



Soul Strength: Spiritual Courage For the Battles of Life

Pamela Havey Lau

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When we feel anxious, stressed and frustrated, we feel defeated. God doesn't expect us to have the physical and emotional strength on our own in facing dangerous or overwhelming situations. He gives us practical and powerful armor to protect and help us win the battles in seasons of stress. Soul Strength is a guide to the dynamic power of God. Long before the apostle Paul wrote to the Ephesians about the armor of God, Joshua and the Israelites conquered a land giving them strength and freedom. Here lie the splendid similarities between the story of Joshua and God's armor: Whatever we need to fight and win the battle is already available to us. Through an exploration of the sixth chapter of Ephesians and the life of Joshua, Pam Lau provides a resource for finding strength in God. A Lectio Divina prayer guide is offered in one chapter. Designed for study by one or many, Soul Strength provides a leader's guide, interactive questions, author reflections, and creative literary study to provide guidance for overcoming weakness and strengthening the soul.

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