



30 Days of Strength

**God's Care, Comfort
and Protection**



North Carolina Baptist Aging Ministry
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A ministry of Baptist Children's Homes of North Carolina

God's Word is a lamp to our feet and a light to our path. This pamphlet will assist you in daily engaging God's Word. Choose one entry per day or as often as you have opportunity. Read the Bible passage slowly and mindfully. Answer the self-assessment questions. Bring to mind the Bible passage and your responses throughout the day.

DAY 1. Numbers 6:24-26 **"The LORD bless you and keep you; the LORD make His face shine upon you, and be gracious to you; the LORD lift up His countenance upon you, and give you peace."**

Think of a time when God carried you through a rough place or when you felt his warm embrace. Thank God for the assurance of His peace in the future.

DAY 2. Joshua 1:9 **"Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go."**

How has God's presence strengthened you in the past? How will God's presence strengthen you today?

DAY 3. Lamentations 3:21-23. **This I recall to mind, therefore I have hope. Through the LORD's mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness.**

How have you experienced God's love and care? How will you seek God and live in hope today?

DAY 4. Psalm 23:4 **Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me.**

God's presence offers comfort and security. How will you trust God and live without fear?

DAY 5. Psalm 23:6 **Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the LORD forever.**

How have you seen God's goodness in your life? How will you continue to expect his goodness and mercy?

DAY 6. Psalm 31:24 **Be of good courage, and He shall strengthen your heart, all you who hope in the LORD.**

How have you placed your hope in the Lord? How will your hope in God strengthen you today? How will you share this hope with others?

DAY 7. Psalm 34:18 **The LORD is near to those who have a broken heart, and saves such as have a contrite spirit.**

God desires to comfort the brokenhearted. How have you felt God's presence when you displayed a contrite spirit? How might you experience God's forgiving presence today?

DAY 8. Psalm 46:10 **Be still, and know that I am God.**

How can you quiet your body, your mind, and your heart to be more receptive to God's peace and presence?

DAY 9. 1 Peter 5:6-7 **Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.**

How will you acknowledge your inabilities and completely trust God? How will you let go of worries and rest in the assurance of God's care?

DAY 10. Psalm 55:22 **Cast your burden on the LORD, and He shall sustain you.**

What are your burdens? Imagine casting them—forcefully throwing them away from you—and into the Lord's hands. Feel his sustaining presence.

DAY 11. Psalm 46:11 **The LORD of hosts is with us; the God of Jacob is our refuge.**

How will you acknowledge that God is with you? How will you trust Him to be your refuge?

DAY 12. Psalm 56:3 **Whenever I am afraid, I will trust in You.**

When do you feel afraid? How will you trust in the presence and power of God?

DAY 13. John 10:27 **My sheep hear My voice, and I know them, and they follow Me.**

How do you recognize the voice of your heavenly Father? How will you follow Him today?

DAY 14. Psalm 92:13-15 **Those who are planted in the house of the LORD shall flourish in the courts of our God. They shall still bear fruit in old age; they shall be fresh and flourishing, to declare that the LORD**

is upright; He is my rock, and there is no unrighteousness in Him.

God gives flourishing growth to those who take root in His love and mercy. How will you plant yourself in God's strength today? To whom will you declare the Lord's goodness?

DAY 15. Psalm 94:19 **In the multitude of my anxieties within me, your comforts delight my soul.**

God is good and His presence brings comfort. How will you take comfort in God today?

DAY 16. Psalm 121:1-4 **I will lift up my eyes to the hills – From whence comes my help? My help comes from the LORD, who made heaven and earth. He will not allow your foot to be moved; He who keeps you will not slumber. Behold, He who keeps Israel shall neither slumber nor sleep.**

The help that comes from God is steady and sufficient. How has God provided the help you have needed? How will God keep you balanced and steady today?

DAY 17. Ephesians 6:12-13 **We do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.**

God empowers us to withstand all the forces of darkness. What shields (love, joy, peace, etc.) will you choose today to help you stand firm?

DAY 18. Psalm 139:23-24 **Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me.**

God is familiar with all our ways. How will you avail yourself to His inspection? How will you cooperate with God in correcting the flaws in your heart and life?

DAY 19. Isaiah 26:3-4 **You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. Trust in the LORD forever, For in YAH, the LORD, is everlasting strength.**

How will you focus your mind on God? How will you trust and rest in God's strength today?

DAY 20. Isaiah 40:1 **"Comfort, yes, comfort My people!" says your God.**

The Holy Spirit brings comfort through God's Word, through personal and corporate worship, through uplifting music, through loving relationships with others, etc. How will you share God's comfort with others?

DAY 21. Isaiah 41:10 **"Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you."**

How can you trust God's presence and power in the midst of fearful situations? How will you rely on God's strength today?

DAY 22. I John 4:18 **There is no fear in love; but perfect love casts out fear.**

When have you felt safe because someone you loved was present? How will you trust in God's loving presence?

DAY 23. Isaiah 54:10 **"For the mountains shall depart and the hills be removed, but My kindness shall not depart from you, nor shall My covenant of peace be removed," says the LORD.**

How has His covenant of peace been realized in your life? How will you celebrate God's covenant of peace today?

DAY 24. Matthew 10:29-30 **Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father's will. But the very hairs of your head are all numbered.**

How does knowing that God is aware of the number of hairs on your head help you realize He is aware of every situation in your life? How will you trust Him?

DAY 25. Matthew 11:28-30 **"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."**

The expectations we place on ourselves can be unreasonable. Yet, Jesus said His expectations are not burdensome. How will you trust God's gentleness and experience His rest?

DAY 26. Luke 12:32 **"Do not fear, little flock, for it is your Father's good pleasure to give you the kingdom."**

God commands us not to fear and assures us it is His good pleasure to care for us. How can you depend on God regardless of how big a problem seems?

DAY 27. Romans 8:28 **And we know that all things work together for good to those who love God, to those who are the called according to His purpose.**

We can rest knowing that God is at work to bring good from every situation in our lives. How will you trust God's good work in your life?

DAY 28. Romans 15:13 **Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.**

How will you allow yourself to be filled with the joy-producing power of the Holy Spirit?

DAY 29. Psalm 27:1 **The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid?**

What strongholds will you put aside today in order to trust God? How will you rest in God's strength today?

DAY 30. 2 Corinthians 1:3-4 **Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble.**

The comfort God provides is not to be hoarded but to be shared. How has God comforted your heart? How will you share that comfort with a neighbor, friend, or relative?

Scripture quoted from the New King James Version, ©1982, Thomas Nelson