

### Chapter 1 : “Strength For The Weary Soul” | Daily Encouragement

*Cindi McMenamin is an award-winning writer and national speaker, helping women discover strength for the soul. She and her husband, Hugh (a pastor), have been married 30 years and they have a grown daughter, Dana.*

Sometimes the day seems long, Our trials hard to bear. We both feel the physical effects afterward especially in our knees. I Stephen had a knee injury nearly 40 years ago with surgery at that time and was warned that I would likely have arthritis in that knee as I aged. Periodically it flares up and at one point, about 20 years ago, I had arthroscopic surgery which helped. We encounter a lot of people in our age bracket that have knee problems in one way or another. The nature of the ministry Brooksye and I have places us in contact with a lot of people. One by one many share with us the burdens they bear. Often listening to their stories and bearing their burdens can be wearying. It may be those we see as chaplains or those we hear from through this writing ministry, a family member or a church contact. Many in ministry for Christ will know what we mean. We need to prayerfully be cautious about either of these dangers. The strenuous race we run is not a brief sprint but a life-long marathon. But at other times the going is really tough. Are your arms feeble or your knees weak today? Are you dealing with setbacks that weary you along the way or increase your fear of tomorrow? Strengthen or lift up your arms today in faith and praise to God. This must primarily be an act of willful obedience rather than an emotional response. As you lift them up in obedience I believe you will experience the uplifting spiritual, physical and mental revitalization that Isaiah writes about in This will enable you to praise God with a sincere heart. Thank Him for the discipline He is bringing into your life to conform you to His likeness and to prepare You for the joys of heaven where sorrow, loss, pain and disappointment no longer exist. Father, we are encouraged and emboldened when we consider that in everything we experience today You go before us preparing the way. As we fix our gaze on the eternal peace that awaits the faithful believer we can deal with the temporal conflict here and now. We wait upon You in prayer and faith so that we are renewed in our strength emotionally, physically and spiritually. We are thankful that You give strength to the weary and increase the power of the weak. And thank You most especially for Your spiritual renewal that not only meets our needs now but for all eternity. We dedicate our message today to our friends Rick and Fred Steudler whose 96 year old mother, Jeanette, passed away on Saturday. She always had an expressive and beautiful, full smile “ the kind that show both upper and lower teeth. In recent years we rarely had meaningful conversation but she could still joyfully sing out the words of the dearly loved hymns. We rejoice that she now enjoys the eternal life that we must all fix our hope upon. In this photo, taken several years ago, she is in front of a very large oak tree that she planted as a tiny sapling some 70 years earlier! We need to hide the truth deep in our hearts that our labor is not vain and it is going to be worth it! You can also subscribe to the WordPress rss feed or through a WordPress email subscription. See the email subscription on the right side after opening this page. Ministry Update Are our daily encouragement messages a blessing to you? Daily Encouragement Net relies solely on the generosity and financial support of its readers and podcast listeners. See here for more information on supporting this ministry. Gifts are tax deductible.

### Chapter 2 : Workouts for Women - The 5 Essential Strength Training Exercises | The Hearty Soul

*Cindi McMenamin is an award-winning writer and national speaker, helping women discover strength for the soul. She has more than 30 years experience ministering to women and inspiring them to let God meet their emotional needs, grow stronger through their alone times, and pursue their dreams with boldness.*

I am so grateful for you, who ever you are. Thank you for reading my blog right now. I get to share with you my story and that is truly a gift. For you to even want to read my story and learn about the steps I took along my journey, it is a reminder to me of how God truly brought me out of a place where I was dying a slow emotional death. Thank you for letting me share my story with you! There was, and probably still is, a woman who has my drivers license with her picture on it, but with all of my information. She also knew where I banked and found out some of my bank account numbers. And the scariest part of it all, is that she has my social security number. The only way that Todd and I can think that this happened was that my information was sold on the black web. Somehow, someone got my information and sold it. It has been an ongoing problem this entire year, but it seems to be ok right now. Anyway, the other night I got a text from a friend explaining that she has a friend who is a private investigator and he told her what to do in order to see if her email address was in jeopardy on the black web. So she tried it out and there was nothing found. Then she tried my email address and she said it was questionable but not all of my info was on there. She explained to me that her friend, the PI, told her I should think about changing my email address. Nothing came up for his. I was really thankful that my friend passed on all of this info to me. Now I know that I need to be careful about giving out my email and buying things online, etc. The point that I am trying to make is that my friend had some valuable information that she heard, tried, and then passed on to me. Well, this is exactly why I started my blog. I heard some information quite valuable information, tested it out for truth and validity, and now I am passing it on to you! You see, all that I have been sharing with you are things that I heard from God, things I did that I knew God was telling me to do, and now I want to share the goodness that I get to experience! Look at the following verses; Proverbs For it is good to keep these sayings in your heart and always ready on your lips. This verse is the key to be a follower of Jesus. Hear, Act, and Pass. The verse above tells us to listen or hear, then apply it, or act on it, and be ready to have it on your lips to pass it on! A lot of times when we have been hurt, writing about our experience, or telling someone about it; could be a friend or a therapist or both, allows the final healing to take place. My dear sisters, this is why I was so compelled to share with you my story. I listened, acted and now want to pass it on to you. It is a final healing point for me and hopefully the things I share are helpful to you and maybe even keep you from some of the unnecessary pain that you could suffer from. Some of you may say, but why would you want to share such a dark and painful situation that you went through? I am not in that place anymore! I want to share with you the hope that I found in Jesus because of His great love for me. How selfish would it be for me to not share it with you?! You, my dear sisters, can have the same freedom that I have. Jesus loves you just like He loves me and He only wants goodness for you! The reason you do not hear is that you do not belong to God. Have you asked Jesus into your life? If you have, then you will hear from God. If you have not yet asked Jesus into your life all you have to do is say a prayer like this: I know I am a sinner and I need you to be the manager of my life. Please forgive me and come into my life. That simple prayer guarantees you eternal life in Heaven when you die and it guarantees you an abundant and purposeful life on earth. If you just prayed that prayer you will start to hear God speak to you! Remember, in a previous post I told you that God usually speaks to us 3 different ways, audibly -which is rare, through the scriptures in the Bible, or through someone else. Just make sure that if you someone else talks to you and says its from God, test it in order to make sure it is from God. Test is first to see if it really is! This means test it against the scriptures! Hearing, acting and passing it on are what make up the Christian life. And God was pleased with Him! And even better, if you have trusted your life to Jesus Christ do not ever be ashamed of what He has done for you! Your story is your story. Jesus came to die for you on the cross so that you could be forgiven of your sins. Did you know that if you have given your life to Christ this means not only the sins that you have already committed, but also the sins that you have not yet

committed. It covers them all! He knew He was going to conquer death and rise again on the 3rd day after His death! I know crazy right! Go ahead and read it again! Yep if you have given your life to Christ any and all of your sins are forgiven! So since God gave his son Jesus for our sins do you really think that he wants you to keep reliving the past and be ashamed? Read this verse that was spoken by Jesus in John 8: It says So if the Son sets you free, you will be free indeed! If you are a follower of Jesus you have complete freedom from the past. Especially if these stories have led people to Jesus or back to Him! These stories, as I have witnessed, can turn out to be the best stories ever, because they can become beauty from ashes. Our stories are what make us find out who we really are and direct us to what God wants us to be, exactly what and who He designed us to be. He told the 12 disciples to go and tell John everything that Jesus had done so that the good news could be preached and so that people do not turn away from Him. Then in Matthew Go and tell my brothers disciples to go to Galilee; there they will see me. Because their stories were full of goodness and truth and salvation. Their stories could help others. No one can take away your story. It happened to you! There is so much power in your story. And God wants to use your story. Take it from me, the blessings that you will receive from telling your story will be never ending. You see your story will go on just like the story of Jesus goes on. Your story can be used now and in the future. And God will be well pleased with you as well when you are obedient and share your story. There are so many promises in the Bible that tell us God will reward us for our obedience. Here are my two favorites. All these blessings will come upon you and accompany you if you obey the Lord your God. God wants to reward us, and when we obey Him, He is faithful and will do what He says! So this brings me to Step 12 that I took in my journey and that I now am continuing to take. Hear, act, and pass it on is step You see, step 12 never ends. Just like the story of Jesus never ends. Your story could go on to be told even after you die. Your story could be told for generations and generations in order to help others! The reason that stories get passed on is because they have meaning! Not gonna let that happen! Nope not for one second! I challenge you to rise above your shame like I did. Let God put the pieces of your life back together so that He can make your broken pieces into a masterpiece! I love how this verse reads in the Message Bible. The Apostle Paul wrote the book of Romans and he was so excited to share the story of Jesus and what He had done in his life. By the way- Do you know what Gospel means? The first definition is the teaching or revelation of Christ. The second definition is a thing that is absolutely true.

**Chapter 3 : STRENGTH FOR THE SOUL - Lyrics, Playlists & Videos | Shazam**

*Strength for the Soul. K likes. Cindi McMenamin is a Christian author and speaker who helps women discover strength for the soul.*

Like with any change in life, we have to adapt to our new bodies, which means altering our workout routines. You might be surprised to know that the best workouts for women over the age of 40 include strength training exercises. When proper form is not maintained you end up putting stress onto unintended parts of your body 1. This makes for a less effective workout and defeats one of the main purposes of exercising “to train the right muscle groups 1,2. Continuously working out with bad form can result in tears or strains in your joints, muscles, and tendons 1. You may end up with chronic injuries that make your body weak and vulnerable 1. Since bone density and muscle tissue start to diminish after the age of 30, women approaching midlife are especially susceptible to these kinds of injuries 3. This includes boot camp workouts and HIIT high intensity interval training. In one study on HIIT, it was found that participants who did the workout often suffered from rhabdomyolysis, also known as muscle trauma 5. When done properly, it can be beneficial. Strength training is an extremely beneficial exercise, particularly for women over the age of Strength training exercises are one of the few ways women can actually make their bones denser 6. Strength training can also help to counteract the decline in muscle mass that comes along with aging 8. Participating in strength training exercises prevents your muscles from deteriorating called sarcopenia and will keep you strong as you age 8. Other benefits of including strength training in your exercise plan are a lower risk of type-2 diabetes and cardiovascular disease 9. The standard burpee goes something like this: Squat down and place your hands on the floor in front of you, a bit farther out than your feet. Jump on both feet and go into a plank position. Drop down into push-up position, with your chest touching the floor. Push up back into plank position. Jump your feet back in towards your hands. Jump into the air, with your arms reaching straight overhead Leg raises are a great exercise used to build core strength and all you need to do them is a yoga mat To do proper leg raises: Lay on your back, with your legs together and straight. Lift your straight legs up to the ceiling until your butt comes off the floor slightly. Raise your legs back up to the ceiling and repeat Squats Squats are an effective exercise that work your glutes, quads, hips, hamstrings, and core To perform this strengthening exercise: Stand with your feet a little more than shoulder-width apart, your hips should align with your knees and your knees should align with your ankles. Keep your shoulders back. Extend your arms straight out and parallel to the ground, with your palms facing downward. Bring your hips back and start bending your knees. Keep your shoulders and chest upright and your back straight while starting to bend. Squat down until your hips are below your knees. Explode back up, and repeat Lunges Advertisement Lunges are a good exercise for toning your lower back and legs Keep a straight upper body, with your shoulders rolled back and relaxed. Your chin should be pointed up and your core should be engaged. Step forward with one of your legs then lower your hips until your knees are bent at a degree angle. Keep your weight in your heels, push back, up, and start again Planks Planks are a static strength training exercise that help strengthen your core muscles The standard plank looks something like this: Put your hands on the floor, directly under the shoulders and slightly more than a shoulder-width apart. Keep your toes grounded into the floor and squeeze your glutes. Stare at a spot on the floor to keep your neck and spine neutral. Hold this position for 20 seconds The benefits of denser bones, stronger muscles, and a lower risk of cardiovascular disease and type 2 diabetes is all the more reason to start strength training today. Read this next to learn about the benefits of super-slow strength training exercises. Effects of Aging on the Musculoskeletal System. A Public Health Concern. The American Journal of Medicine, 4 , How to Do the Perfect Burpee. How to Do the Perfect Squat. How to Do a Lunge. How to Do the Perfect Plank.

**Chapter 4 : How Beautiful - Strength For The Soul | Shazam**

*The Strength for the Soul series features soothing solo piano renditions of cherished hymns and songs of reflection.*

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### Chapter 5 : Strength for the Soul – Cindi McMenamin | Christian Author and Speaker

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