



NL
NO LIMITS
WITH PASTOR DELMAN



STRENGTHENING

YOUR

ACHILLES



S E R M O N G U I D E

Strengthening Your Achilles

Genesis 20:1-3

INTRODUCTION

As I read today’s key text, I wonder why the writer of this text would duplicate such a shameful incident from Abraham’s life? Why tell us again about this moral flaw and ethical vulnerability in the character profile of such a great man of God? Why tell us that? What are we to gain from reading about his moral weakness again? Why not tell us about his riches, his wealth, his possessions, his success, and great faith? Why not tell us about his worship life, the people he has helped, the progress he is making? Why remind us about this again? And I think it’s because God wants us to understand what it is that makes for true spiritual success; that spiritual success does not mean we are morally perfect and have no flaws. It means that we are able to rely on God in the midst of our weaknesses and have a posture of humility as we grow in our relationship with Him.

KEY POINTS

1. Become Aware Of Your Weaknesses

We have areas wherein we’re strong, but we also have areas that we need to work on as well. And if you want to strengthen that area of weakness, if you want to strengthen your Achilles heel, the first thing I think you must do is to become aware of your weakness. Perhaps Abraham is still dealing with this issue, his inclination to fudge the facts of his relationship with Sarah because he lacks the spiritual awareness to realize that even after 25 years of walking with God, 25 years of praying to God, and 25 years of following God, that he’s not perfect and has some things to work on.

Awareness of your weakness or weaknesses is the first step to getting victory over them. Having a good spiritual IQ means being aware of your moral blind spots. It’s why Socrates talked about the perils and the pitfalls of the unexamined life, and it’s precisely when you think you are beyond reproach or beyond falling that you fall. When was the last time you took inventory of the areas in your life where you’re most vulnerable? What’s your Achilles heel?

NOTES

Strengthening Your Achilles

Genesis 20:1-3

2. Work On Your Weaknesses

Maybe you have been in a season of life where you have assumed everything was ok. You didn't think you had any weaknesses to work on. And as a consequence, you don't pray like you used to pray. You don't worship like you used to worship. You're not in the Word like you used to be. And at the point when you stop strengthening yourself spiritually that you become vulnerable to the very things that can bring you down.

Even though Abraham has advanced beyond the time when he was Abram, even though he knows God personally and believes God, he slips because he didn't work on the areas of his weakness. He failed to build an altar in this new place, and as a result, the trust issues, and the impatience issues, and the fear issues came back. He started to slack off. He became casual and cavalier in his walk, and got too comfortable, and eventually he repeated the same mistake again. We can avoid that same fate by committing to go to faith rehab so that we can be strengthen in the areas where we're weak.

3. Seek Assistance With Your Weaknesses

The thing about rehab is that it's done through the guidance of a skilled professional. I learned that when I tore my Achilles tendon. I needed the physical therapist who has been trained to help me with the exercises to strengthen me in the area of my weakness. Getting stronger church is not something you do by yourself! Throughout these verses, Abraham is making independent decisions, without any counsel, and without any support. As a matter of fact, in verse 11, Abraham admitted (out loud) that he was "talking to himself." Wrong answer! Wrong solution!

In the legal world, there is an old adage that says, "...the man who is his own lawyer has a fool for a client." Abraham is listening to some bad advice—his own! He is trying to navigate this life of faith and this journey of faith, with all of the challenges and obstacles, and struggles he has encountered, and he is trying to do it by himself. Sometimes, friends, we need the loving assistance and the kind and able intervention of others who can help us in our areas of weakness.

NOTES

No Limits with Pastor Delman

Strengthening Your Achilles

Genesis 20:1-3

QUESTIONS TO CONSIDER

1. Are you aware of your weaknesses? If so, what would you say your weaknesses are?
2. What are one or two ways you can begin to work on your weaknesses?
3. Have you asked for guidance and wisdom from others to help you work on your weaknesses? If so, what have you learned? If not, what is holding you back from asking for help?
