

Be Strong In The Lord: 5-Day Devotional

Pastor Bryan Rose

Day 1: Finding Your True Source of Strength

Devotional

We often look for strength in all the wrong places. Our society teaches us to find security in our bank accounts, confidence in our abilities, and peace in our circumstances. But what happens when the money runs low, our abilities fail us, or our circumstances spiral out of control?

Paul concludes his letter to the Ephesians with a powerful reminder of where our true strength comes from: **"Be strong in the Lord and in the power of His might."** This isn't a suggestion—it's a command. Paul understood that we cannot face life's challenges in our own strength. We need something more.

Being strong in the Lord means recognizing that our own power is insufficient. It means surrendering our self-reliance and tapping into a divine source of strength that never fails. This strength isn't just loaned to us temporarily; it becomes infused into every fiber of our being through our union with Christ.

Today, take inventory of where you're seeking strength. Are you relying on your job security? Your savings account? Your own abilities? Or are you drawing from the unlimited power of the God who created the universe? The choice is yours, but only one source will never run dry.

Bible Verse

"Finally, my brethren, be strong in the Lord and in the power of His might." - Ephesians 6:10
(read this in the Amplified and The Passion Translation)

Reflection Question

In what specific area of your life are you currently trying to succeed through your own strength rather than being infused with God's power?

Sermon Quote From Pastor

"Be strong in the Lord and in the power of his might. What I want you to notice is his instruction is to be strong not in your might, to be strong not in your ability, not in your job, not in your business, not in your bank accounts, not in your own confidence in yourself or confidence in people or confidence in economy or confidence in the political system".

Prayer

Lord, forgive me for the times I've relied on my own strength instead of Yours. Today, **I surrender my self-sufficiency** and ask You to infuse me with Your divine power. Help me to remember that true strength comes not from what I can do, but from who You are in me. Amen.

Day 2: Supernaturally Infused

Devotional

What does it mean to be "infused" with something? When doctors infuse medicine into a patient, that medicine becomes part of their bloodstream, affecting every cell in their body. It's not external—it's internal, working from the inside out.

This is exactly how God's strength operates in our lives. It's not just a temporary boost or an external force—it's a supernatural infusion that transforms us from within. When we're truly connected to Christ, His power flows through every aspect of our being.

Paul prayed that the Ephesians would be "strengthened with might through His Spirit in the inner man." This inner strengthening affects our thoughts, emotions, decisions, and actions. It's comprehensive, not compartmentalized.

Many of us treat God's power like a separate emergency resource—something we access only when our own strength fails. **But God desires to infuse His strength into our daily lives, not just our crises.** His power isn't meant to be our last resort but our first resource.

Today, instead of waiting until you're depleted to seek God's strength, invite Him to infuse you with His power from the moment you wake up. Let His strength flow through your ordinary moments, not just your extraordinary challenges.

Bible Verse

"That He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man." - Ephesians 3:16

Reflection Question

How might your day look different if you began it by consciously inviting God's strength to infuse every interaction, decision, and challenge you face?

Sermon Quote From Pastor

When you're infused with something, it becomes a part of you. If somebody had skin, as an example, infused with other skin, that skin will begin to be a part of that individual.

Prayer

Father, I don't want to compartmentalize Your power in my life. **I invite You to infuse every part of me with Your supernatural strength today.** Flow through my conversations, my work, my relationships, and even my thoughts. Let Your power be evident in both my greatest challenges and my most ordinary moments. Amen.

Day 3: Peace in the Storm

Devotional

Remember the story of Jesus sleeping in the boat during a violent storm? While the disciples panicked, Jesus remained in perfect peace. When they woke Him, He simply spoke to the winds and waves: "Peace, be still."

What's remarkable isn't just that Jesus calmed the storm, but that He was at peace even before the storm subsided. His peace wasn't dependent on His circumstances—it flowed from His identity and relationship with the Father.

Many of us are experiencing storms right now—financial pressures, health concerns, relationship conflicts, or uncertain futures. We pray desperately for God to calm these external storms, but perhaps what we need most is His internal peace in the midst of them.

The same Jesus who calmed the sea lives within every believer. We have access to the same peace He demonstrated in that boat. Yet we often live in panic mode, allowing our external storms to create internal chaos.

God's promise isn't always to immediately calm every storm in our lives, but to give us supernatural peace that defies understanding while we weather them. **When we're truly infused with His strength, we can experience calm within even when everything around us is in turmoil.**

Bible Verse

"And he arose and rebuked the wind and said unto the sea, Peace be still. And the wind ceased and there was a great calm." - Mark 4:39

"Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us." - Ephesians 3:20

Reflection Question

What "storm" in your life has been creating internal chaos, and how might your experience change if you focused on receiving God's peace rather than just praying for changed circumstances?

Sermon Quote From Pastor

"Your storms may feel. May give you a feeling of being whipped Left and right, up and down, forward and backwards. You may feel like you're getting hit from every angle, but in the midst of this storm raging, you can be laid asleep on a pillow in the bow of the boat the same way Jesus was, because you're in fellowship with the one who is in absolute peace".

Prayer

Lord Jesus, You are the Prince of Peace. I invite Your supernatural peace to flood my heart and mind today, especially in the areas where I've been experiencing turmoil. Help me to remember that Your peace isn't dependent on my circumstances but on Your presence within me. May I rest in You even while the storms rage around me. Amen.

Day 4: Faith That Releases Power

Devotional

The story of the woman with the issue of blood reveals a profound spiritual principle: faith releases God's power. For twelve years, this woman had suffered physically, financially, and socially. She had tried everything human effort could offer, but found no solution.

In desperation, she pushed through the crowd with one thought: "If I can just touch His garment, I will be made well." The moment she touched Jesus' robe, power flowed from Him to her, and she was instantly healed.

What made the difference? Jesus explained it clearly: "Your faith has made you well." Her confidence wasn't in the robe itself but in the Healer wearing it. Her faith created a connection that allowed His power to flow into her need.

Many of us struggle with similar issues—not necessarily physical illness, but persistent problems that haven't yielded to human solutions. We've tried everything we know, consulted experts, and perhaps even prayed occasionally. But have we approached Jesus with the kind of desperate, determined faith that this woman demonstrated?

God's power is unlimited, but it often flows in response to our faith. Not because God is withholding His power, but because faith creates the connection through which His power can flow into our lives.

Bible Verse

"...Daughter, be of good comfort, thy faith has made you whole..." - Matthew 9:22

Reflection Question

What persistent problem in your life needs God's power, and what might it look like to approach Jesus with the same desperate faith as the woman with the issue of blood?

Sermon Quote From Pastor

"Her confidence was in the healer. It wasn't even in the robe. It was in the healer. Her confidence was found in him. And what was the exchange of her faith? Power & Wholeness".

Prayer

Lord, I confess that I've often relied more on human solutions than on Your power. **Today, I reach out to You with faith, believing that Your power is greater than any problem I face.** Like the woman in the crowd, I'm desperate for Your touch. Let Your power flow into my situation as I place my complete trust in You. Amen.

Day 5: A Lifestyle of Faith

Devotional

Faith isn't meant to be occasional or compartmentalized—it's meant to be a lifestyle. Many of us have "pockets of faith" where we trust God in certain areas while maintaining control in others. We might trust God with our eternal salvation but not with our daily finances. Or we might trust Him with our public ministry but not with our private struggles.

True victory comes when we develop a lifestyle of absolute confidence in God that touches every area of our lives. This doesn't happen overnight—it's cultivated through consistent relationship with Him, continual immersion in His Word, and daily choices to trust Him even when it's difficult.

Paul's instructions to children, parents, servants, and masters in Ephesians 6 remind us that our faith should influence every relationship and responsibility. Nothing is too insignificant for God's involvement, and nothing is too complicated for His power.

When we compartmentalize our faith, we limit God's strength in our lives. But when we invite Him into every aspect of our existence—our work, our relationships, our finances, our health, our dreams—we experience His supernatural infusion in ways we never thought possible.

Bible Verse

“...The Just shall live by faith.” - Romans 1:17

“...and this is the Victory that overcomes the world, even our Faith”. - 1 John 5:4

Reflection Question

What area of your life have you been keeping separate from your faith, and what practical step could you take today to invite God's strength into that area?

Sermon Quote From Pastor

“How do I not find pockets of faith, but how do I find a life of faith? How do I develop this lifestyle of absolute confidence, relationship, trust, assurance, assurance in God so that his strength is infused in every single area of my life”.

Prayer

Heavenly Father, forgive me for the ways I've compartmentalized my faith. **I don't want to have just pockets of trust in You—I want a lifestyle of complete dependence on Your strength.** Today, I open every area of my life to Your influence and power. Help me to develop the habit of turning to You first in everything, both big and small. Amen.