

# Strength for the Weary Heart

by Mary Wilder Tileston

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*God promises to strengthen the heart through hope in Him, and provides the power and courage to perform any task through a trustful glance and the pouring in of His grace.*

**Scripture:** Psalm 39:9

**Topics:** "Spiritual Renewal", "Trusting God"

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## Description

Mary Wilder Tileston preaches about finding strength and courage in the Lord, emphasizing the importance of turning to God in times of weariness, distraction, or numbness. She encourages seeking gladness, refreshment, moderation, and recollection from the Heavenly Father, who is always ready to pour His grace into open hearts. By trusting in God and allowing His Spirit to control and renew our innermost feelings, we can find deepened, sweetened, and refilled springs of life within us.

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## Transcript

Be of good courage, and He shall strengthen your heart, all ye that hope in the Lord.

PSALMS 31:24

Lord, all my desire is before Thee.

PSALMS 39:9

THINK not again the wells of Life to fill,

By any conscious act of your own will;

Retire within the silence of your soul,

And let God's Spirit enter, and control.

The springs of feeling which you thought were stilled,

Shall so be deepened, sweetened, and refilled.

ANNA J. GRANNISS

WHEN you find that weariness depresses or amusement distracts you, you will calmly turn with an untroubled spirit to your Heavenly Father, who is always holding out His arms to you. You will look to Him for gladness and refreshment when depressed, for moderation and recollection when in good spirits, and you will find that He will never leave you to want. A trustful glance, a silent movement of the heart towards Him will renew your strength; and though you may often feel as if your soul were downcast and numb, whatever God calls you to do, He will give you power and courage to perform. Our Heavenly Father, so far from ever overlooking us, is only waiting to find our hearts open, to pour into them the torrents of His grace.

FRANÇOIS DE LA MOTHE FÉNELON

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