



HEAT & HUSTLE 28-Day Bible Study Plan: Strength in the Lord

This 28-day study will help you grow spiritually stronger by meditating on God's Word about strength. Each day includes a theme, Bible verse, reflection prompt, and optional action step.


WEEK 1: The Source of Our Strength


- Day 1: God Is Our Strength

 Psalm 46:1


 How has God been your refuge during hard times?

- Day 2: Strength in Weakness

 2 Corinthians 12:9-10

 When do you feel weak? How can you rely on Christ?


- Day 3: The Joy of the Lord

 Nehemiah 8:10

 How does joy bring strength?


- Day 4: Everlasting God

 Isaiah 40:28-31


 What does it mean to “wait on the Lord”?


- Day 5: Our Help Comes from Him

 Psalm 121:1-2

 Where do you turn when you're in need?


- Day 6: Be Strong and Courageous

 Joshua 1:9

 What would change if you lived with this courage?


- Day 7: Rock of Ages


 Psalm 18:1-2

 How does God being your “rock” affect your daily life?

WEEK 2: Strength for the Inner Man


- Day 1: Renewed Day by Day

 2 Corinthians 4:16-18


 How is your inner self being renewed?

- Day 2: Strength through Christ

 Philippians 4:13


 What’s one area you need Christ’s strength today?


- Day 3: Power in the Spirit

 Ephesians 3:16-17

 How does the Holy Spirit strengthen your heart?


- Day 4: Peace that Guards

 Philippians 4:6-7


 How does God’s peace act as protection?


- Day 5: Hidden Strength

 Colossians 1:11

 What does it mean to be 'strengthened with all power'?


- Day 6: God Is Faithful

 1 Corinthians 10:13

 How does God help you stand in temptation?


- Day 7: Faith Is Strength

 Hebrews 11:1, 6

 What's an area where faith has made you stronger?

WEEK 3: Strength for Life's Battles


- Day 1: Put on the Armor

 Ephesians 6:10-11

 What part of God's armor do you need today?


- Day 2: Battle Belongs to the Lord

 1 Samuel 17:45-47

 What battle are you facing that you need to surrender to God?


- Day 3: Not by Might

 Zechariah 4:6

 What's one thing you need God's Spirit to take over?


- Day 4: Stand Firm

 1 Corinthians 16:13-14


 Where do you need to stand firm in love and faith?


- Day 5: Weapons of Warfare

 2 Corinthians 10:3-5


 What thoughts need to be taken captive in your life?


- Day 6: Overcoming Fear

 2 Timothy 1:7

 Where do you need to replace fear with power and love?


- Day 7: Victory in Jesus


 Romans 8:37-39

 How do you live as “more than a conqueror”?


WEEK 4: Strength to Endure and Serve


- Day 1: Endurance through Trials

 James 1:2-4

 How can endurance grow your character?


- Day 2: Run the Race

 Hebrews 12:1-3

 What distractions do you need to lay aside?


- Day 3: Strength to Serve

 1 Peter 4:11


 How can you use God's strength to bless others?


- Day 4: Do Not Grow Weary

 Galatians 6:9

 Where are you tempted to give up?

- Day 5: Strong Finish

 2 Timothy 4:7-8


 What does a faithful finish look like for you?

- Day 6: God Is Our Portion

 Lamentations 3:22-24

 How does hope give you strength today?

- Day 7: Strengthened for His Glory

 1 Chronicles 29:11-13

 How has God strengthened you this month?