

CL Talks | Building Yourself Strong Pastor Al Brice | Episode 55

You've heard the old saying, "you are what you eat".

Everyday we're tempted to eat foods that we know is not good for us. What we feed upon, we will become, physically and spiritually. Nutritionist have a name for this, it's called "CRAVINGS". There are good cravings and bad cravings. When it comes to food and we give in to bad food cravings, then we beat ourselves up because of the guilty feelings of not being strong enough to eat the healthy foods. But we know, if we continue to eat bad, unhealthy, processed foods, eventually we will pay a big price. If we eat the right foods, then our bodies will have energy, health, and longevity.

Many people put themselves on a healthy eating and exercise program, disciplined their minds and bodies to stay with it, and the results are phenomenal. Are the temptations still there, do they have to fight the fight of faith, do they have to say no to their fleshly cravings, YES, EVERYDAY!!

The same goes for your spiritual life, which includes your whole being; spirit, soul, and body.

1 Thessalonians 5:23 NLT : 23 Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.

If your spiritual life is strong, it can get you through any issue, circumstance, temptation, wilderness time, sickness, financial droughts, relationship issues, and yes, even help you to discipline your body to get and stay healthy.

But, if you don't develop a strong spiritual life, you will live a roller coast life of frustration, anger, constantly giving in to temptation, depression, lack, feeling worthless, weak, no hope, and no vision or purpose for living.

Proverbs 18:14 NKJV : 14 The spirit of a man will sustain him in sickness, But who can bear a broken spirit?

Proverbs 18:14 (AMP): 14 The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?

Sustain: strengthen or support mentally or physically; to carry through; to bear up; to encourage.

Proverbs 18:14-15 The Passion Translation: 14 The will to live sustains you when you're sick, But depression crushes courage And leaves you unable to cope.

Look at what God told Joshua to do if he wanted to have a successful, prosperous life, and defeat all of his enemies.

Joshua 1:7-9 NLT: 7 Be strong and very courageous. Be careful to obey all the instructions Moses gave you. Do not deviate from them, turning either to the right or to the left. Then you will be successful in everything you do. 8 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. 9 This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.”

You must feed yourself the Word of God daily and continue to grow and learn the knowledge of God’s Word.

Proverbs 18:15 NKJV: 15 The heart of the prudent acquires knowledge, And the ear of the wise seeks knowledge.

Proverbs 18:15 TPT: 15 The spiritually hungry. Are always ready to learn more, For their hearts are eager to discover new truths.

a. The Israelites:

Deuteronomy 8:3 NLT : 3 Yes, he humbled you by letting you go hungry and then feeding you with manna, a food previously unknown to you and your ancestors. He did it to teach you that people do not live by bread alone; rather, we live by every word that comes from the mouth of the Lord.

Proverbs 24:13-14 NLT: 13 My child, eat honey, for it is good, and the honeycomb is sweet to the taste. 14 In the same way, wisdom is sweet to your soul. If you find it, you will have a bright future, and your hopes will not be cut short.

2. How do you stop living the roller coaster life and start living a fulfilling and strong life with purpose, hope, and success?

Proverbs 24:10 NKJV: 10 If you faint in the day of adversity, Your strength is small.

Proverbs 24:3-6 NKJV: 3 Through wisdom a house is built, And by understanding it is established; 4 By knowledge the rooms are filled With all precious and pleasant riches. 5 A wise man is strong, Yes, a man of knowledge increases strength; 6 For by wise counsel you will wage your own war, And in a multitude of counselors there is safety.

Acts 19:20 (NKJV): 20 So the word of the Lord grew mightily and prevailed. (Prevailed means: to exert, wield power, to have strength to overcome

Romans 12:1-2 Amplified Bible: 1 Therefore I urge you, brothers and sisters, by the mercies of God, to present your bodies [dedicating all of yourselves, set apart] as a living sacrifice, holy and well-pleasing to God, which is your rational (logical, intelligent) act of worship. 2 And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you].

3. Pray in the Spirit consistently.

1 Corinthians 14:4 (NKJV): 4 He who speaks in a tongue edifies (to build up spiritually) himself, but he who prophesies edifies the church.

Jude 1:20 (AMP): 20 But you, beloved, build yourselves up [founded] on your most holy faith [make progress, rise like an edifice higher and higher], praying in the Holy Spirit.