unconditional love. Let His joy be your strength and His peace your refuge.







# Reflect and Apply

1.	What things steal your joy or peace when you feel tired?
2.	How can you consciously invite the fruit of the Spirit into your daily life?
	In what ways does God's joy strengthen you differently than your own energy?







# **Journaling Prompts**

1.	Write about how God's peace has comforted you during hard times.
2.	List activities or practices that help you experience God's joy.
3.	Reflect on how the fruit of the Spirit can grow in your life this week.







#### Prayer for Today

**Dear Jesus,** thank You for the joy and peace You give that sustain me. When I feel exhausted and overwhelmed, fill me with Your Spirit's fruit. Help me to embrace Your joy as my strength and Your peace as my refuge. Teach me to rest in Your love and renew my heart daily. *In Your name, Amen.*







# Day 7: 🎇 Living in God's Strength Always









Day 7: 💥 Living in God's Strength Always

#### Your Verse

Ephesians 6:10 - "Be strong in the Lord and in his mighty power."

#### **Supporting Scriptures**

- Psalm 28:7 "The Lord is my strength and my shield; my heart trusts in him, and he helps me."
- Isaiah 41:10 "Do not fear... for I am with you; I will strengthen you and help you."







Day 7: 💥 Living in God's Strength Always

#### Devotional: Your Strength Comes from the Lord

After a week of reflection and renewal, today's scripture calls you to a lasting truth: true strength comes from the Lord. Ephesians 6:10 exhorts believers to "be strong in the Lord and in his mighty power," reminding us that our resilience is rooted not in ourselves but in His divine strength.

Psalm 28:7 echoes this, declaring God as shield and helper when trust is placed in Him. When life pushes you to your limits, remembering God's presence—and His promise in Isaiah 41:10 not to forsake or abandon you—can anchor your soul and embolden your spirit.

Let this day be a commitment to live continually rested and renewed in God's power. When you feel tempted to tire under your burdens, pause and remember where your strength truly lies. Life will always require faith and courage, but with God as your strength, you can face every day with confidence and peace.







Day 7: 🎇 Living in God's Strength Always

# Reflect and Apply

	How can you daily remind yourself to rely on God's strength instead of your own?
	What practical steps can you take to keep your spirit anchored in God's promises?
3.	How might your life change if you live fully in God's mighty power?







Day 7: 🎇 Living in God's Strength Always

# **Journaling Prompts**

1.	Write a commitment statement to trust God's strength daily.
2.	List scriptures that empower you and plan to memorize one each week.
3.	Reflect on how God has helped you remain strong through challenges.







Day 7: 💥 Living in God's Strength Always

#### Prayer for Today

**Lord Almighty,** thank You for being my strength and shield. Help me to live dependent on Your mighty power every day. When I grow weary, remind me of Your promises and fill me with courage. May my life reflect Your strength and grace, shining Your light in all I do. *In Jesus' name, Amen.* 🎇 🕠 💪







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