



# FIRST BAPTIST CHURCH GARDEN CITY

## MESSAGE NOTES

### Summer Strong

Sunday, June 7, 2026 | Tommy Duke  
First Baptist Church of Garden City

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*“Do not waste time arguing over godless ideas and old wives’ tales. Instead, train yourself to be godly. ‘Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.’” – 1 Timothy 4:7-8*

#### Encouragement to Grow Strong in the Lord:

*“For I long to visit you so I can bring you some spiritual gift that will help you grow strong in the Lord.” – Romans 1:11*

*“Be on guard. Stand firm in the faith. Be courageous. Be strong.” – 1 Corinthians 16:13*

*“Stand firm against him, and be strong in your faith. Remember that your family of believers all over the world is going through the same kind of suffering you are.” – 1 Peter 5:9*

*“But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.” – Isaiah 40:31*

*“But the godly will flourish like palm trees and grow strong like the cedars of Lebanon.”  
– Psalm 92:12*

#### SIX HABITS TO CONTINUE GROWING STRONG IN THE LORD THIS SUMMER:

1) S \_\_\_\_\_ MYSELF DAILY WITH \_\_\_\_\_.

*“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.” – 2 Timothy 3:16-17*

*“Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.” – Joshua 1:8*

2) T \_\_\_\_\_ TO GOD THROUGH \_\_\_\_\_.

*“I love the Lord because he hears my voice and my prayer for mercy. Because he bends down to listen, I will pray as long as I have breath!” – Psalm 116:1-2*

*“Never stop praying.” – 1 Thessalonians 5:17*

3) R \_\_\_\_\_ TO GOD IN \_\_\_\_\_.

*“Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts.”*

*– Colossians 3:16*

*“Sing a new song to the Lord, for he has done wonderful deeds. His right hand has won a mighty victory; his holy arm has shown his saving power!” – Psalm 98:1*

4) O \_\_\_\_\_ THE LORD BY \_\_\_\_\_.

*(Jesus) “But among you it will be different. Whoever wants to be a leader among you must be your servant, and whoever wants to be first among you must become your slave. For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.”*

*– Matthew 20:26-28*

*“Just as our bodies have many parts and each part has a special function, so it is with Christ’s body. We are many parts of one body, and we all belong to each other. In his grace, God has given us different gifts for doing certain things well.” – Romans 12:4-6*

5) N \_\_\_\_\_ ABOUT JESUS.

*“...You must worship Christ as Lord of your life. And if someone asks about your hope as a believer, always be ready to explain it. But do this in a gentle and respectful way.” – 1 Peter 3:15-16*

*(Jesus) “The harvest is great, but the workers are few. So pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields.” – Matthew 9:37-38*

6) G \_\_\_\_\_ TO THE \_\_\_\_\_.

*“Wherever your treasure is, there the desires of your heart will also be.” – Matthew 6:21*

**Memory Verse:**

*“Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.” – Colossians 2:7*

## MY NEXT STEP TODAY IS TO:

- Memorize Colossians 2:7.
- Give my spiritual health plan (Bible/prayer/private worship) a tune-up, starting this week.
- Exercise my spiritual muscles through serving, sharing, and giving regularly this summer.
- Attend the *Character Builder* Sunday series (as much as possible).
- Sign up for Growth Group No. \_\_\_\_\_.

\* Join us again next Sunday, June 14, at 11:00am for the beginning of our new *Character Builder* teaching series for the summer. We'll be learning more about God's character as revealed through the Old Testament Prophets. Invite a friend or family member to attend with you!



*Bible verses are from the New Living Translation (NLT) unless otherwise noted.*

Scan the QR Code on the left to connect with FBC Garden City on the YouVersion Bible app.

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