Strength

The Lord is my strength and my shield;

in him my heart trusts.

*(Psalm 28:7)*

God is our refuge and strength.

*(Psalm 46:1)*

For thus said the Lord God,

the Holy One of Israel:

In returning and rest you shall be saved;

in quietness and in trust shall be your strength.

*(Isaiah 30:15)*

When a strong man is armed

and keeps watch over his courtyard,

his property is safe;

but if there should come one who is stronger than he,

he will conquer him and take away his armor

in which he trusted and divide his spoil.

*(St. Luke 11:21-22)*

Whoever serves must do so with the strength that God supplies.

*(1 Peter 4:11)*

Affirmation: Sweet Christ spirit within me, I feel the strength of Your supportive arms, holding me safe and secure. There is nothing to fear. I am free--alive--joy-filled. Thank You, God. *(Richard & Mary-Alice Jafolla, in The Quest)*

I recently attended a large public meeting. One of the speakers set out six points, all highly controversial but not based on fact. When, the next speaker arose, many in the audience were hoping that he would answer the first speaker, taking each point and tearing it to pieces. He did nothing of the kind. “Those are his opinions,” he said, “He is entitled to them. Here are the real facts and the true remedies we should adopt.” From that time on, he did not mention his opponent. There was strength in his presentation. He took over the meeting. People all around were saying, “What that man is saying makes sense!” Agreeing with one’s adversary does not mean that you agree with what he says. You need not fight your adversary, when you state your own case. *(Jack E. Addington, in Abundant Living magazine)*

Try as much as possible to be wholly alive, with all your might, and when you laugh, laugh like hell and when you get angry, get good and angry. Try to be alive. You will be dead soon enough. *(William Saroyan)*

The strongest bone in the body, the thigh bone, is hollow. Ounce for ounce it has a greater pressure tolerance and bearing strength than a rod of equivalent size cast in solid steel. *(David Louis, in Fascinating Facts)*

Strength is the capacity to break a chocolate bar into four pieces with your bare hands – and then eat just one of the pieces. *(Judith Viorst, children's author)*

One type of clam found on the West Coast can borrow into rock and concrete so hard that only a sledgehammer can dislodge it. *(Ann Adams)*

Lelania Chapman didn't know her own strength. The Canadian mom and breast cancer patient was hiking with her 9-year-old son at a waterfall outside Vancouver when she heard screams for help. Chapman, 43, walked toward the falls and saw four teenage boys trapped on a cliff below. "The boys were cold, their lips were purple," said Chapman, who has been receiving radiation treatment since November. Unable to get a cell phone signal and call 911, she found a rope, tied herself to a tree, and hoisted each boy up the rock face. "No matter what," she said, "you are a lot stronger than you think." *(The Week magazine, August 12, 2016)*

I’ve looked all over – where can I find some inner strength? *(Ashleigh Brilliant, in Pot-Shots)*

A Turkish soldier had beaten a Christian prisoner until he was only half-conscious, and while he kicked him, he demanded, “What can your Christ do for you now?” The Christian quietly replied, “He can give me strength to forgive you.” *(R. Earl Allen, Bible Paradoxes)*

You can't really be strong until you see a funny side to things*. (Ken Kesey, in One Flew Over the Cuckoo's Nest)*

Nonviolence is a weapon of the strong. *(Mohandas K. Gandhi)*

**Greatness lies not in being strong, but in the right use of strength. (Bits & Pieces)**

**Rudeness is a weak man's imitation of strength. *(Eric Hoffer, in The Passionate State of Mind)***

**People do not lack strength; they lack will. *(Victor Hugo)***

The Indian goes solitary into the forest, on rare and stated occasions, to gain a certain sense of his own superior strength and poise. Then he comes back to familiar scenes and regular activities, and runs, and leaps, and rides, and sings, and plants, and harvests, and tells the stories that inspire his race, and ministers to those in need in the spirit of love. *(Myrtle Fillmore's Healing Letters, p. 56)*

**There are ten strong things. Iron is strong, but fire melts it. Fire is strong, but water quenches it. Water is strong, but the sun evaporates it. The sun is strong, but clouds can cover it. Clouds are strong, but wind can drive clouds away. Wind is strong, but man can shut it out. Man is strong, but fears cast him down. Fear is strong, but sleep overcomes it. Sleep is strong, yet death is stronger. But the strongest is kindness. It survives death. (Paraphrased from The Talmud)**

We know that strength is manifest everywhere, for we see it in the mechanical world. A great locomotive starts from the depot, moving slowly at first, but when it gains momentum it speeds down the track like a streak. Thus it is with spiritual strength. Beginning sometimes with a very small thought, it takes on momentum and eventually becomes a powerful idea. Every one of us can strengthen his hold on the thought of divine substance until it becomes a power idea, filling the consciousness and manifesting itself as plenty in all our affairs. *(Charles Fillmore, in Prosperity, p. 22)*

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Love gives you strength – but those who most need strength are those who must live without love. *(Ashleigh Brilliant, in Pot-Shots)***

After I had proposed to Mary, and after she accepted, I asked another question. “Tell me, dear,” I said, “have you ever loved before?” “No, Jack,” she replied. “I have admired a number of men; some for their strength, some for their courage, some for their good looks, some for their intelligence. But with you, Jack, it's love -- nothing else.” *(Jack P. Delf, in Catholic Digest)*

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\****The strength of expanding mushrooms can be enormous. Fruiting mushrooms have pushed their way up through a three-inch layer of asphalt and lifted casks in a winery right off the cellar floor. People in an Italian courtyard heard a noise like an exploding firecracker coming from a portico. The concrete floor split and several compressed mushrooms emerged from the crack. *(Vincent Marteka, in Reader's Digest)*

Nietzsche famously said whatever doesn’t kill you makes you stronger. What he failed to stress is that it almost kills you. *(Conan O’Brien)*

Today is February 12, the start of the Chinese New Year, the Year of the Ox. The Ox is the second sign of the Chinese zodiac and is believed to exude quiet strength. Oxen are powerful, balanced, and they persevere to accomplish their goals. *(The Daily Chronicle)*

Paper is always strongest at the perforations. *(Carolyn M. Corry)*

Don't mistake politeness for lack of strength. *(Sonia Sotomayor, Supreme Court Justice)*

To regenerate is to go back to the spiritual pattern after which we are created as the image of God, our parent, and reproduce this likeness of God in soul and mind and body. In the soul it is the building of a new character, a new disposition, a new nature that conforms to the law of God and that is a replica of the God nature. In the mind it is to deny the image of the world and flesh with their limitations and to lay hold of new thought patterns, new and divine concepts, new ideas that confirm to Truth. In the body it is to build into every cell and tissue new life, strength, and stability, like until that of the body of Christ. It is to make of it in every sense a temple of God and as such a place of worship, His church. *(Silent Unity pamphlet)*

The Romans' concrete secret: Seawalls and piers built by the Romans 2,000 years ago are sturdier than modern versions, and haven't been eroded by seawater. Scientists have finally figured out why. To unlock the secret, an international team of researchers analyzed the chemical makeup of Roman-era marine structures off the Italian coast. Advanced imaging techniques and spectroscopic tests revealed that the Roman recipe for concrete included volcanic ash, rock, lime (calcium oxide). and seawater. This mixture produces a rare chemical reaction that creates two minerals -- aluminous tobermorite and phillipsite -- that essentially reinforce the concrete when it's exposed to the sea. "Contrary to the principles of modern cement-based concrete, the Romans created a rock-like concrete that thrives in open chemical exchange with seawater," lead author Marie Jackson tells BBC.com. "It's a very rare occurrence in the Earth." Jackson and her team are now working to reverse-engineer the Roman-era concrete, in order to construct more-durable seawalls. *(The Week magazine, July 21, 2017)*

Eleanor Roosevelt carried the following prayer in her purse: Our Father, who has set a restlessness in our hearts and made us all seekers after that which we can never fully find, keep us at tasks too hard for us, that we may be driven to thee for strength. *(Creative Helps for Daily Living)*

Rudenesss is a weak man’s imitation of strength. *(Bits & Pieces)*

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\****Nothing is so strong as real gentleness, nothing so gentle as real strength. *(St. Francis de Sales)*

Let us love God, but let it be with the strength of our arms and the sweat of our brows. *(St. Vincent de Paul)*

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Scar tissue is stronger than regular tissue. Realize the strength, move on. *(Henry Rollins)***

**Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength. *(Arnold Schwarzenegger, in The Montreal Gazette)***

That's why soldiers going into battle have been accompanied by military bands and drummers. Military leaders know that the right anthem, played at the right moment, will straighten a weary back, bring sore feet in step and strengthen the resolve of a tired army. *(Michael Snyder, in Plain Truth magazine)*

There are discharged sounds that deplete human energy as well as charged sounds that bring us strength and vitality. The power of these charged sounds is illustrated by Benedictine monks who have found that they can go for years on no more than three hours of sleep per night provided they chant six to eight hours each day. When the length of their chanting is shortened, their need for sleep increases proportionately. *(Ken Carey, in Abundant Living magazine)*

Give us grace and strength to forbear and to persevere. Give us courage and gaiety and the quiet mind, spare to us our friends, soften to us our enemies. *(Robert Louis Stevenson)*

Build yourself a strong-box, fashion each part with care; when it’s strong as your hand can make it, put all your troubles there. *(Bertha Adams Backus)*

Mom: “Keep the thermometer under your tongue, Peter. 103 degrees. I thought you felt a little warm.” Peter: “I’m sick? I can’t be sick! Not for Thanksgiving! It’s the one time of the year when I need all my strength!” Mom: “It’s a meal. What do you need strength for?” Peter: “Perhaps you haven’t noticed the size of my forkfuls.” (Bill Amend, in Foxtrot comic strip)

The strongman at a circus sideshow demonstrated his power before a large audience. Toward the end of his act, he squeezed the juice from a lemon between his hands. He then said to the audience, “I will offer $200 to anyone in the audience who can squeeze another drop from this lemon.” A slight, scholarly-looking man came forward, picked up the lemon, strained hard, and managed to get a drop. The strongman, amazed, paid the man and asked, “What is the secret of your strength?” “Practice. I was treasurer of my church for 32 years.” *(A Treasury of Humor, Ballantine Books)*

A small boy was trying very hard to lift a heavy stone. His father, happening by and noting the son's failure, said to him: “Are you using all your strength?” “Yes, I am,” the boy exclaimed impatiently. “No,” the father replied, “you are not. You haven't asked me to help.” *(Herm Albright, in The Saturday Evening Post)*

The strongest always wins in the end – but don’t forget that there are different kinds of strength. *(Ashleigh Brilliant, in Pot Shots)*

Wolves jealously protect their hunting territories, but they need all of their strength just to survive. So rather than fight with other packs, they howl. If another group is nearby, it will know that both packs are too close for comfort. *(Eugene J. Walter, Jr.)*

I went to all the life centers in my body and spoke words of Truth to them--words of strength and power. Then I asked the Father to forgive me for taking His life into my organism and there using it so meanly. I want everybody to know about this beautiful, true law, and to use it. It is not a new discovery, but when you use it and get the fruits of health and harmony, it will seem new to you. *(Myrtle Fillmore)*

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