

# When you don't believe in yourself

A prayer for remembering that strength does not come from us, but from God

## The tension

There are moments when I feel I should move forward. Something inside me points toward a step I could take. But a thought appears that stops me: I can't. I do not feel capable. I do not have what it takes. Maybe someone else could do it, but not me. So I remain still. Not because I do not want to move forward, but because I believe I am not enough. Today I bring this tension before You, Lord.

## Anchor in Scripture

1 Samuel 17,32-33, 37, 40-51 | Psalm 144:1, 2, 9-10 | Mark 3:1-6

## Prayer of trust

Lord,

You know the thoughts that appear in my mind. You know how many times I have quietly said, "I can't."

Sometimes I look at my own abilities and feel they are not enough for what lies before me. But today I want to remember something deeper. The story was never about what I can do. It has always been about what You can do. Help me release the idea that everything depends on me. If fear has kept me from moving, remind me who You are. If my thoughts have defined my limits, teach me to look beyond them. Train my hands as You trained David's. Give me the courage to stretch out my hand when You call me. Because I know that true strength does not come from me. It comes from You.

Amen.

## Questions to examine the heart

- Is there something I feel I should do, but I hold back because I believe I am not capable?
  - Am I measuring the situation only by my own strength?
- How might my perspective change if I remembered who God is in this situation?

## Declaration

My life is not limited by what I believe I can do. God is my rock, and He strengthens my hands. The stone in David's sling was never the weapon. God was.

*Whispers from the olive grove*

