



Isaiah says God will do it.
in your spirit so you can go on.

Ask God to come and give you strength

Ask God to speak to you in your heart.

to read a Bible verse and think about it.

emotions? Give time in prayer. Give time

weak in spirit? Do you feel weak in your

Do you feel weak in body? Do you feel

Isaiah 40:31

and they shall walk, and not faint."

they shall run, and not be weary;

they shall mount up with wings like eagles;

shall renew (make new) their strength;

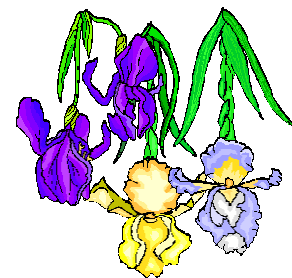
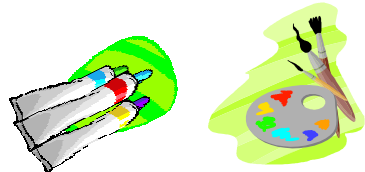
"They that wait upon the Lord

Promises from the Bible

Promises from the Bible

"But the Comforter, which is the Holy Spirit, whom the Father will send in my name, he shall teach you all things, and bring to your mind (remember), whatever I have said unto you." John 14:26

The Holy Spirit is the One who comforts us and encourages us. He, also, teaches us. He teaches us to understand the things of the Spirit and about how to walk with God. He teaches us how to be wise and make good judgments and choices. He helps us understand things in our every day life.



Jeremiah 29:11 NIV

give you hope and a future."

and not to harm (hurt) you, plans to

declares the Lord, plans to prosper you

"For I know the plans I have for you,

end." Jeremiah 29:11 KJV

and not of evil, to give you an expected

you, says the Lord, thoughts of peace,

"For I know the thoughts I have toward

Promises from the Bible

Promises from the Bible



"He shall give His angels charge over you, to keep you in all your ways." Psalm 91:11

People who walk with God have extra benefits.