Strength grows in the moments when you think you can't go on, but you keep going anyway.

Lord, help me this day with your strength. Fill me with determination and strength of purpose for what needs to be done. And when I think that I can't go on, encourage me to take just one more step.
Let me look back on this day with the joy that comes from knowing that I gave it my all and did more than I thought was possible.
Amen