

~ She Girds Herself with Strength ~

"...those who wait on the Lord shall renew their strength..."
Isaiah 40:31

1. Think about what it means to be a strong woman and write down your thoughts.

A. How might the world define a strong woman?

B. According to **2 Corinthians 12:7-10**, what does the Apostle Paul think a strong man (or woman) is?

2. In **Proverb 31:17** it tells us, “*She girds herself with strength (boldness, might, power), and strengthens (confirms, establishes, fortifies) her arms.*” Read the following verses and practically describe what it means to “wait on the Lord” and how He strengthens you by doing that.

Psalm 27:14

Isaiah 40:31

3. When strengthening muscles, an athlete depends on good nutrition, conditioning, and repetitive weight lifting. Can you liken each one of these to your walk with the Lord and describe how each one helps you to gain strength?

Good nutrition (the Word of God) ~

Conditioning (Trials) ~

Repetitive weight lifting (Discipline) ~

4. Read **1 Samuel 30:6**. How do you think David “*strengthened himself in the Lord his God*”?

5. Read **1 Samuel 23:14-18** and describe the circumstances in this passage.

A. How do you think Jonathan strengthened David's hand in the Lord?

B. How might you strengthen a friend's hand in the Lord?

- 6.** As you read the following Scriptures and wait on the Lord, write down what He speaks to you and how He has strengthened your heart.

Psalm 28:7

Psalm 46:1

Psalm 73:25-26

1/14/03

Psalm 84:5-7

Isaiah 41:10

Habakkuk 3:17-19

2 Corinthians 12:7-10

Philippians 4:13

*“Not by might nor by power, but by My Spirit, says the Lord of hosts.”
Zechariah 4:6
Selah...*