



BE STRONG

- In what ways are you strong?

Ephesians 6:10-18 NIV

10 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God. 18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

- To be strong in the Lord will require:

- Time
- Training
- Teammates

- Strength in the Lord requires time.

Isaiah 40:30-31 ESV

30 Even youths shall faint and be weary, and young men shall fall exhausted; 31 but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

- Strength in the Lord requires training.

Hebrews 5:12-14 NLT

12 You have been believers so long now that you ought to be teaching others. Instead, you need someone to teach you again the basic things about God's word. You are like babies who need milk and cannot eat solid food. 13 For someone who lives on milk is still an infant and doesn't know how to do what is right. 14 Solid food is for those who are mature, who through training have the skill to recognize the difference between right and wrong.

- Strength in the Lord requires teammates.

1 Samuel 23:15-16 NIV

15 While David was at Horesh in the Desert of Ziph, he learned that Saul had come out to take his life. 16 And Saul's son Jonathan went to David at Horesh and helped him find strength in God.

- Decide to become strong in the Lord.
 - Devote time to being in His presence.

- Develop a training regimen.
- Deepen your relationship with a teammate.