

Christian Strength & Courage Prayer

A short, faith-filled prayer for moments when you need strength, courage, and God's sustaining presence.

1. Centering Breath (10 seconds)

Inhale deeply and say in your heart, "Lord, strengthen me."

Exhale slowly and say, "Lord, guide me."

2. Prayer for Strength

"Lord Jesus, You are my refuge and my strength. When I feel weak, hold me up.

When I feel tired, renew my spirit. When I face challenges, walk beside me."

3. Scripture for Courage

"Be strong and courageous. Do not be afraid... for the Lord your God goes with you." — Deuteronomy 31:6

Reflection:

God is with you wherever you go, in every moment, in every challenge.

4. Prayer for Courage

"Heavenly Father, give me courage to face today with confidence. Fill my heart with faith, remove every fear, and lead me forward with Your mighty hand."

5. Closing Blessing

"May the Lord's strength fill your body, His peace calm your mind, and His courage guide your steps. Amen."