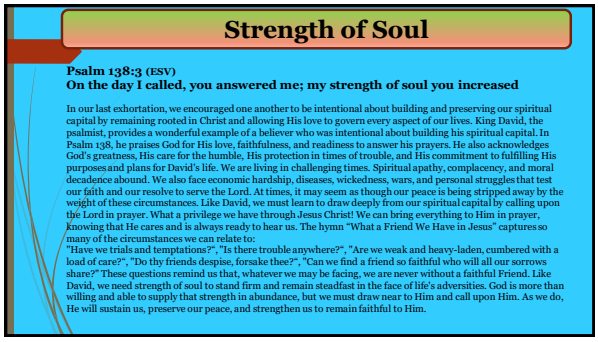
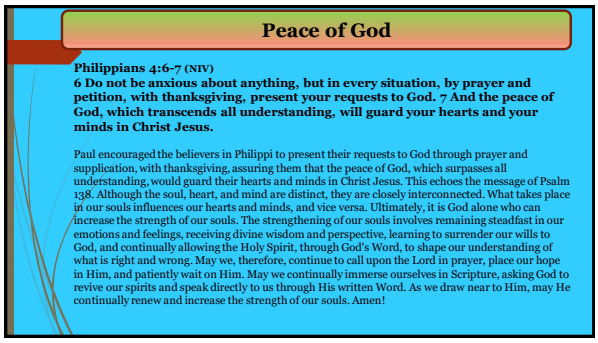

INTERNATIONAL HOUSE OF TRUTH AND FREEDOM
SMYRNA-VININGS, GA, USA
TruthnFreedom.com
"INCREASE THE STRENGTH OF MY SOUL"
1ST November 2026
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1


Strength of Soul
Psalm 138:3 (ESV)
On the day I called, you answered me; my strength of soul you increased
In our last exhortation, we encouraged one another to be intentional about building and preserving our spiritual capital by remaining rooted in Christ and allowing His love to govern every aspect of our lives. King David, the psalmist, provides a wonderful example of a believer who was intentional about building his spiritual capital. In Psalm 138, he praises God for His love, faithfulness, and readiness to answer his prayers. He also acknowledges God's greatness, His care for the humble, His protection in times of trouble, and His commitment to fulfilling His purposes and plans for David's life. We are living in challenging times. Spiritual apathy, complacency, and moral decadence abound. We also face economic hardship, diseases, wickedness, wars, and personal struggles that test our faith and our resolve to serve the Lord. At times, it may seem as though our peace is being stripped away by the weight of these circumstances. Like David, we must learn to draw deeply from our spiritual capital by calling upon the Lord in prayer. What a privilege we have through Jesus Christ! We can bring everything to Him in prayer, knowing that He cares and is always ready to hear us. The hymn "What a Friend We Have in Jesus" captures so many of the circumstances we can relate to:
"Have we trials and temptations?","Is there trouble anywhere?", "Are we weak and heavy-laden, cumbered with a load of care?", "Do thy friends despise, forsake thee?", "Can we find a friend so faithful who will all our sorrows share?" These questions remind us that, whatever we may be facing, we are never without a faithful Friend. Like David, we need strength of soul to stand firm and remain steadfast in the face of life's adversities. God is more than willing and able to supply that strength in abundance, but we must draw near to Him and call upon Him. As we do, He will sustain us, preserve our peace, and strengthen us to remain faithful to Him.

2


Peace of God
Philippians 4:6-7 (NIV)
6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
Paul encouraged the believers in Philippi to present their requests to God through prayer and supplication, with thanksgiving, assuring them that the peace of God, which surpasses all understanding, would guard their hearts and minds in Christ Jesus. This echoes the message of Psalm 138. Although the soul, heart, and mind are distinct, they are closely interconnected. What takes place in our souls influences our hearts and minds, and vice versa. Ultimately, it is God alone who can increase the strength of our souls. The strengthening of our souls involves remaining steadfast in our emotions and feelings, receiving divine wisdom and perspective, learning to surrender our wills to God, and continually allowing the Holy Spirit, through God's Word, to shape our understanding of what is right and wrong. May we, therefore, continue to call upon the Lord in prayer, place our hope in Him, and patiently wait on Him. May we continually immerse ourselves in Scripture, asking God to revive our spirits and speak directly to us through His written Word. As we draw near to Him, may He continually renew and increase the strength of our souls. Amen!

3