

## **Day 21 – The Word Strengthens the Inner Man**

**Scripture:** Ephesians 3:16

“Be strengthened with might through His Spirit in the inner man.”

### **Meditation**

True strength comes from within. When your spirit is nourished by the Word, you gain the endurance and stability needed to face any challenge with confidence and faith.

### **Reflection**

Feed your spirit consistently, and your emotions will follow with strength and balance.

### **Confession**

I am strong in the inner man. The Word empowers me to stand firm in faith.