But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31 (NIV)

The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. Psalm 28:7 (NIV)
Blessing

“May the Lord bless you and protect you. May the Lord smile on you and be gracious to you. May the Lord show you his favor and give you his peace.” Numbers 6:24–26

Promise

“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” Romans 8:38–39

NURTURE Yourself

1. Remember you are valued and precious to God.
2. Know, accept, and be yourself.
3. Forgive yourself like God forgives you.
4. Treat yourself with care and compassion.
5. Care for your physical needs . . . diet, move and rest.
6. Keep your priorities straight.
7. Read the Word daily.
8. Learn the secret of prayer.
10. Practice gratitude.
11. Spend time in nature.
12. Start a prayer journal.
14. Make time for you.
15. Share your faith.
17. Cultivate healthy relationships.
18. Be armed with the armor of God.
19. Praise more.
20. Set your heart on things above.