The 7 Foundations of Faith

(30 Scriptures for Steadfast Trust)

Volume 6
Strength & Encouragement

Rooted in Scripture.
Strengthened in Faith.
Steadfast in Christ.

RETAG Foundation

About This Series

The *7 Foundations of Faith* series was created to provide believers with a structured and Scripture-centered journey through the essential pillars of Christian life.

In a time when fear, uncertainty, and emotional instability are common, we believe the answer is not found in human motivation but in the unchanging Word of God.

Each volume in this series focuses on one foundational area of spiritual growth:

- Fear & Anxiety
- Worry & Stress
- Healing & Restoration
- Hope & Future
- Love
- Strength & Encouragement
- Comfort in Grief

These journals are designed to help you slow down, reflect deeply, and anchor your heart in biblical truth over 30 days.

This is not a quick devotional. It is a guided Scripture discipline.

Our prayer is that through daily meditation on God's Word, your mind would be renewed, your faith strengthened, and your heart steadied in Christ.

How to Use This Guide

This journal is designed to be used over 30 days.

Each day includes:

- A carefully selected Scripture
- A key biblical truth
- Reflection questions
- A guided prayer
- Space for personal journaling

We encourage you to:

1. **Read** the Scripture slowly and thoughtfully.
2. **Reflect** honestly on the questions.
3. **Write** your response without rushing.
4. **Pray** the provided prayer as a starting point, then continue in your own words.

Consistency matters more than speed.
Set aside a specific time each day.
Return to the previous entries as needed.
Allow Scripture—not emotion—to shape your understanding.

30 Scriptures for Steadfast Trust

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Joshua 1:9	Isaiah 40:31	Psalm 28:7	Philippians 4:13	Psalm 31:24
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
2 Corinthians 4:16	Psalm 18:32	Deuteronomy 31:8	Psalm 138:3	Nehemiah 8:10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
2 Thessalonians 3:3	Psalm 73:26	Ephesians 6:10	1 Corinthians 15:58	Isaiah 41:13
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Psalm 46:5	2 Samuel 22:33	Romans 8:31	Hebrews 12:11	Psalm 112:1
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
James 1:12	1 Peter 5:10	Psalm 37:24	Proverbs 18:10	Colossians 1:11
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
2 Corinthians 12:10	Psalm 16:11	Philippians 1:6	Isaiah 43:2	Hebrews 13:5

PHASE 1

Strength in Weakness

DAY 1 /	DAY 2 /	DAY 3 /	DAY 4 /	DAY 5 /
Joshua 1:9	Isaiah 40:31	Psalm 28:7	Philippians 4:13	Psalm 31:24
DAY 6 /	**DAY 7 /**	**DAY 8 /**	**DAY 9 /**	**DAY 10 /**
2 Corinthians 4:16	Psalm 18:32	Deuteronomy 31:8	Psalm 138:3	Nehemiah 8:10

DAY 1 *“God is with you”*

Joshua 1:9 (WEB)
Haven’t I commanded you? Be strong and courageous. Don’t be afraid. Don’t be dismayed, for Yahweh your God is with you wherever you go.”

Reflection

1. What fear is keeping you from obeying God clearly today?

2. Where do you need to remember God’s presence instead of measuring your strength?

Prayer

Lord Yahweh, You command courage because You are truly with Your people. Forgive me for shrinking back when obedience feels costly. Strengthen my heart to trust Your presence more than my feelings. Help me walk forward today in faithfulness, honoring Christ.

Journal

DAY 2 *“Wait, be renewed”*

Isaiah 40:31 (WEB)
but those who wait for Yahweh will renew their strength. They will mount up with wings like eagles. They will run, and not be weary. They will walk, and not faint.

Reflection

1. Where have you been rushing ahead without waiting on the Lord?

2. What practice will help you wait for Yahweh with faith this week?

Prayer

Yahweh, teach me to wait for You with patient trust. Forgive my anxious striving that forgets Your timing. Renew my strength as You promised, so I do not faint. Let my endurance display confidence in Your faithful care.

Journal

DAY 3 *“God shields you”*

Psalm 28:7 (WEB)
Yahweh is my strength and my shield. My heart has trusted in him, and I am helped. Therefore my heart greatly rejoices. With my song I will thank him.

Reflection

1. What situation is testing whether your heart truly trusts the Lord?

2. How can you turn today’s help into thanksgiving instead of complaint?

Prayer

Yahweh, You are my strength and my shield. Forgive me for relying on my own defenses. Help me trust You steadily and recognize Your help with gratitude. Teach me to thank You with a sincere life and a truthful song.

Journal

DAY 4 *“Christ strengthens me”*

Philippians 4:13 (WEB)
I can do all things through Christ who strengthens me.

Reflection

1. Where are you trying to endure without dependence on Christ’s strength?

2. What assignment today requires humility to admit you cannot do it alone?

Prayer

Lord Jesus, You are the strength of Your people. Forgive me for self-reliance that ignores prayer. Teach me to depend on Your power in weakness and duty. Strengthen me to obey faithfully, not to boast in myself.

Journal

DAY 5 *“Be courageous”*

Psalm 31:24 (WEB)
Be strong, and let your heart take courage,
all you who hope in Yahweh.

Reflection

1. Where has your hope shifted from Yahweh to outcomes or people?

2. What would courage look like if your hope remained fixed on God?

Prayer

Yahweh, make my heart strong and courageous as I hope in You. Forgive me for wavering when pressures rise. Anchor my hope in Your character and promises. Help me act faithfully today, confident that You will not fail.

Journal

DAY 6 *“Inwardly renewed”*

2 Corinthians 4:16 (WEB)
Therefore we don’t faint, but though our outward person is decaying, yet our inward person is renewed day by day.

Reflection

1. What outward weakness is discouraging you right now?

2. How can you pursue inward renewal through Word and prayer today?

Prayer

Father, keep me from fainting when my outward strength is limited. Forgive me for judging Your care by visible circumstances. Renew my inward person day by day through Christ and the Spirit. Teach me to persevere with steady faithfulness.

Journal

DAY 7 *“God arms strength”*

Psalm 18:32 (WEB)
the God who arms me with strength, and makes my way perfect?

Reflection

1. Where do you need God’s strength more than your own talent?

2. What “way” needs to be corrected so it aligns with God’s will?

Prayer

Yahweh, You arm Your servants with strength and make their way sure. Forgive me for trusting skill without submission. Guide my steps in righteousness and discipline my choices. Strengthen me to walk in integrity that honors You.

Journal

DAY 8 *“He goes before”*

Deuteronomy 31:8 (WEB)
Yahweh himself is who goes before you. He will be with you. He will not fail you nor forsake you. Don’t be afraid. Don’t be discouraged.”

Reflection

1. What discouragement is making you doubt God’s presence?

2. How would your planning change if you believed He goes before you?

Prayer

Yahweh, You go before me and You will not forsake me. Forgive my fear that assumes I am alone. Strengthen my courage to obey the next step with clarity. Keep me steady in Christ, trusting Your faithful presence.

Journal

DAY 9 *“God answers cries”*

Psalm 138:3 (WEB)
In the day that I called, you answered me.
You encouraged me with strength in my soul.

Reflection

1. What have you been afraid to bring honestly to God in prayer?

2. How has God encouraged your soul before, and how should that shape today?

Prayer

Lord, You answer when Your people call upon You. Forgive me for prayerlessness and silent self-reliance. Encourage my soul with strength that comes from Your Word. Teach me to call on You quickly and to trust Your reply with patience.

Journal

DAY 10 *“Joy is strength”*

Nehemiah 8:10 (WEB)
Then he said to them, “Go your way. Eat the fat, drink the sweet, and send portions to him for whom nothing is prepared, for today is holy to our Lord. Don’t be grieved, for the joy of Yahweh is your strength.”

Reflection

1. Where has grief been weakening your obedience and service?

2. How can you practice holy joy through gratitude and generosity today?

Prayer

Yahweh, Your joy strengthens Your people. Forgive me for living as though sorrow is my only refuge. Teach me to honor what is holy and to share with those in need. Let Your joy steady my heart and empower faithful worship.

Journal

PHASE 2

Courage & Endurance

DAY 11 /	DAY 12 /	DAY 13 /	DAY 14 /	DAY 15 /
2 Thessalonians 3:3	Psalm 73:26	Ephesians 6:10	1 Corinthians 15:58	Isaiah 41:13
DAY 16 /	**DAY 17 /**	**DAY 18 /**	**DAY 19 /**	**DAY 20 /**
Psalm 46:5	2 Samuel 22:33	Romans 8:31	Hebrews 12:11	Psalm 112:1

DAY 11 *“God guards you”*

2 Thessalonians 3:3 (WEB)
But the Lord is faithful, who will establish you and guard you from the evil one.

Reflection

1. Where do you feel vulnerable to temptation or attack right now?

2. What would it look like to rely on God’s faithfulness instead of panic?

Prayer

Faithful Lord, establish me and guard me from the evil one. Forgive me for acting as though spiritual danger is greater than Your power. Strengthen my vigilance and my trust in Christ. Keep me steadfast in obedience under Your protection.

Journal

DAY 12 *“God is my portion”*

Psalm 73:26 (WEB)
My flesh and my heart fails,
but God is the strength of my heart and my portion forever.

Reflection

1. Where has weakness exposed what you depend on most?

2. How does God as your “portion” correct your fears about loss?

Prayer

Lord, when my flesh and heart fail, You remain my strength. Forgive me for chasing security in what can be taken away. Teach me to rest in You as my portion forever in Christ. Make me steady, grateful, and faithful in weakness.

Journal

DAY 13 *“Strong in the Lord”*

Ephesians 6:10 (WEB)
Finally, be strong in the Lord and in the strength of his might.

Reflection

1. What battle are you facing that requires strength beyond yourself?

2. How will you seek the Lord’s might instead of merely trying harder?

Prayer

Lord, You command strength that comes from You, not from flesh. Forgive me for fighting in my own power. Teach me to depend on Your might through prayer and obedience. Make me strong in Christ with disciplined faith.

Journal

DAY 14 *“Steadfast in labor”*

1 Corinthians 15:58 (WEB)
Therefore, my beloved brothers, be steadfast, immovable, always abounding in the Lord’s work, because you know that your labor is not in vain in the Lord.

Reflection

1. Where are you tempted to quit because you doubt your labor matters?

2. What would steadfastness look like in one ministry duty this week?

Prayer

Father, keep me steadfast and immovable in the Lord’s work. Forgive me for measuring fruit too quickly and doubting Your purposes. Strengthen me to abound in faithful labor with humility. Let my service be anchored in Christ and never in vain.

Journal

DAY 15 *“God holds you”*

Isaiah 41:13 (WEB)
For I, Yahweh your God, will hold your right hand,
saying to you, ‘Don’t be afraid. I will help you.’

Reflection

1. What fear would lessen if you believed God is holding your hand?

2. Where do you need to receive His help instead of hiding your need?

Prayer

Yahweh, You hold my right hand and promise help. Forgive me for fear that forgets Your nearness. Teach me to depend on Your help with humility and obedience. Strengthen me to walk forward under Your faithful grip.

Journal

DAY 16 *“God helps at dawn”*

Psalm 46:5 (WEB)
God is within her. She shall not be moved.
God will help her at dawn.

Reflection

1. Where do you feel shaken, as if you might be moved?

2. How can you wait for God’s help with patience instead of despair?

Prayer

Lord, You dwell with Your people and You keep them from being moved. Forgive me for panic that treats trouble as final. Teach me to wait for Your help with steady faith. Grant me calm endurance that honors Christ.

Journal

DAY 17 *“God is fortress”*

2 Samuel 22:33 (WEB)
God is my strong fortress.
He makes my way perfect.

Reflection

1. What insecurity is revealing that you are leaning on weak refuges?

2. Where do you need God to “make your way perfect” through correction?

Prayer

God, You are my strong fortress and my sure defense. Forgive me for trusting fragile shelters and worldly strength. Lead me in Your ways and correct my path. Make my life stable and upright for Your glory.

Journal

DAY 18 *“God is for us”*

Romans 8:31 (WEB)
What then shall we say about these things? If God is for us, who can be against us?

Reflection

1. Who or what feels “against you” and is feeding your fear?

2. How does God’s favor in Christ reshape your confidence today?

Prayer

Father, if You are for me in Christ, no opposition can overturn Your purpose. Forgive me for fearing man more than You. Strengthen my confidence in Your sovereign love and rule. Help me live boldly in obedience and peace.

Journal

DAY 19 *“Fruit through discipline”*

Hebrews 12:11 (WEB)
All chastening seems for the present to be not joyous but grievous; yet afterward it yields the peaceful fruit of righteousness to those who have been trained by it.

Reflection

1. What hardship might God be using to train you in righteousness?

2. How can you submit to discipline without bitterness or self-pity?

Prayer

Lord, You use discipline to produce peaceful righteousness. Forgive me for resisting Your training and interpreting pain as punishment. Teach me to be trained by Your hand with humility. Produce in me the fruit of righteousness through Christ.

Journal

DAY 20 *“Blessed endurance”*

Psalm 112:1 (WEB)
Praise Yah! Blessed is the man who fears Yahweh,
who delights greatly in his commandments.

Reflection

1. Do you fear Yahweh with reverence or treat Him lightly in daily choices?

2. What command of God should you delight in and obey more fully this week?

Prayer

Yahweh, You bless those who fear You and delight in Your commandments. Forgive me for selective obedience and dull affection. Teach me to delight in Your Word as good and true. Strengthen me to obey with joy that honors Christ.

Journal

PHASE 3

Standing Firm

DAY 21 /	DAY 22 /	DAY 23 /	DAY 24 /	DAY 25 /
James 1:12	1 Peter 5:10	Psalm 37:24	Proverbs 18:10	Colossians 1:11
DAY 26 /	DAY 27 /	DAY 28 /	DAY 29 /	DAY 30 /
2 Corinthians 12:10	Psalm 16:11	Philippians 1:6	Isaiah 43:2	Hebrews 13:5

DAY 21 *“Crown for endurance”*

James 1:12 (WEB)
Blessed is a person who endures temptation, for when he has been approved, he will receive the crown of life which the Lord promised to those who love him.

Reflection

1. What temptation do you need to endure without compromise today?

2. How does love for the Lord strengthen you to resist sin patiently?

Prayer

Lord, bless me with endurance when temptation presses hard. Forgive me for treating sin lightly and holiness as optional. Train me to love You more than immediate relief. Keep me faithful until I receive the crown of life You promised.

Journal

DAY 22 *“Grace strengthens you”*

1 Peter 5:10 (WEB)
But may the God of all grace, who called you to his eternal glory by Christ Jesus, after you have suffered a little while, perfect, establish, strengthen, and settle you.

Reflection

1. Where has suffering made you feel unstable or unsettled?

2. What would it mean to trust God to perfect and establish you over time?

Prayer

God of all grace, You have called me to eternal glory by Christ Jesus. Forgive me for interpreting suffering as pointless. Perfect and establish my faith as You promised. Strengthen and settle me so my life reflects steady trust in You.

Journal

DAY 23 *“Held by Yahweh”*

Psalm 37:24 (WEB)
Though he stumble, he shall not fall,
for Yahweh holds him up with his hand.

Reflection

1. Where have you stumbled and been tempted to think you are finished?

2. How can you rise again by trusting Yahweh’s sustaining hand today?

Prayer

Yahweh, You hold up Your people with Your hand. Forgive me for despair after failure. Grant repentance, renewed obedience, and humble dependence. Keep me from falling away, and restore my steps in Christ.

Journal

DAY 24 *“Safe in His Name”*

Proverbs 18:10 (WEB)
Yahweh’s name is a strong tower:
the righteous run to him, and are safe.

Reflection

1. What danger or pressure is calling you to run somewhere else for refuge?

2. How will you “run” to Yahweh today through prayer and obedience?

Prayer

Lord, Your name is a strong tower for the righteous. Forgive me for seeking safety in distractions and control. Teach me to run to You quickly with faith. Keep me safe in Christ and make my refuge clearly in You.

Journal

DAY 25 *“Endure with joy”*

Colossians 1:11 (WEB)
strengthened with all power, according to the might of his glory, for all endurance and perseverance with joy,

Reflection

1. Where do you need endurance that is strengthened by God, not by pride?

2. What would perseverance with joy look like in your current responsibilities?

Prayer

Father, strengthen me with all power according to Your glorious might.
Forgive me for endurance without joy and perseverance without worship.
Grant me steadfastness that is rooted in Christ and sustained by the Spirit.
Let joy accompany obedience so Your glory is seen.

Journal

DAY 26 *“Strong when weak”*

2 Corinthians 12:10 (WEB)
Therefore I take pleasure in weaknesses, in injuries, in necessities, in persecutions, and in distresses, for Christ’s sake. For when I am weak, then am I strong.

Reflection

1. What weakness are you resisting instead of bringing it under Christ’s lordship?

2. How might God display strength through you where you feel least capable?

Prayer

Lord Jesus, teach me to accept weakness for Your sake without bitterness. Forgive me for demanding comfort as a right. Train my heart to trust Your power in my limitations. Make Your strength visible in my weakness so You receive the glory.

Journal

DAY 27 *“Joy in His presence”*

Psalm 16:11 (WEB)
You will show me the path of life. In your presence is fullness of joy.
In your right hand there are pleasures forever more.

Reflection

1. What path are you choosing that leads away from God’s presence and joy?

2. How can you seek God’s presence today through worship and repentance?

Prayer

Father, You show the path of life and give fullness of joy in Your presence. Forgive me for chasing pleasures that cannot satisfy. Lead me in Your way and keep me near You. Teach me to desire eternal pleasures found in Your right hand through Christ.

Journal

DAY 28 *“God finishes work”*

Philippians 1:6 (WEB)
being confident of this very thing, that he who began a good work in you will complete it until the day of Jesus Christ.

Reflection

1. Where are you tempted to believe you will never change or grow?

2. How does God’s commitment to complete His work strengthen your obedience today?

Prayer

Father, You began a good work in me and You will complete it. Forgive me for discouragement that doubts Your sanctifying power. Strengthen my confidence in Your faithfulness through Christ. Help me cooperate with Your work through repentance and obedience.

Journal

DAY 29 *“God stays with you”*

Isaiah 43:2 (WEB)
When you pass through the waters, I will be with you, and through the rivers, they will not overflow you. When you walk through the fire, you will not be burned, and flame will not scorch you.

Reflection

1. What “waters” or “fire” are you walking through right now?

2. How can you practice trust in God’s presence instead of fearing the outcome?

Prayer

Yahweh, You promise to be with Your people through waters and fire. Forgive me for imagining disaster as inevitable. Teach me to trust Your presence and protection with steady faith. Keep me faithful in Christ no matter the path You appoint.

Journal

DAY 30 *“God won’t forsake”*

Hebrews 13:5 (WEB)
Be free from the love of money, content with such things as you have, for he has said, “I will in no way leave you, neither will I in any way forsake you.”

Reflection

1. Where has love of money or fear of lack been shaping your decisions?

2. What would contentment look like if you trusted God will not forsake you?

Prayer

Father, free my heart from the love of money and teach me contentment. Forgive me for anxiety that treats provision as my savior. Strengthen my trust in Your promise that You will not leave or forsake me. Help me live simply and faithfully, satisfied in Christ.

Journal

About RETAG FOUNDATION

Retag Foundation is a federally incorporated evangelical Christian nonprofit organization in North America.

Our mission is to strengthen pastors, seminary students, missionaries, and their families by reconnecting churches, households, and ministry fields around faithful stewardship and prayer-centered support.

We believe that healthy ministry ecosystems are built on:

- Biblical truth
- Spiritual accountability
- Financial integrity
- Long-term faithfulness

This Scripture series is part of our broader commitment to providing solid, accessible biblical resources that help believers stand firm in Christ.

For more information, visit:
https://retagfund.org

RETAG
FOUNDATION