



A FREE PRINTABLE CHRISTIAN GUIDE

Bible Verses on Strength and Courage

– Free Printable Christian PDF

When you need courage

Some days ask more of us than we feel able to give. Scripture reminds us that courage is not pretending to be unafraid. It is turning towards God, receiving strength, and taking the next faithful step. These verses offer words to return to in uncertain moments. Read slowly, notice what speaks to you, and use each reflection to bring your real concerns into prayer.

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Courage for the next step

Biblical courage grows from trust in God's presence, not from having every answer. Begin with one verse that meets you where you are.

01 Joshua 1:9

"Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest." (KJV)

A thought to carry

Joshua hears these words as he prepares to lead Israel into a new chapter. The command is joined to a promise: God will be with him wherever he goes. Courage here means moving forward with God's presence, even when the path feels unfamiliar.

Reflect: What next step feels daunting, and how might remembering God's presence change the way you approach it?

02 Deuteronomy 31:6

"Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee." (KJV)

A thought to carry

Moses speaks to the people as they prepare to enter the land without him. Their confidence is not meant to rest on one human leader, but on the Lord who goes with them and will not abandon them. The promise offers steadiness when circumstances and leadership change.

Reflect: Where do you need reassurance that you are not facing a change alone?

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Strength for every season

The Psalms give voice to fear, trust, and praise. Their honesty reminds us that faith can bring our whole selves to God.

03 Psalm 27:1

"The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?" (KJV)

A thought to carry

The psalmist does not say that danger is imaginary. Instead, the Lord is named as light, salvation, and strength in the midst of it. When fear clouds our view, faith turns our attention to the One who guides and sustains us.

Reflect: What would it mean to let God be your light in one situation you are facing today?

04 Psalm 46:1

"God is our refuge and strength, a very present help in trouble." (KJV)

A thought to carry

This short verse describes God as a safe place and a source of strength, not a distant observer. The words "very present" offer comfort in trouble as it is happening. We can ask for help in the moment and trust that God meets us there.

Reflect: Where might you make space to receive God's help today?

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God's strength in weakness

God's care is not limited to moments when we feel strong. Scripture speaks of comfort and courage that meet us in our vulnerability.

05 Isaiah 41:10

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." (KJV)

A thought to carry

Through Isaiah, God reassures his people that they are not abandoned. The verse names several forms of support: God's presence, strength, help, and upholding care. It does not ask us to deny fear; it invites us to bring fear into the presence of a faithful God.

Reflect: Which promise in this verse do you most need to hear today?

06 Psalm 28:7

"The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him." (KJV)

A thought to carry

The image of a shield suggests protection, while the psalmist's trust leads to a sense of help and gratitude. Praise does not mean every difficulty has disappeared. It can be a way of remembering the goodness that has held us through difficulty.

Reflect: When have you felt helped or protected? What would you like to thank God for?

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Courage to keep going

Strength can look like steady faithfulness: receiving what we need for today and continuing with love.

07 Philippians 4:13

"I can do all things through Christ which strengtheneth me." (KJV)

A thought to carry

Paul writes this after describing both abundance and need. In context, he is speaking about learning contentment through Christ's strength, not claiming that faith guarantees every desired outcome. Christ sustains him through changing circumstances, and the same source of strength can steady us in ours.

Reflect: What might it look like to receive Christ's strength in your present circumstances?

08 2 Timothy 1:7

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." (KJV)

A thought to carry

Paul encourages Timothy to live out his calling with courage. The verse does not shame us for feeling fear; it points to what God gives: power to act faithfully, love for others, and sound judgement. These gifts help us respond with care rather than being ruled by fear.

Reflect: Where could love, courage, or wise judgement guide your response this week?

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Strength for the work of love

Courage is also lived out in how we care for one another. These final passages encourage perseverance, faith, and loving action.

09 1 Corinthians 16:13–14

"Watch ye, stand fast in the faith, quit you like men, be strong. Let all your things be done with charity." (KJV)

A thought to carry

Paul places strength beside love. Standing firm in faith is not an excuse for harshness; love is to shape everything we do. Courage can be steady, protective, and generous, especially when the people around us need support.

Reflect: How can you pair strength with kindness in one conversation or decision?

10 Ephesians 6:10

"Finally, my brethren, be strong in the Lord, and in the power of his might." (KJV)

A thought to carry

This invitation points believers towards strength that comes from the Lord rather than self-reliance. The surrounding passage describes standing firm in faith amid spiritual struggle. We can draw on God's character and grace while choosing what is truthful, just, and loving.

Reflect: What would it mean to rely on God's strength rather than carrying everything by yourself?

A word of encouragement

You do not have to feel fearless to take a faithful step. Pause, breathe, and remember that God is near. May these words meet you with hope, strengthen you for today, and help you offer courage and kindness to someone else.

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