



# Finishing Strong with God's Strength



Discover how to embrace positivity and finish strong through God's strength over seven inspiring Bible study days.

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## Introduction

Welcome to your 7-day journey on embracing positivity and finishing strong with God's strength. Life is often filled with challenges, setbacks, and moments when we feel drained or ready to give up. Yet, *as believers*, we are called to maintain a positive spirit and persevere to the end — not by our own power, but through the strength God provides. This plan invites you to explore Scriptures that reveal how God equips us with hope, joy, endurance, and victory, even when circumstances look bleak.

In these seven days, you'll see how Biblical heroes finished strong by relying on God's faithfulness. You will learn how God's presence shapes a mindset of positivity, turning trials into triumphs. Each day offers you a deep dive into Scripture, reflective questions that encourage honest self-examination, and powerful prayers to help you lean into God's sustaining power.

*Remember, finishing strong is not about finishing perfectly but about finishing faithfully, empowered by God's strength.* As you engage in this study, allow the Holy Spirit to renew your heart and mindset, filling you with hope and courage to press on joyfully. Let's step forward with confidence that the joy and peace of Christ will guard your heart and mind as you finish well in every season of life.





## Day 1: Starting with God's Strength



Day 1:  Starting with God's Strength

## Your Verse

*Philippians 4:13 - "I can do all this through him who gives me strength."*

## Supporting Scriptures

- *Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."*
- *Nehemiah 8:10 - "The joy of the Lord is your strength."*



Day 1: 🌅 Starting with God's Strength

## Devotional: Start Strong by Leaning on God's Power

**Beginning strong means relying on God's strength, not our own.** In Philippians 4:13, Paul boldly declares that through Christ, he is empowered to endure all things. The journey of positivity and finishing well starts by surrendering our limitations and embracing God's limitless power.

Often, we try to muster up strength from within, but Scripture reminds us that true strength comes from the Lord. Isaiah 40:29 reassures the weary that God renews energy and empowers the weak. Similarly, joy found in God's presence undergirds and strengthens us, as Nehemiah 8:10 reminds us.

To start strong means to fix your eyes on Christ, acknowledging your daily dependence on Him. Positivity rooted in God's strength transcends circumstances and anchors us during trials. As you meditate on these verses, invite God to infuse your heart with His strength and joy. Today is the first step toward finishing strong — lean fully on Him!



## Reflect and Apply

1. What are areas in your life where you feel weak or weary?

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2. How can relying on God's strength change your approach to those challenges?

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3. What does joy from the Lord look like in your daily walk?

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# Journaling Prompts

1. Write about a time you experienced God's strength during a difficult situation.

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2. List attributes of God that empower you to stay positive.

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3. Reflect on how you can invite God's joy to be your strength today.

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Day 1: 🌅 Starting with God's Strength

## Prayer for Today

Lord, thank You for the promise that I can do all things through You. *Fill me with Your strength when I feel weak and weary.* Let Your joy be my sustaining power each day. Help me to start this journey trusting fully in Your mighty hand and not in my own effort. Guard my heart and mind with peace, and lead me to finish well by Your grace. In Jesus' name, Amen.





## Day 2: 🌻 Renewing the Mind for Positivity



Day 2: 🌻 Renewing the Mind for Positivity

## Your Verse

*Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*

## Supporting Scriptures

- *2 Corinthians 10:5 - "We take captive every thought to make it obedient to Christ."*
- *Philippians 4:8 - "Whatever is true, noble, right, pure, lovely, admirable—think about such things."*



## Devotional: Transform Your Mind to Embrace Positivity

**Our thoughts shape our outlook and ultimately our actions.** Positivity rooted in God's strength begins with a transformed mind. Romans 12:2 calls us to refuse conformity to the world's negative patterns and instead be transformed through renewal of our minds.

This renewal means intentionally focusing on God's truth rather than worldly anxieties or discouragement. 2 Corinthians 10:5 challenges us to capture every thought and align them with Christ's authority, rejecting negativity that can drain our hope.

Addressing what we dwell on impacts how we finish strong. Philippians 4:8 offers a practical filter—choose to think on what is true, pure, and praiseworthy. This shifts our mental landscape, allowing God's peace and strength to flourish within us. Today, ask God to renew your mind and grant you a positive, God-centered mindset.



## Reflect and Apply

1. What negative thought patterns might you need to surrender to God?

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2. How can focusing on God's truths influence your daily mood and decisions?

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3. What practical steps can you take to guard your mind against discouragement?

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## Journaling Prompts

1. Identify thoughts or worries that challenge your positivity and give them to God.

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2. Write out Philippians 4:8 emphasizing the qualities you want to dwell on.

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3. Describe how renewing your mind could change areas of your life.

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Day 2: 🌞 Renewing the Mind for Positivity

## Prayer for Today

**Father, I ask You to renew my mind and guard my thoughts.** Help me to capture negative or harmful thinking and replace it with Your truth. Teach me to focus on what is pure, lovely, and praiseworthy so that my spirit stays positive and hopeful. Strengthen me to resist worldly pressures and transform my mind to reflect Christ more each day. In Jesus' name, Amen.





## Day 3: 🌸 Cultivating Joy Amid Trials





## Your Verse

*James 1:2-3 - "Consider it pure joy, my brothers and sisters, whenever you face trials... because you know that the testing of your faith produces perseverance."*

## Supporting Scriptures

- *Romans 5:3-4 - "Suffering produces perseverance; perseverance, character; and character, hope."*
- *John 16:33 - "I have told you these things, so that in me you may have peace. In this world you will have trouble."*



## Devotional: Find Joy and Strength Through Trials

**Positivity is not the absence of difficulties but the presence of joy in God despite them.** James encourages believers to consider trials as opportunities for joy, knowing that God is refining our faith and perseverance.

This can feel counterintuitive because pain usually brings discouragement. Yet, Romans 5 reveals a divine progression: suffering shapes us into hopeful, mature believers. Joy amid trials flows not from circumstances but from trusting God's purpose and promises.

Jesus Himself prepared us for challenges but also promised peace amid turmoil (John 16:33). Embracing this truth reinforces a resilient, positive spirit. Today, let your perspective shift—welcome trials as God's tools to strengthen your character and fill you with lasting hope.



## Reflect and Apply

1. How do you typically respond to difficulties or trials?

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2. Can you identify a time when a hardship led to growth or hope?

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3. What might God be teaching you through current challenges?

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## Journaling Prompts

1. Write about a trial you are facing and what joy you can find in God through it.

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2. List ways God's peace has sustained you during difficult times.

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3. Describe how you can embrace perseverance in your spiritual journey.

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Day 3: 🌸 Cultivating Joy Amid Trials

## Prayer for Today

**Lord, help me to find joy even when trials come my way.** Teach me to trust Your refining work in my life and to embrace perseverance as a strength. Fill me with peace that surpasses understanding and remind me that You are always with me during challenges. May Your hope anchor my soul firmly. In Jesus' name, Amen.





## Day 4: 🌻 Embracing Hope in God's Promises



## Your Verse

*Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him."*

## Supporting Scriptures

- *Jeremiah 29:11 – "I know the plans I have for you... plans to give you hope and a future."*
- *Psalms 33:18 – "But the eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love."*



Day 4: 🌻 Embracing Hope in God's Promises

## Devotional: Anchor Your Heart in God's Hope

**Hope is an anchor for our souls, especially when life feels overwhelming.**

Romans 15:13 describes God as the source of hope, joy, and peace as we trust Him. Hope is not wishful thinking but confident expectation based on God's faithful promises.

Jeremiah 29:11 reminds us that God's plans are good, offering hope and a future even when circumstances seem bleak. When we place our hope in His unfailing love, as the Psalmist expresses, we are assured of His attentive care and faithfulness.

Embracing hope means focusing on what God says rather than on temporary troubles. It invites a positive outlook because we believe God will complete the good work He started in us. Today, hold on tightly to God's promises and let hope fuel a positive, strong finish to your day and journey.





## Reflect and Apply

1. What promises from God bring you the greatest hope?

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2. How can trusting God's plans change your view of the future?

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3. In what ways does hope influence your attitude and actions daily?

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## Journaling Prompts

1. Write down God's promises that encourage your hope and positivity.

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2. Reflect on moments when hope in God sustained you through hardship.

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3. Describe how you can remind yourself of God's faithfulness regularly.

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Day 4: 🌻 Embracing Hope in God's Promises

## Prayer for Today

**God of hope, fill me with joy and peace as I place my trust in You. Let Your promises be a firm foundation in my heart and mind. Help me to look beyond today's struggles and embrace the future You have planned. Strengthen my faith and keep my hope alive always. In Jesus' name, Amen.**





## Day 5: 🌈 Choosing Gratitude Daily



Day 5:  Choosing Gratitude Daily

## Your Verse

*1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."*

## Supporting Scriptures

- *Psalms 107:1 – "Give thanks to the Lord, for he is good; his love endures forever."*
- *Colossians 3:17 – "Whatever you do, in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."*



## Devotional: Practice Daily Gratitude to Strengthen Positivity

**Gratitude is a powerful key to positivity and finishing strong.** 1 Thessalonians 5:18 commands us to give thanks in all circumstances — not just when things go well. Gratitude shifts our focus from what we lack to what God has graciously given.

Psalms 107 praises God's everlasting love and goodness, reminding us there is always reason to be thankful. Colossians 3:17 challenges us to infuse every action and word with thankfulness, making gratitude a lifestyle rather than an occasional feeling.

By cultivating a thankful heart, we invite God's peace and joy into even the hardest seasons. Today, practice spotting blessings and giving thanks, trusting that God's will is that you live a life of continual gratitude and positivity fueled by His love.



## Reflect and Apply

1. What blessings can you identify even in difficult times?

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2. How does gratitude affect your mood and perspective?

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3. What are practical ways to cultivate thankfulness every day?

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Day 5:  Choosing Gratitude Daily

## Journaling Prompts

1. List five specific things you are grateful for today.

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2. Write about how gratitude has helped you during a challenging season.

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3. Consider how expressing thanks can impact your relationships.

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Day 5: 🌈 Choosing Gratitude Daily

## Prayer for Today

**Thank You, Lord, for Your goodness and unfailing love.** Teach me to give thanks in every circumstance, trusting that You are working all things for my good. Help me to live each day with a grateful heart that honors You in word and deed. Let gratitude fill me and propel my positivity forward. In Jesus' name, Amen.





## Day 6: 🔥 Persevering Until the End



Day 6: 🔥 Persevering Until the End

## Your Verse

*Hebrews 12:1 - "Let us run with perseverance the race marked out for us."*

## Supporting Scriptures

- *Galatians 6:9 - "Let us not become weary in doing good, for at the proper time we will reap a harvest."*
- *2 Timothy 4:7 - "I have fought the good fight, I have finished the race, I have kept the faith."*



Day 6: 🔥 Persevering Until the End

## Devotional: Press On with Perseverance and Faith

**Finishing strong requires perseverance — pressing on despite obstacles and fatigue.** Hebrews 12:1 pictures our life as a race that requires endurance, urging us to discard distractions and keep our eyes on the goal.

Galatians 6:9 encourages steady persistence in doing good, reassuring us that a harvest awaits if we do not lose heart. Paul's testimony in 2 Timothy 4:7 reminds us what it means to finish well: fighting the good fight and keeping the faith until the very end.

Our positivity is strengthened by perseverance, founded on the hope and strength God provides. In times you feel like giving up, remember you are running a race with eternal purpose. Lean on God's strength today and resolve to keep moving forward — finish strong in faith!



## Reflect and Apply

1. What areas in your life feel like a race needing perseverance?

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2. How do you stay motivated when facing weariness?

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3. What does 'finishing the race' mean to you personally?

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Day 6: 🔥 Persevering Until the End

# Journaling Prompts

1. Describe a challenge you're currently persevering through and God's role in it.

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2. Write about what motivates you to keep the faith day after day.

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3. Reflect on your spiritual race and areas where you want to improve endurance.

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Day 6: 🔥 Persevering Until the End

## Prayer for Today

**Lord, give me the strength to run my race with perseverance.** Help me not to grow weary or discouraged but to fix my eyes on Jesus, my ultimate prize. Empower me to finish well, fighting the good fight and keeping the faith through every trial. May Your grace sustain me today and always. In Jesus' name, Amen.





# Day 7: ✨ Celebrating Victory Through Christ





Day 7: ✨ Celebrating Victory Through Christ

## Your Verse

*1 Corinthians 15:57 - "But thanks be to God! He gives us the victory through our Lord Jesus Christ."*

## Supporting Scriptures

- *Romans 8:37 - "In all these things we are more than conquerors through him who loved us."*
- *Psalms 20:7 - "Some trust in chariots and some in horses, but we trust in the name of the Lord our God."*



Day 7: ✨ Celebrating Victory Through Christ

## Devotional: Rejoice in Victory Through Jesus Christ

**As this week closes, celebrate the victory God gives through Jesus Christ.** 1 Corinthians 15:57 rejoices in the triumph we have through our Lord. Our positivity and perseverance culminate in God's promise of victory over trials, sin, and despair.

Romans 8:37 affirms that we are more than conquerors because of God's relentless love. This confidence fuels our ability to finish strong, standing firm regardless of challenges.

Psalms 20:7 contrasts worldly trust with trust in God, reminding us where our true strength lies. Today, rejoice in God's faithfulness and victory, knowing He sustains you now and forever. Let this assurance inspire you to live positively, finishing strong in every season.



## Reflect and Apply

1. How has God shown victory in your life this week?

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2. What does being 'more than a conqueror' mean in your daily circumstances?

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3. Where do you place your ultimate trust when faced with uncertainty?

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# Journaling Prompts

1. Write a thanksgiving note to God for His victory in your life.

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2. Reflect on areas where you need to trust God more fully.

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3. Describe how embracing victory through Christ changes your perspective.

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Day 7: ✨ Celebrating Victory Through Christ

## Prayer for Today

**Thank You, Lord, for the victory You give through Jesus Christ.** I praise You for loving me and making me more than a conqueror. Help me to trust You fully and to finish strong in faith and positivity. Let Your triumph encourage me in every circumstance. May my life bring glory to Your name. In Jesus' name, Amen.





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