Bible References.

Strengthening of the Spirit

- **1 Samuel 23:16** And Saul's son Jonathan went to David at Horesh and helped him to find strength in God.
- **1 Sam 30:6-30** Look at this whole passage but especially v 6

David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the Lord his God.

Nehemiah 8:10

This day is sacred to the Lord your God. Do not weep or mourn. Go and enjoy choice foods and sweet drinks and send some to those who have nothing prepared. This day is sacred to the Lord. Do not grieve for the joy of the Lord is your strength.

- **Isaiah 14:31** Those who hope in the Lord will renew their strength.
- **40:29** He gives strength to the weary
- **41:10** I will strengthen you and help you. I will uphold you with my righteous right hand.
- **Psalm 73:26** My flesh and my heart may fail but God is the strength of my heart and my portion for ever.
- **119:28** My soul is weary with sorrow strengthen me according to your word.
- **Proverb 11: 25** A generous man will prosper; he who refreshes others will himself be refreshed.
- **Luke 1:80** And the child(John) grew and became strong in spirit.
- 22: 43 An Angel from Heaven appeared to him (Jesus) and strengthened him.
- **Ephesians 3:16**: I pray that out of his glorious riches he may strengthen you with power through his Spirit in you inner beings. .. so that Christ may dwell in our hearts through faith.
- **1 Thessalonians 3:13** May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father.

Bible References

Soul:

1 Samuel 1:10 In bitterness of soul Hannah wept much and prayed to the lord.

Psalms

- 23:3 He restores my soul
- **35:4** My soul will rejoice in the Lord.
- **42:1** My soul thirsts for God for the living God.Why are you so downcast O my soul?
- **62:1** My soul finds rest in God alone.
- **119:28** My soul is weary with sorrows.
- **131:2** But I have stilled and quieted my soul. (it is in my power to do so.)

Proverb

- **13:19** A longing fulfilled is sweet to the soul.
- **19:8** He who gets wisdom loves his own soul.

Matthew 26:38 My soul is overwhelmed with sorrow to the point of death Stay here and keep watch with me.

Luke 2:35 and a sword will pierce your own soul.

Spirit and Body:

James 2:26 As the body without the spirit is dead. . .

Soul and Body:

Proverbs 16:24 Pleasant words are a honeycomb sweet to the soul and healing to the bones.

Matthew 10:28 Be afraid of the one who can destroy both body and soul in Hell.

Spirit, Soul and Body:

Hebrew 4:12 It penetrates even to dividing soul and spirit, joints and marrow.

Deuteronomy 6:5 & 2 Kings 23:25 heart, soul, strength. Matthew 22:37 Heart, soul, mind. / Mark 12:30 and Luke 10:27 Heart, mind, soul, strength.

Psalm 19:7 The law of the Lord is perfect reviving the soul. The statutes of the Lord are trustworthy making wise the simple. The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.

1 Thessalonians 5:23

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.