390 Quotes About Strength That Will Make You More Resilient

With the new day comes new strength and new thoughts. Eleanor Roosevelt

You have power over your mind – not outside events. Realize this, and you will find strength. Marcus Aurelius
Mastering others is strength, mastering yourself is true power.
Lao Tzu

Fall seven times, stand up eight.
Japanese proverb
Fall seven times, stand up eight. Japanese proverb

It is not the mountain we conquer but ourselves.
Edmund Hillary

No one saves us but ourselves.
No one can and no one may.
We ourselves must walk the path.
Buddha
No one saves us but ourselves. No one can and no one may. We ourselves must walk the path. **Buddha**

You never know how strong you are, until being strong is your only choice. **Bob Marley**

Shallow men believe in luck. Strong men believe in cause and effect. **Ralph Waldo Emerson**

Shallow men believe in luck. Strong men believe in cause and effect. **Ralph Waldo Emerson**
Some of us think holding on makes us strong; but sometimes it is letting go. Hermann Hesse

Be patient and tough; someday this pain will be useful to you. Ovid
Strength is a matter of a made up mind. John Beecher

The more you care, the stronger you can be. Jim Rohn
Life is truly known only to those who suffer, lose, endure adversity and stumble from defeat to defeat. Anais Nin

Fools give up fast. Strong men persevere. The wise keep going forever. Maxime Lagacé

Silence is a source of great strength. Lao Tzu
Silence is a source of great strength. Lao Tzu

See also: patience quotes, zen quotes, hard work quotes

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The Best Quotes About Strength

There are two ways of exerting one’s strength: one is pushing down, the other is pulling up. Booker T. Washington

Scar tissue is stronger than regular tissue. Realize the strength, move on. Henry Rollins

There are dark shadows on the earth, but its lights are stronger in the contrast. Charles Dickens

If you haven’t the strength to impose your own terms upon life, then you must accept the terms it offers you. T.S. Eliot

One who gains strength by overcoming obstacles possesses the only strength which can overcome adversity. Albert Schweitzer

The past is your lesson. The present is your gift. The future is your motivation. Unknown

Let me tell you the secret that has led me to my goal: my strength lies solely in my tenacity. Louis Pasteur

We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up, seeing it is not as dreadful as it appeared, discovering we have the strength to stare it down. Eleanor Roosevelt

Out of suffering have emerged the strongest souls; the most massive characters are seared with scars. Kahlil Gibran

Do not pray for an easy life. Pray for the strength to endure a difficult one. Bruce Lee Click to tweet

A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles. Christopher Reeve

For what it’s worth: it’s never too late to be whoever you want to be. I hope you live a life you’re proud of, and if you find you’re not, I hope you have the strength to start over again. F. Scott Fitzgerald
You will never do anything in the world without courage. It is the greatest quality of the mind next to honor. Aristotle

Courage isn’t having the strength to go on, it is going on when you don’t have the strength. Napoleon Bonaparte

He who believes is strong; he who doubts is weak. Strong convictions precede great actions. Louisa May Alcott Click to tweet

Love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is done well. Vincent van Gogh

When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure. Peter Marshall

Yielding will overcome anything superior to itself; its strength is boundless. Bruce Lee

The real man smiles in trouble, gathers strength from distress, and grows brave by reflection. Thomas Paine

This is the mark of a really admirable man: steadfastness in the face of trouble. Ludwig van Beethoven

Part 2. Quotes About Strength That Are…

The Most Famous Quotes About Strength (Gandhi, Einstein, Nietzsche, etc.)

Go to table of contents

Calm mind brings inner strength and self-confidence. Dalai Lama Click to tweet

Where there is no struggle, there is no strength. Oprah Winfrey

Strength does not come from physical capacity. It comes from an indomitable will. Mahatma Gandhi

Kites rise highest against the wind – not with it. Winston Churchill

Continuous effort – not strength or intelligence – is the key to unlocking our potential. Winston Churchill

This is no time for ease and comfort. It is time to dare and endure. Winston Churchill

Be sure you put your feet in the right place, then stand firm. Abraham Lincoln
Only strength can cooperate. Weakness can only beg. Dwight D. Eisenhower

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I lived through this horror. I can take the next thing that comes along.’ Eleanor Roosevelt

If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward. Martin Luther King Jr

Strength does not come from winning. Your struggles develop your strengths. Arnold Schwarzenegger

As long as we persevere and endure, we can get anything we want. Mike Tyson

I hated every minute of training, but I said, ‘Don’t quit. Suffer now and live the rest of your life as a champion. Muhammad Ali

Failure gave me strength. Pain was my motivation. Michael Jordan

I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection. Leonardo da Vinci

In the middle of a difficulty lies opportunity. Albert Einstein

We are only as strong as we are united, as weak as we are divided. J.K. Rowling (Harry Potter)

When you have exhausted all possibilities, remember this: you haven’t. Thomas A. Edison

Click to tweet

Success in golf depends less on strength of body than upon strength of mind and character. Arnold Palmer

The terrorists thought they would change my aims and stop my ambitions, but nothing changed in my life except this: weakness, fear and hopelessness died. Strength, power and courage were born. Malala Yousafzai

I would encourage us all, African Americans, Asians, Latinos, Whites, Native Americans to study history. I long for the time when all the human history is taught as one history. I am stronger because you are stronger. I am weaker if you are weak. So we are more alike than we are unlike. Maya Angelou

No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable. Socrates
Life is 10% what happens to me and 90% of how I react to it. John C. Maxwell

Don’t give up the fight. Stand up for your rights. Bob Marley

That which does not kill us makes us stronger. Friedrich Nietzsche

More famous quotes

**Short Quotes About Strength**

Go to table of contents

One-liners, short quotes about strength, sayings, thoughts and captions for your bio, social status, self-talk, motto, mantra, signs, posters, wallpapers, backgrounds.

Tough times never last, but tough people do. Robert H. Schuller [Click to tweet](#)

Do what is right, not what is easy. Roy T. Bennett

I like criticism. It makes you strong. LeBron James

Better to fight and fall than to live without hope. Volsunga (Viking quotes)

People do not lack strength, they lack will. Victor Hugo

Strength doesn’t come from winning. Arnold Schwarzenegger

If you have no struggles, you’ll have no strength. Tim Fargo

Never give up. Great things take time. Frank Zane

Growth is overrated. Endurance is underrated. Shane Parrish

I realized that my strength was being different. Betsey Johnson

Problems are messages. Shakti Gawain

Storms make trees take deeper roots. Unknown (Submitted by the Wisdom Quotes Community)

You are never given anything in this world that you can’t handle. Unknown

Falling down is an accident. Staying down is a choice. Unknown

What you allow is what will continue. Unknown

The only thing that can stop me, is me. Unknown
Remember, when you forgive, you heal. And when you let go, you grow. Unknown

It will never be perfect. Make it work. Life

Adversity is the first path to truth. Lord Byron Click to tweet

Stay strong. Stand up. Have a voice. Shawn Johnson

You are the only you there is and ever will be. Jen Sincero (You Are A Badass)

Heroism is endurance for one moment more. George F. Kennan

Problems are the price you pay for progress. Branch Rickey

Freedom comes from strength and self-reliance. Lisa Murkowski

If one suffers we all suffer. Togetherness is strength. Courage. Jean-Bertrand Aristide

Strength of mind is exercise, not rest. Alexander Pope

When the going gets tough, the tough get going. Joseph Kennedy

This too shall pass away. Ella Wheeler Wilcox

More short quotes

You may also like:
Inspirational, Emotional And Encouraging Quotes About Strength

Go to table of contents

- A great pleasure in life is doing what people say you cannot do. Walter Bagehot [Click to tweet](#)
- I’ve never met a strong person with an easy past. Atticus
- It’s not always necessary to be strong, but to feel strong. Jon Krakauer (Into The Wild)
- Being mentally strong doesn’t mean you won’t feel afraid. Instead, mental strength is about feeling afraid and doing it anyway. Amy Morin
- Be strong. Live honorably and with dignity. When you don’t think you can, hold on. James Frey
- Make up your mind that no matter what comes your way, no matter how difficult, no matter how unfair, you will do more than simply survive. You will thrive in spite of it. Joel Osteen
Stand up to your obstacles and do something about them. You will find that they haven’t half the strength you think they have. Norman Vincent Peale

Leverage the strength that you have: that no one else can be you. Todd Wheatland

Life is very interesting. In the end, some of your greatest pains become your greatest strengths. Drew Barrymore

In times of crisis, people reach for meaning. Meaning is strength. Our survival may depend on our seeking and finding it. Dawna Markova

May you grow up to be righteous, may you grow up to be true. May you always know the truth and see the lights surrounding you. May you always be courageous, stand upright and be strong. May you stay forever young. Bob Dylan

We are stronger, gentler, more resilient, and more beautiful than any of us imagine. Mark Nepo

You have been chosen, and you must therefore use such strength and heart and wits as you have. J.R.R. Tolkien

The strongest people are not those who show strength in front of us, but those who win battles we know nothing about. Unknown

Be gentle with yourself. You’re doing the best you can. Unknown

Even the darkest night will end and the sun will rise. Unknown

The task ahead of you is never greater than the strength within you. Unknown Click to tweet

Smiles can hide so much; fear, pain, sadness, tears. But than again they reflect one thing: strength. Unknown

Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict. William Ellery Channing

Make mistakes of ambition and not mistakes of sloth. Develop the strength to do bold things, not the strength to suffer. Niccolò Machiavelli

In the mountains of truth you will never climb in vain; either you will get up higher today or you will exercise your strength so as to be able to get up higher tomorrow. Friedrich Nietzsche
Be soft. Do not let the world make you hard. Do not let the pain make you hate. Do not let the bitterness steal your sweetness. Take pride that even though the rest of the world may disagree, you still believe it to be a beautiful place. Iain Thomas

Life is a storm that will test you unceasingly. Don’t wait for calm waters that may not arrive. Derive purpose from resilience. Learn to sail the raging sea. The Stoic Emperor

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world. Harriet Tubman

We don’t even know how strong we are until we are forced to bring that hidden strength forward. Isabel Allende

When adversity strikes, that’s when you have to be the most calm. Take a step back, stay strong, stay grounded and press on. LL Cool J

The man who has done his best has done everything. Charles M. Schwab

Perhaps I am stronger than I think. Thomas Merton

See also: positive quotes, encouraging quotes

See also: 10 Strategies to Make Yourself Mentally Stronger

**Funny And Surprising Quotes About Strength**

Go to table of contents

- When your dreams turn to dust, vacuum. Unknown [Click to tweet](#)

- Bad is never good until worse happens. Danish proverb

- There’s nothing that cleanses your soul like getting the hell kicked out of you. Woody Hayes

- All the adversity I’ve had in my life, all my troubles and obstacles, have strengthened me… You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you. Walt Disney

- I have heard there are troubles of more than one kind. Some come from ahead and some come from behind. But I’ve bought a big bat. I’m all ready you see. Now my troubles are going to have troubles with me! Dr. Seuss

- Atheism shows strength of mind, but only to a certain degree. Blaise Pascal

- Remember that guy that gave up? Neither does anyone else. Unknown [Click to tweet](#)
The world breaks everyone, and afterward, some are strong at the broken places. Ernest Hemingway

Be faithful in small things because it is in them that your strength lies. Mother Teresa

The men who learn endurance, are they who call the whole world, brother. Charles Dickens

Too often the strong, silent man is silent only because he does not know what to say, and is reputed strong only because he has remained silent. Winston Churchill

Strength lies in differences, not in similarities. Stephen R. Covey

Strength doesn’t come from what you can do. It comes from overcoming the things you once thought you couldn’t. Rikki Rogers

I survived because the fire inside me burned brighter than the fire around me. Joshua Graham

Nothing is so strong as gentleness, nothing so gentle as real strength. Francis De Sales

We draw our strength from the very despair in which we have been forced to live. Cesar Chavez

It is not good to see people who have been pretending strength all their lives lose it even for a minute. Lillian Hellman

War is peace. Freedom is slavery. Ignorance is strength. George Orwell

Throw me to the wolves and I will return leading the pack. Seneca

It is the weak man who urges compromise – never the strong man. Elbert Hubbard

In the depth of winter, I finally learned that within me there lay an invincible summer. Albert Camus

The strength in power is knowing when not to use it. Unknown

Strength is nothing more than how well you hide the pain. Unknown

Where is the man who has the strength to be true, and to show himself as he is? Johann Wolfgang von Goethe
The strength of a nation derives from the integrity of the home. Confucius

Patience and time do more than strength or passion. Jean de La Fontaine

Endurance is nobler than strength, and patience than beauty. John Ruskin

More deep quotes

**Wise Quotes And Proverbs About Strength (Words Of Wisdom)**

Go to table of contents

- He who has a why to live can bear almost any how. Friedrich Nietzsche [Click to tweet]
- Fortitude is the guard and support of the other virtues. John Locke
- Let me embrace thee, sour adversity, for wise men say it is the wisest course. William Shakespeare
- To have become a deeper man is the privilege of those who have suffered. Oscar Wilde
- Success is achieved by developing our strengths, not by eliminating our weaknesses. Marilyn vos Savant
- You can’t really be strong until you see a funny side to things. Ken Kesey
- Every strength is also a weakness. The opposite is true as well. Neil Strauss
- Humility teaches courage. Weakness teaches strength. And grief teaches love. So you must treasure them, not hate yourself for them. Umair Haque
- Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. Rachel Carson
- The struggle you’re in today is developing the strength you need for tomorrow. Robert Tew
- If you would know strength and patience, welcome the company of trees. Hal Borland
- We gain the strength of the temptation we resist. Ralph Waldo Emerson
- Strength does not have to be belligerent and loud. Russell Brand
- Humility to learn. Strength to endure. Vision to transform. Will to act. Virtue to act rightly. Wisdom to accept the inevitable. The Stoic Emperor
Accepting the inevitable is the beginning of strength and freedom. Embrace all chaos that is out of your control. This is how it is. Why should it be otherwise? The Stoic Emperor

Nothing in the world is more yielding and softer than water; yet it penetrates the hardest. Insubstantial, it enters where no room is. It is so fine that it is impossible to grasp a handful of it; strike it, yet it does not suffer hurt; stab it, and it is not wounded. Bruce Lee

The strongest is he that makes use of his opponent’s strength — be the bamboo tree which bends toward the wind; and when the wind ceases, it springs back stronger than before. Bruce Lee

Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul. John Muir (See also: [beautiful quotes](#))

The five separate fingers are five independent units. Close them and the fist multiplies strength. This is organization. James Cash Penney

The undertaking of a new action brings new strength. Richard L. Evans

A single twig breaks, but the bundle of twigs is strong. Tecumseh

I ask not for a lighter burden, but for broader shoulders. Jewish proverb

One may go a long way after one is tired. French proverb

God gave burdens, also shoulders. Yiddish proverb

The bamboo that bends is stronger than the oak that resists. Japanese proverb

More wisdom quotes

See also: [stoic quotes](#)

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**Part 3. Strength Quotes About About…**

**Strength Quotes About Life, Courage, Fear**

Go to table of contents

Life doesn’t get easier or more forgiving, we get stronger and more resilient. Steve Maraboli

Nothing has more strength than dire necessity. Euripides

Scared is what you’re feeling. Brave is what you’re doing. Emma Donoghue
Work is not man’s punishment. It is his reward and his strength and his pleasure. George Sand

Worry does not empty tomorrow of its sorrow; it empties today of its strength. Corrie Ten Boom

I don’t really want to become normal, average, standard. I want merely to gain in strength, in the courage to live out my life more fully, enjoy more, experience more. I want to develop even more original and more unconventional traits. Anaïs Nin

When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid. Audre Lorde

The solution to most of our deepest troubles is simple, human courage. The courage to look inward. The courage to take those first bold steps. The courage to find the thing you fear most and charge heroically toward it. Beau Taplin

Joy is prayer; joy is strength: joy is love; joy is a net of love by which you can catch souls. Mother Teresa

The world is the great gymnasium where we come to make ourselves strong. Swami Vivekananda

Our ability to handle life’s challenges is a measure of our strength of character. Les Brown

There is a stubbornness about me that never can bear to be frightened at the will of others. My courage always rises at every attempt to intimidate me. Jane Austen

Keep your fears to yourself, but share your courage with others. Robert Louis Stevenson

“I’m gonna make you happy, but first, I’ll make you strong.” said Life.

Surprise yourself every day with your own courage. Denholm Elliott

We don’t grow when things are easy. We grow when we face challenges. Unknown

Your body can stand almost anything. It’s your mind that you have to convince. Unknown

Promise me you’ll always remember: You’re braver than you believe, and stronger than you seem, and smarter than you think. Winnie the Pooh (A. A. Milne)

Courage is the most important of all the virtues because without courage, you can’t practice any other virtue consistently. Maya Angelou

He is greatest whose strength carries up the most hearts by the attraction of his own. Henry Ward Beecher
He knows not his own strength who hath not met adversity. William Samuel Johnson

Courage is being scared to death, but saddling up anyway. John Wayne

See also: being strong quotes, inspirational quotes for men

Strength Quotes About Hard Times, Loneliness, Perseverance

Let perseverance be your engine and hope your fuel. H. Jackson Brown Jr Click to tweet

Great works are performed, not by strength, but perseverance. Samuel Johnson

Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see the possibilities… always see them… for they’re always there. Norman Vincent Peale

Strength and growth come only through continuous effort and struggle. Napoleon Hill

A darkening hour is as much an opportunity for heroism as despair. The Stoic Emperor

If you learn to really sit with loneliness and embrace it for the gift that it is… an opportunity to get to know you, to learn how strong you really are, to depend on no one but you for your happiness… you will realize that a little loneliness goes a long way in creating a richer, deeper, more vibrant and colorful you. Mandy Hale

Continue to be true to yourself and the hard times will work themselves out. Louis C.K. (See also: be yourself quotes)

In the end, life is about passion, and that is exactly what will help you get through the tough times. Never forget that even in your darkest moments. Louis C.K.

Loneliness adds beauty to life. It puts a special burn on sunsets and makes night air smell better. Henry Rollins

Remember never to say that you are alone, for you are not alone; nay, God is within, and your genius is within. Epictetus

Sometimes is takes an overwhelming breakdown to have an undeniable breakthrough. Unknown Click to tweet

The harder you fall, the heavier your heart; the heavier your heart, the stronger you climb; the stronger you climb, the higher your pedestal. Criss Jami
Through every dark night, there’s a bright day after that. So no matter how hard it get, stick your chest out, keep your head up, and handle it. Tupac Shakur

Endurance is not just the ability to bear a hard thing, but to turn it into glory. William Barclay

Permanence, perseverance and persistence in spite of all obstacles, discouragements, and impossibilities: It is this, that in all things distinguishes the strong soul from the weak. Thomas Carlyle

I do believe in the old saying, ‘What does not kill you makes you stronger.’ Our experiences, good and bad, make us who we are. By overcoming difficulties, we gain strength and maturity. Angelina Jolie (See also: maturity quotes)

In solitude the mind gains strength and learns to lean upon itself. Laurence Sterne

Anyone can give up; it’s the easiest thing in the world to do. But to hold it together when everyone would expect you to fall apart, that’s true strength. Chris Bradford

Every calamity is to be overcome by endurance. Virgil

For a tree to become tall it must grow tough roots among the rocks. Friedrich Nietzsche

A diamond is a chunk of coal that did well under pressure. Henry Kissinger

New beginnings are often disguised as painful endings. Lao Tzu

More hard times quotes, hope quotes

Quotes About Inner Strength, Mental Strength, Zen

Go to table of contents

The sun shines not on us but in us. John Muir Click to tweet

What we achieve inwardly will change outer reality. Otto Rank

The soul that is within me no man can degrade. Frederick Douglass

Strength of mind rests in sobriety; for this keeps your reason unclouded by passion. Pythagoras

One should be in harmony with, and not rebellion against, the strength of the opponent. Bruce Lee

If we’re facing in the right direction, all we have to do is keep on walking. Joseph Goldstein
As we advance in life it becomes more and more difficult, but in fighting the difficulties the inmost strength of the heart is developed. Vincent van Gogh

Go within every day and find the inner strength so that the world will not blow your candle out. Katherine Dunham

The turning point in the process of growing up is when you discover the core of strength within you that survives all hurt. Max Lerner

No matter what kind of challenges or difficulties or painful situations you go through in your life, we all have something deep within us that we can reach down and find the inner strength to get through them. Alana Stewart

When we meet real tragedy in life, we can react in two ways – either by losing hope and falling into self-destructive habits, or by using the challenge to find our inner strength. Dalai Lama

It doesn’t take a lot of strength to hang on. It takes a lot of strength to let go. J. C. Watts

Be strong enough to let go and wise enough to wait for what you deserve. Unknown

Train your mind to keep calm in every situation. Unknown (See also: calm quotes)

Few men during their lifetime come anywhere near exhausting the resources dwelling within them. There are deep wells of strength that are never used. Richard E. Byrd

Sometimes letting things go is an act of far greater power than defending or hanging on. Eckhart Tolle Click to tweet

I was always looking outside myself for strength and confidence but it comes from within. It is there all the time. Anna Freud

Give us grace and strength to forbear and to persevere. Give us courage and gaiety and the quiet mind, spare to us our friends, soften to us our enemies. Robert Louis Stevenson

We will not find the inner strength to evolve to a higher level if we do not inwardly develop this profound feeling that there is something higher than ourselves. Rudolf Steiner

A mind at peace, a mind centered and not focused on harming others, is stronger than any physical force in the universe. Wayne Dyer

There is little that can withstand a man who can conquer himself. Louis XIV

You have to rely on whatever sparks you have inside. Lisa Kleypas

Deep roots are not reached by the frost. J.R.R. Tolkien
She was stronger alone. Jane Austen

Tolerance is a virtue that depends upon peace and strength. Charles Lindbergh

If your heart acquires strength, you will be able to remove blemishes from others without thinking evil of them. Mahatma Gandhi

Love is not just admiration for strength, it is also tolerance for weakness and recognition of ambivalence. Alain de Botton

Tears shed for another person are not a sign of weakness. They are a sign of a pure heart. José N. Harris

To be capable of steady friendship or lasting love, are the two greatest proofs, not only of goodness of heart, but of strength of mind. William Hazlitt

Sometimes you just have to die a little inside in order to be reborn and rise again as a stronger and wiser version of you. Unknown

The true mark of maturity is when somebody hurts you and you try to understand their situation instead of trying to hurt them back. Unknown

Being single doesn’t mean you’re weak, it means that you’re strong enough to wait for the right person. Niall Horan

Grudges are for those who insist that they are owed something; forgiveness, however, is for those who are substantial enough to move on. Criss Jami

Nothing is more beautiful than the smile that has struggled through the tears. Demi Lovato

If I am to be fallen into love, I will. And if as a result I will appear to be stupid, disillusioned, and of poor judgment, I will. And I would be damned if I cared what other people think. For I would rather be thought of as all of these things, than not love. C. JoyBell C.

If you want to forget something or someone, never hate it, or never hate him/her. Everything and everyone that you hate is engraved upon your heart; if you want to let go of something, if you want to forget, you cannot hate. C. JoyBell C.
You have to love. You have to feel. It is the reason you are here on earth. You are here to risk your heart. Louise Erdrich

It gives me strength to have somebody to fight for; I can never fight for myself, but, for others, I can kill. Emilie Autumn

It’s not that you should never love something so much that it can control you. It’s that you need to love something that much so you can never be controlled. It’s not a weakness. It’s your best strength. Patrick Ness

If you have been brutally broken but still have the courage to be gentle to other living beings, than you’re a badass with a heart of an angel. Keanu Reeves

And now I’ll do what’s best for me. Unknown

See also: hurt quotes

See also: How To Improve Your Mindset, Build Strength, And Make A Living Doing What You Love

**Quotes About Strength, Prayer, Hope, Confidence**

Go to table of contents

<table>
<thead>
<tr>
<th>Prayer is man’s greatest power. W. Clement Stone <strong>Click to tweet</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Without self-confidence we are as babes in the cradle. Virginia Woolf</td>
</tr>
<tr>
<td>The fewer the words, the better the prayer. Martin Luther</td>
</tr>
<tr>
<td>Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. Lao Tzu</td>
</tr>
<tr>
<td>Let me not beg for the stilling of my pain but for the heart to conquer it. Let me not look for allies in life’s battlefield but to my own strength. Let me not crave in anxious fear to be saved but hope for the patience to win my freedom. Rabindranath Tagore</td>
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<tr>
<td>A single grateful thought toward heaven is the most perfect prayer. Gotthold Ephraim Lessing</td>
</tr>
<tr>
<td>Prayer is the greater work. Oswald Chambers</td>
</tr>
<tr>
<td>Everything comes to you in the right moment. Be patient. Be grateful. Unknown</td>
</tr>
<tr>
<td>When you have lost hope, you have lost everything. And when you think all is lost, when all is dire and bleak, there is always hope. Pittacus Lore</td>
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Remember, the storm is a good opportunity for the pine and the cypress to show their strength and their stability. Ho Chi Minh

Faith is the strength by which a shattered world shall emerge into the light. Helen Keller

Click to tweet

Physical strength can never permanently withstand the impact of spiritual force. Franklin D. Roosevelt

Any concern too small to be turned into a prayer is too small to be made into a burden. Corrie Ten Boom

Faith gives you an inner strength and a sense of balance and perspective in life. Gregory Peck

Is prayer your steering wheel or your spare tire? Corrie ten Boom

Time spent in prayer is never wasted. Francis Fenelon

More spiritual quotes

Quotes About Strength, God, The Bible

Go to table of contents

About God

God give me strength to face a fact though it slay me. Thomas Huxley  

Click to tweet

God has always given me the strength to say what is right. Rosa Parks

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Reinhold Niebuhr (Serenity Prayer, wikipedia.org)

God, our Creator, has stored within our minds and personalities, great potential strength and ability. Prayer helps us tap and develop these powers. A. P. J. Abdul Kalam

A key to strengthening spiritual muscles and enduring hardship is finding strength in the Word of God. Walter Martin

In all my perplexities and distresses, the Bible has never failed to give me light and strength. Robert E. Lee

The function of prayer is not to influence God, but rather to change the nature of the one who prays. Soren Kierkegaard
A tree says: My strength is trust. I know nothing about my fathers, I know nothing about the thousand children that every year spring out of me. I live out the secret of my seed to the very end, and I care for nothing else. I trust that God is in me. Herman Hesse

God, grant me strength to accept those things I cannot change. Dan Brown

God does nothing except in response to believing prayer. John Wesley

Some of God’s greatest gifts are unanswered prayers. Garth Brooks

Infinite strength is religion and God. Swami Vivekananda

Prayer is the nearest approach to God. William Law

From The Bible

- Cast all your anxiety on him because he cares for you. 1 Peter 5:7 [Click to tweet]
- My presence will go with you, and I will give you rest. Exodus 33:14
- Do not grieve, for the joy of the Lord is your strength. Nehemiah 8:10
- The name of the Lord is a strong tower; the righteous run into it and are safe. Proverbs 18:10
- So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10
- In repentance and rest is your salvation, in quietness and trust is your strength. Isaiah 30:15
- He gives power to the weak and strength to the powerless. Isaiah 40:29
- When I called, you answered me; you made me bold and stouthearted. Psalm 138:3
- When the righteous cry for help, the Lord hears, and rescues them from all their troubles. Psalm 34:17
- The Lord is a refuge for the oppressed, a stronghold in times of trouble. Psalm 9:9-10
- God is our refuge and strength, an ever-present help in trouble. Psalm 46:1
- I can do all this through him who gives me strength. Philippians 4:13

Quotes About Strength, Death, Losing Someone

Go to table of contents

- Whoever brought me here, will have to take me home. Rumi [Click to tweet]
I worshipped dead men for their strength, forgetting I was strong. Vita Sackville-West

The best and most beautiful things in the world cannot be seen, nor touched, but are felt in the heart. Helen Keller

For life and death are one, even as the river and the sea are one. Kahlil Gibran

We meet but briefly in life, if we touch each other with stardust – that is everything. Unknown

A death is not the extinguishing of a light, but the putting out of the lamp because the dawn has come. Unknown

We all die. The goal isn’t to live forever, the goal is to create something that will. Chuck Palahniuk

Life is a dream walking, death is a going home. Chinese proverb

Only people who are capable of loving strongly can also suffer great sorrow, but this same necessity of loving serves to counteract their grief and heals them. Leo Tolstoy

Unable are the loved to die. For love is immortality. Emily Dickinson

The world is full of suffering. It is also full of overcoming. Helen Keller

What we have once enjoyed, we can never lose. All that we love deeply becomes part of us. Helen Keller

If life must not be taken too seriously, then so neither must death. Samuel Butler

More death quotes

Quotes About Strength, Illness, Cancer, Healing

Go to table of contents

The wound is the place where the light enters you. Rumi

When life kicks you, let it kick you forward. Kay Yow

Healing yourself is connected with healing others. Yoko Ono

When the unthinkable happens, the lighthouse is hope. Once we choose hope, everything is possible. Christopher Reeve
Your past has given you the strength and wisdom you have today, so celebrate it. Don’t let it haunt you.

I believe it to be a primary principle of success; ‘mens sana in corpora sano’ — a sound mind in a sound body. The mind in a weak body produces weak ideas; a strong body gives strength to the thought of the mind. Alexander Graham Bell

You are strong when you know your weaknesses. You are beautiful when you appreciate your flaws. You are wise when you learn from your mistakes. Unknown

You wake up every morning to fight the same demons that left you so tired the night before, and that, my love, is bravery. Unknown

Healing takes courage, and we all have courage, even if we have to dig a little to find it. Tori Amos

You can’t calm the storm, so stop trying. What you can do is calm yourself. The storm will pass. Timber Hawkeye

Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work; you don’t give up. Anne Lamott

Healing requires from us to stop struggling, but to enjoy life more and endure it less. Darina Stoyanova

Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keep friends. It lightens human burdens. It is the direct route to serenity and contentment. Greenville Kleisser

Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today. Thich Nhat Hanh

There is an alchemy in sorrow. It can be transmuted into wisdom, which, if it does not bring joy, can yet bring happiness. Pearl S. Buck

Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible. Francis of Assisi

All healing is first a healing of the heart. Carl Townsend Click to tweet

Each patient carries his own doctor inside him. Norman Cousins

Some days there won’t be a song in your heart. Sing anyway. Emory Austin

See also: Finding Calm in the Face of Cancer
Quotes About Strength, Weakness, Being Kind

Weak people revenge. Strong people forgive. Intelligent people ignore. Albert Einstein

Out of your vulnerabilities will come your strength. Sigmund Freud

Rudeness is a weak imitation of strength. Eric Hoffer

Only the weak are cruel. Gentleness can only be expected from the strong. Leo Buscaglia

Understand: if you are weak and ask for little, little is what you will get. Robert Greene

Strength is not when the body is strong and the mind weak, but rather when the body is weak and the mind strong. Unknown

Once you’ve accepted your flaws, no one can use them against you. Tyrion Lannister (Games Of Thrones)

Don’t confuse civility with weakness. It takes a great deal of determination, strength and wisdom to treat another with courtesy and respect while they treat you with arrogance, disrespect and scorn. Bill Lewis

Sometimes you don’t realize your own strength until you come face to face with your greatest weakness. Susan Gale

Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it. Ann Landers

Focus on your strengths, not your weaknesses. Focus on your character, not your reputation. Focus on your blessings, not your misfortunes. Roy T. Bennett

Know that every time you feel weak, you not only hurt yourself but also the cause. Infinite faith and strength are the only conditions of success. Swami Vivekananda

Tears shed for self are tears of weakness, but tears shed for others are a sign of strength. Billy Graham

Patience is the support of weakness; impatience the ruin of strength. Charles Caleb Colton

My strength is my compassion. Patrik Baboumian

The weaker you are the louder you bark. Tenten
Only the gentle are ever really strong. James Dean  Click to tweet

See also: attitude quotes

Quotes About Strength, Success, Motivation

Go to table of contents

- You can do anything you set your mind to. Benjamin Franklin  Click to tweet
- Discipline is remembering what you want. David Campbell
- Mental toughness is essential to success. Vince Lombardi
- The man on top of the mountain didn’t fall there. Vince Lombardi
- Unity is strength… when there is teamwork and collaboration, wonderful things can be achieved. Mattie Stepanek
- The size of your success is measured by the strength of your desire; the size of your dream; and how you handle disappointment along the way. Robert Kiyosaki
- Fortitude is the marshal of thought, the armor of the will, and the fort of reason. Francis Bacon
- My strength is as the strength of ten, because my heart is pure. Alfred Lord Tennyson
- Strength isn’t about bearing a cross of grief or shame. Strength comes from choosing your own path, and living with the consequences. Jenny Trout
- The greater the obstacle, the more glory in overcoming it. Moliere
- Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing. August Wilson
- The difference between the difficult and the impossible is that the impossible takes a little longer time. Lady Aberdeen
- Go so far away that you stop being afraid of not coming back. Eve Ensler
- Good actions give strength to ourselves and inspire good actions in others. Plato
- The strength of a man’s virtue should not be measured by his special exertions, but by his habitual acts. Blaise Pascal
Be very strong… be very methodical in your life if you want to be a champion. Alberto Juantorena

A truly strong person does not need the approval of others any more than a lion needs the approval of sheep. Vernon Howard

My strength did not come from lifting weights. My strength came from lifting myself up when I was knocked down. Bob Moore

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all. Dale Carnegie

If you can find a path with no obstacles, it probably doesn’t lead anywhere. Frank A. Clark

What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value. Thomas Paine

Hardship prepares ordinary people for an extraordinary destiny. C.S. Lewis

Sure I am of this, that you have only to endure to conquer. Winston Churchill

A smooth sea never made a skilled sailor. Franklin D. Roosevelt

More success quotes

Part 4. Quotes About Strength For…

Top 10 Quotes About Strength For Women, Mothers

Better to be strong than pretty and useless. Lilith Saintcrow Click to tweet

A strong woman is a woman determined to do something others are determined not be done. Marge Piercy

Being glamorous is about strength and confidence. It’s black and white – dramatic. You have to be strong. Catherine Zeta-Jones

Be that fearless girl, the one who would dare to do anything, be that independent girl who didn’t need a man; be that girl who never backed down. Taylor Swift

I think scars are like battle wounds – beautiful, in a way. They show what you’ve been through and how strong you are for coming out of it. Demi Lovato
I hate to hear you talk about all women as if they were fine ladies instead of rational creatures. None of us want to be in calm waters all our lives. Jane Austen

I believe in being strong when everything seems to be going wrong. I believe that happy girls are the prettiest girls. I believe that tomorrow is another day and I believe in miracles. Audrey Hepburn

Life is very interesting… in the end, some of your greatest pains, become your greatest strengths. Drew Barrymore

What is important is to believe in something so strongly that you’re never discouraged. Salma Hayek

Anyone can hide. Facing up to things, working through them, that’s what makes you strong. Sarah Dessen

See also: 5 Expert-Approved Ways To Build Mental Toughness

Top 10 Quotes About Strength For Men, Fathers

Difficulties strengthen the mind, as labor does the body. Seneca Click to tweet

Be brave. Take risks. Nothing can substitute experience. Paulo Coelho

Never say never, because limits, like fears, are often just an illusion. Michael Jordan

Strength is the product of struggle, you must do what others don’t to achieve what others won’t. Henry Rollins

When a man loves a woman she becomes his weakness. When a woman loves a man he becomes her strength. The is called an exchange of power. Unknown

Don’t wait for extraordinary opportunities. Seize common occasions and make them great. Weak men wait for opportunities; strong men make them. Orison Swett Marden

Don’t be afraid of your fears. They’re not there to scare you. They’re there to let you know that something is worth it. C. JoyBell C.

Extraordinary people survive under the most terrible circumstances and they become more extraordinary because of it. Robertson Davies

Those who dare to fail miserably can achieve greatly. John F. Kennedy

Freedom lies in being bold. Robert Frost
Part 5. Conclusion

It’s not the strength of the body that counts, but the strength of the spirit. J.R.R Tolkien

Call to action: Read 10 Ways to Improve Your Resilience

Table Of Contents

Part 1
Top 15 Images
Best Strength Quotes

Part 2
Strength Quotes That ARE
Famous
Short
Inspirational
Funny
Deep
Wise

Part 3
Strength Quotes ABOUT
Life
Hard Times
Inner Strength
Love
Prayer
God
Death
Illness
Weakness
Success

Part 4
Strength Quotes FOR
Women
Men