

You + you is not enough.

You + God is all you need.

## **Philippians 4:13 NLT**

For I can do everything **through Christ**, who gives me strength.

## **Philippians 1:6 NLT**

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

How does He strengthen us?

1. The power of prayer

## **James 4:6-7 NLT**

<sup>6</sup>And he gives grace generously. As the Scriptures say, "God opposes the proud but gives grace to the humble." <sup>7</sup>So humble yourselves before God. Resist the devil, and he will flee from you.

## **Psalms 46:1 NLT**

God is our refuge and strength, always ready to help in times of trouble.

## **Isaiah 40:31 NKJV**

But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

2. The power of God's Word

## **Psalms 119:25 NLT**

I lie in the dust; revive me by your word.

## **2 Timothy 3:16 NLT**

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.

## **Hebrews 4:12 NLT**

For the word of God is alive and active. Sharper than any double-edged sword...

3. The power of community

