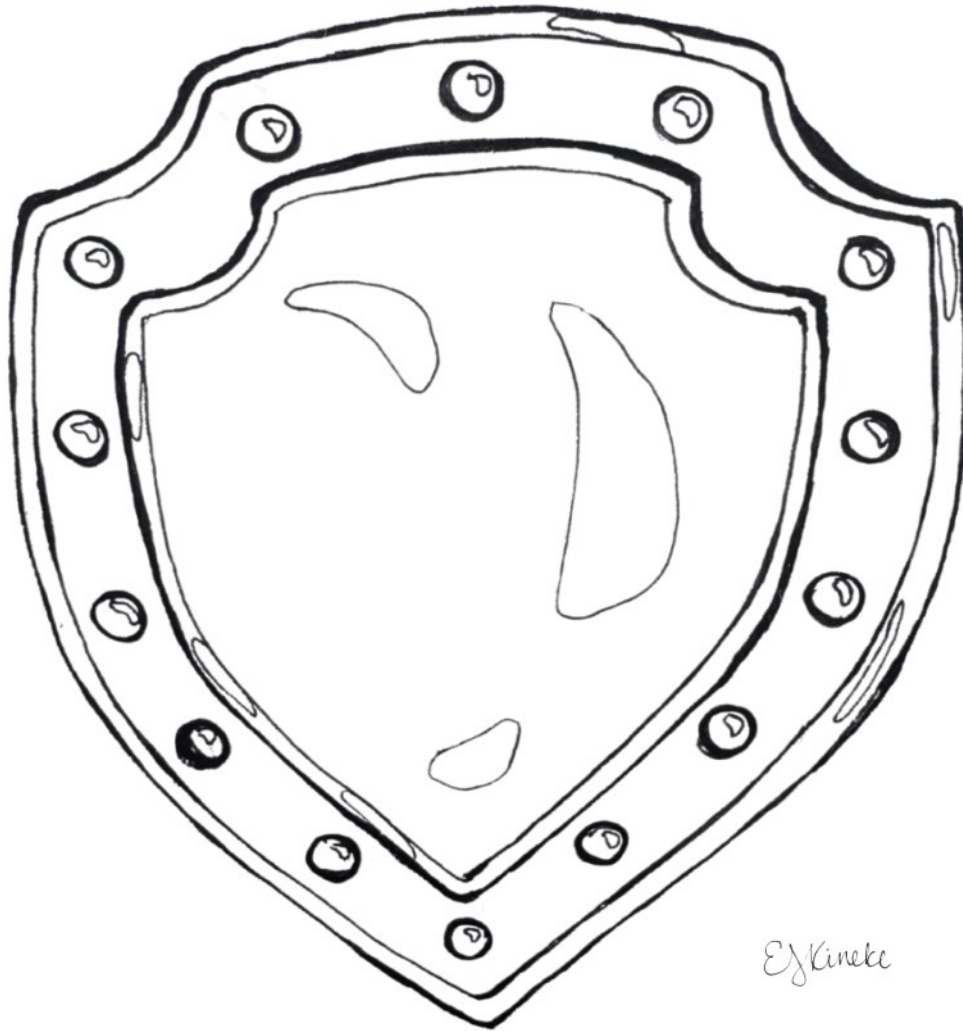


Remember Your Strength



"The Lord is my strength and my shield" (Psalm 28:7)

FOR TODAY: Strength isn't just about physical power or toughness. Sometimes it's getting out of bed on a hard morning, asking for help, or taking a deep breath during a challenging moment. You've shown strength by making it to this point. Today, notice your different kinds of strength - patience in frustration, resilience facing another day, or courage in being honest about struggles. These all deserve recognition.

➔ **Reflection:** What quiet forms of strength have you shown recently?

SACRED MOMENTS: The psalmist spoke of God as "my strength and my shield" — not abstract power, but intimate support. God's strength works through our own capacities, helping us discover resources we didn't know we had. Like a shield, divine strength doesn't prevent all pain, but protects our essential self. We don't have to generate strength alone; we can draw on the One who sustains us.

➔ **Practice:** Place a hand over your heart and whisper, "Sacred Strength, help me remember the power we share."