

**5 Minutes on Faith**  
**Finish Strong in 2024 - Day 5**  
**Episode #153**

**Friday, December 6, 2024**

**Day 5: Energy Management**

Finishing strong isn't just about doing more—it's about optimizing your energy, auditing your daily routines and honestly asking yourself some questions: Where are you losing time? What distractions are you allowing to zap your vitality? Have you taken a recent inventory of your life that includes: are you getting proper rest, the right nutrition, exercise and breaks to refresh during the day?

Regardless of what your life circumstances are, I believe the number one go to scripture for all of life's needs is found in **Matthew 6:33**

**" Seek first the Kingdom of God and His righteousness and all these things shall be added unto you"**

When we truly seek the LORD first and keep Him **first** in all areas of our lives He will, absolutely, add all that we need to know, prepare for, change, release, take on or step into.

If you are feeling weary, overwhelmed and low on energy rest in knowing **"He gives power to the weak and strength to the powerless. Isaiah 40:29**

**"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint." - Isaiah 40:31**

**If you will claim these promises, speaking them aloud over your life several times a day you will finish strong in 2024.  
Your life will be just as you speak!**