

Saturday

# August 5



“Then will I go to the altar of God, to God, my joy and my delight. I will praise you with the harp, O God, my God.”  
(Psalm 43:4).

Dear Lord,

There are times when we become discouraged and feel robbed of strength because of the load we carry. Nevertheless, the Bible says that the joy of the Lord is our strength. Therefore, we ask that in times of weakness and tiredness that you would visit our family with joy, which produces strength, and delight, which produces vitality. We pray that you would bring a new wind of strength in our lives,

and bring new vitality to our spirits for days ahead. We ask, Lord, that you would teach us how to have joy and delight in you even when our circumstances are difficult.

In Jesus' Name,

Amen

Journal Notes:



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