



CONNECTING THE **DESIRE** TO CHANGE
WITH THE **POWER** TO CHANGE

WEAKNESS

- In what ways are you trying to live in your own strength instead of boasting in your weakness? Talk to a Christian friend and find encouragement and help.
- Pick one of the scriptures shared to meditate upon:
 - 2 Corinthians 12:9-10 -2 Corinthians 11:28-30
 - Psalm 27:14 -Proverbs 18:10
 - Ephesians 6:10 -Psalm 18:1, 31-32
 - Psalm 28:7 -John 15:5
- If you don't know what Jesus accomplished at the cross, talk to a Christian friend.

Sample prayer: *Father, I am weak and weary. I don't have the strength to endure one more minute. I am waiting on You, I am running to You. Will you give me strength? Will You help me? I know that in Your strength and power, I can overcome. I am trusting in You. Will You help me reach out for encouragement? Will You help me walk this path? Thank You for giving me strength, thank You for equipping me with power so that I can obey You and walk in victory. - Amen.*

© 2018-2022 Hope for Addiction, Inc. | hopeforaddiction.com



CONNECTING THE **DESIRE** TO CHANGE
WITH THE **POWER** TO CHANGE

WEAKNESS

- In what ways are you trying to live in your own strength instead of boasting in your weakness? Talk to a Christian friend and find encouragement and help.
- Pick one of the scriptures shared to meditate upon:
 - 2 Corinthians 12:9-10 -2 Corinthians 11:28-30
 - Psalm 27:14 -Proverbs 18:10
 - Ephesians 6:10 -Psalm 18:1, 31-32
 - Psalm 28:7 -John 15:5
- If you don't know what Jesus accomplished at the cross, talk to a Christian friend.

Sample prayer: *Father, I am weak and weary. I don't have the strength to endure one more minute. I am waiting on You, I am running to You. Will you give me strength? Will You help me? I know that in Your strength and power, I can overcome. I am trusting in You. Will You help me reach out for encouragement? Will You help me walk this path? Thank You for giving me strength, thank You for equipping me with power so that I can obey You and walk in victory. - Amen.*

© 2018-2022 Hope for Addiction, Inc. | hopeforaddiction.com



CONNECTING THE **DESIRE** TO CHANGE
WITH THE **POWER** TO CHANGE

WEAKNESS

- In what ways are you trying to live in your own strength instead of boasting in your weakness? Talk to a Christian friend and find encouragement and help.
- Pick one of the scriptures shared to meditate upon:
 - 2 Corinthians 12:9-10 -2 Corinthians 11:28-30
 - Psalm 27:14 -Proverbs 18:10
 - Ephesians 6:10 -Psalm 18:1, 31-32
 - Psalm 28:7 -John 15:5
- If you don't know what Jesus accomplished at the cross, talk to a Christian friend.

Sample prayer: *Father, I am weak and weary. I don't have the strength to endure one more minute. I am waiting on You, I am running to You. Will you give me strength? Will You help me? I know that in Your strength and power, I can overcome. I am trusting in You. Will You help me reach out for encouragement? Will You help me walk this path? Thank You for giving me strength, thank You for equipping me with power so that I can obey You and walk in victory. - Amen.*

© 2018-2022 Hope for Addiction, Inc. | hopeforaddiction.com



CONNECTING THE **DESIRE** TO CHANGE
WITH THE **POWER** TO CHANGE

WEAKNESS

- In what ways are you trying to live in your own strength instead of boasting in your weakness? Talk to a Christian friend and find encouragement and help.
- Pick one of the scriptures shared to meditate upon:
 - 2 Corinthians 12:9-10 -2 Corinthians 11:28-30
 - Psalm 27:14 -Proverbs 18:10
 - Ephesians 6:10 -Psalm 18:1, 31-32
 - Psalm 28:7 -John 15:5
- If you don't know what Jesus accomplished at the cross, talk to a Christian friend.

Sample prayer: *Father, I am weak and weary. I don't have the strength to endure one more minute. I am waiting on You, I am running to You. Will you give me strength? Will You help me? I know that in Your strength and power, I can overcome. I am trusting in You. Will You help me reach out for encouragement? Will You help me walk this path? Thank You for giving me strength, thank You for equipping me with power so that I can obey You and walk in victory. - Amen.*

© 2018-2022 Hope for Addiction, Inc. | hopeforaddiction.com

