

STRENGTH FOR YOUR JOURNEY

Women's Devotional Series



SHE THIRSTS
NO MORE

Strength for Your Journey

Week 1 Devotional

Scripture References:

Isaiah 40:29–31

Psalms 46:1

Philippians 4:13

Devotional

Every journey has stretches where the road feels long and your strength feels painfully small. There are days when you pour out more than you feel you have—pressing through responsibilities, navigating emotional weight, caring for others while running on empty, or simply trying to hold yourself together when life feels overwhelming.

Maybe your body is tired.

Maybe your heart is heavy.

Maybe your mind won't quiet down.

Maybe the weight of expectations—your own or others'—feels harder than usual to carry.

But here is the good news: God has not asked you to walk this path in your own power. He *promises* to meet you with strength exactly when you need it.

When you feel weary, God becomes your Source.

When you feel uncertain, He becomes your Anchor.

When you feel overwhelmed, He becomes your Refuge.

Strength isn't something you must earn or muster up.

It's something God supplies—moment by moment—as you lean into Him.

Waiting on God doesn't mean doing nothing. It means trusting Him, depending on Him, and allowing His strength to carry what your strength cannot. One quiet moment in His presence can revive what life has drained.

Whatever today holds, be assured: God is walking with you. And His strength is more than enough for your journey.

Reflection & Application

Use this moment to slow down and invite God to strengthen you from the inside out.

- Begin with this simple prayer:

“Lord, strengthen me today. Meet me where I am.”

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- Think about the area of your life where you feel the most tired, stretched, or overwhelmed.
- Reflect on the truth that God supplies strength—not occasionally, but continually.
- Choose one Scripture from today’s reading to carry with you as your reminder of His strength.
- When you feel drained at any point today, pause and pray:
“Lord, renew me again.”

Let your heart breathe.

Let your spirit rest.

Let God pour strength back into you.

Guided Journal Prompts

(with lines for writing and reflection)

1. Where in my life do I feel the most weary or depleted today?

2. What responsibilities or pressures have been draining my strength lately?

3. How has God strengthened me in past seasons when I felt weak?

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4. Which Scripture from today reminds me most of God's strength? Why?

5. What is one intentional step I can take today to lean on God's strength rather than my own?

Closing Prayer

Father, thank You for being my strength when I am weak, my peace when I am overwhelmed, and my anchor when I feel unsteady. Renew my heart today. Refresh my spirit. Empower me to walk this day in Your strength, not my own. In Jesus' Name, Amen.

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Your Well Will Never Run Dry