

BETWEEN THE EARS

shifting our mindsets





**STRENGTHEN
YOURSELF**

**PASTOR DANIEL PARK
DECEMBER 15, 2019**

Review of the Series

1. THE SIN OF SMALL THINKING.

2. CYNICISM TO CHILDLIKENESS

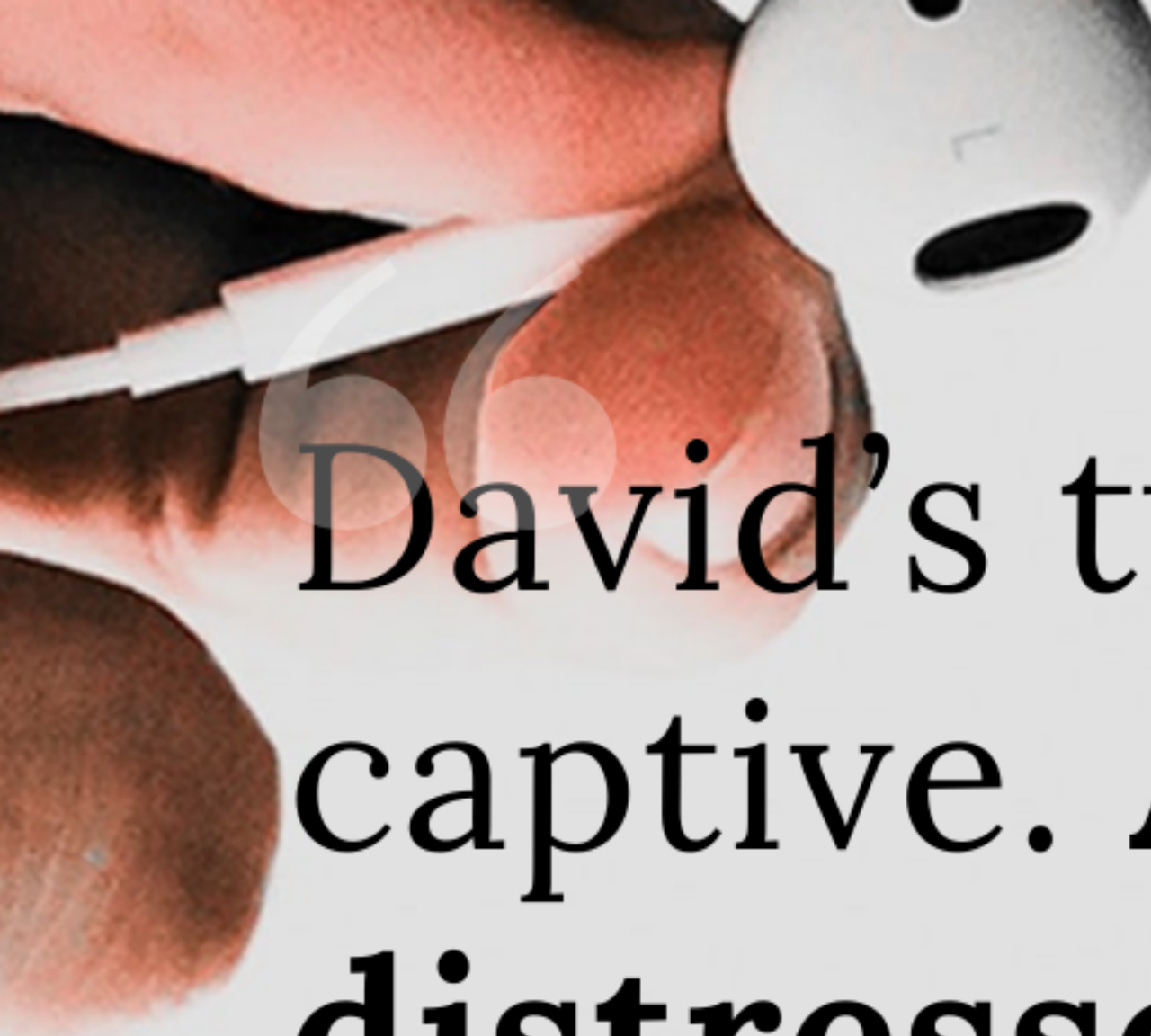
3. WHO DO YOU WANT TO BE IN 2020?



CATCH UP ON ANY OF THESE SERMONS ONLINE OR ON OUR APP



When David and his men came to the city, they found it burned down and their **wives and sons and daughters taken captive**. So David and the troops with him lifted up their voices and wept until **they had no strength left to weep**.



David's two wives...had been taken captive. **And David was greatly distressed because the people spoke of stoning him,** because the soul of every man grieved for his sons and daughters. **But David found strength in the LORD his God.**

A close-up photograph of a hand holding a white pen, positioned over a light-colored surface. The hand is the central focus, with fingers wrapped around the pen. The background is a soft, out-of-focus light color. This image is partially obscured by a semi-transparent orange rectangular overlay that contains the text.

COMMON STRENGTH SAPPERS:

WHO DO YOU WANT TO BE IN 2020?

A close-up photograph of a hand holding a white earbud with a white cord. The hand is positioned on the right side of the frame, with the earbud held between the thumb and index finger. The background is a soft, out-of-focus light gray.

1. *Playing certain movies on the screen of our imagination will sap our inner strength.*

“ **casting down arguments and every high thing that exalts itself against the knowledge of God...**



2. Anger and bitterness will sap our inner strength.

A close-up photograph of a hand holding a white earbud. The hand is positioned on the right side of the frame, with the thumb and index finger gripping the earbud. A white cord extends from the earbud towards the right edge of the image. The background is a plain, light-colored surface.



**WHEN STRENGTH IS
GONE....**

STRENGTHEN YOURSELF

1. When our spiritual strength is gone, so is our love and gratitude.

A close-up photograph of a hand holding a white earbud cord. The hand is positioned on the right side of the frame, with the thumb and index finger gripping the cord. The background is a soft, out-of-focus light gray.

**STRENGTH
IS...**


- **LOVE**




- **GRATITUDE**


WHO DO YOU WANT TO BE IN 2020?

2. When our spiritual strength is gone, we say regrettable things.

A close-up photograph of a hand holding a white earbud with a white cord. The hand is positioned in the center-right of the frame, with the earbud held between the thumb and index finger. The background is a soft, out-of-focus light gray.

3. When our spiritual strength is gone, we are vulnerable to what people are saying.

A close-up photograph of a hand holding a white pen, positioned behind the text. The hand is light-skinned and appears to be writing or about to write. The background is a soft, out-of-focus light color.

A close-up photograph of a hand holding a white pen, positioned on the right side of the slide. The hand is partially obscured by a semi-transparent orange rectangular overlay that contains the main text. The background is a light, neutral color.

**Where would David find
strength?**

STRENGTHEN YOURSELF

“

But David found
strength in the LORD
his God.”



A hand holding a white earbud cable against a light background. The hand is positioned on the right side of the frame, with the fingers gripping the cable. The background is a soft, light gray gradient.

BODY + SOUL =
INTER-CONNECTED

STRENGTHEN YOURSELF



David recovered everything the Amalekites had taken, including his two wives. Nothing was missing: young or old, boy or girl, plunder or anything else they had taken. **David brought everything back.** He took all the flocks and herds, and his men drove them ahead of the other livestock, saying, **‘This is David’s plunder.’”**

9 COMMON THINGS PEOPLE DID WHO BEAT CANCER

- ✓ RADICALLY CHANGING YOUR DIET
TAKING CONTROL OF YOUR HEALTH
FOLLOWING YOUR INTUITION
- ✓ USING HERBS and SUPPLEMENTS
RELEASING SUPPRESSED EMOTIONS
INCREASING POSITIVE EMOTIONS
EMBRACING SOCIAL SUPPORT
DEEPENING YOUR SPIRITUAL CONNECTION
HAVE A STRONG REASON FOR LIVING



**How do we strengthen
ourselves?**

STRENGTHEN YOURSELF

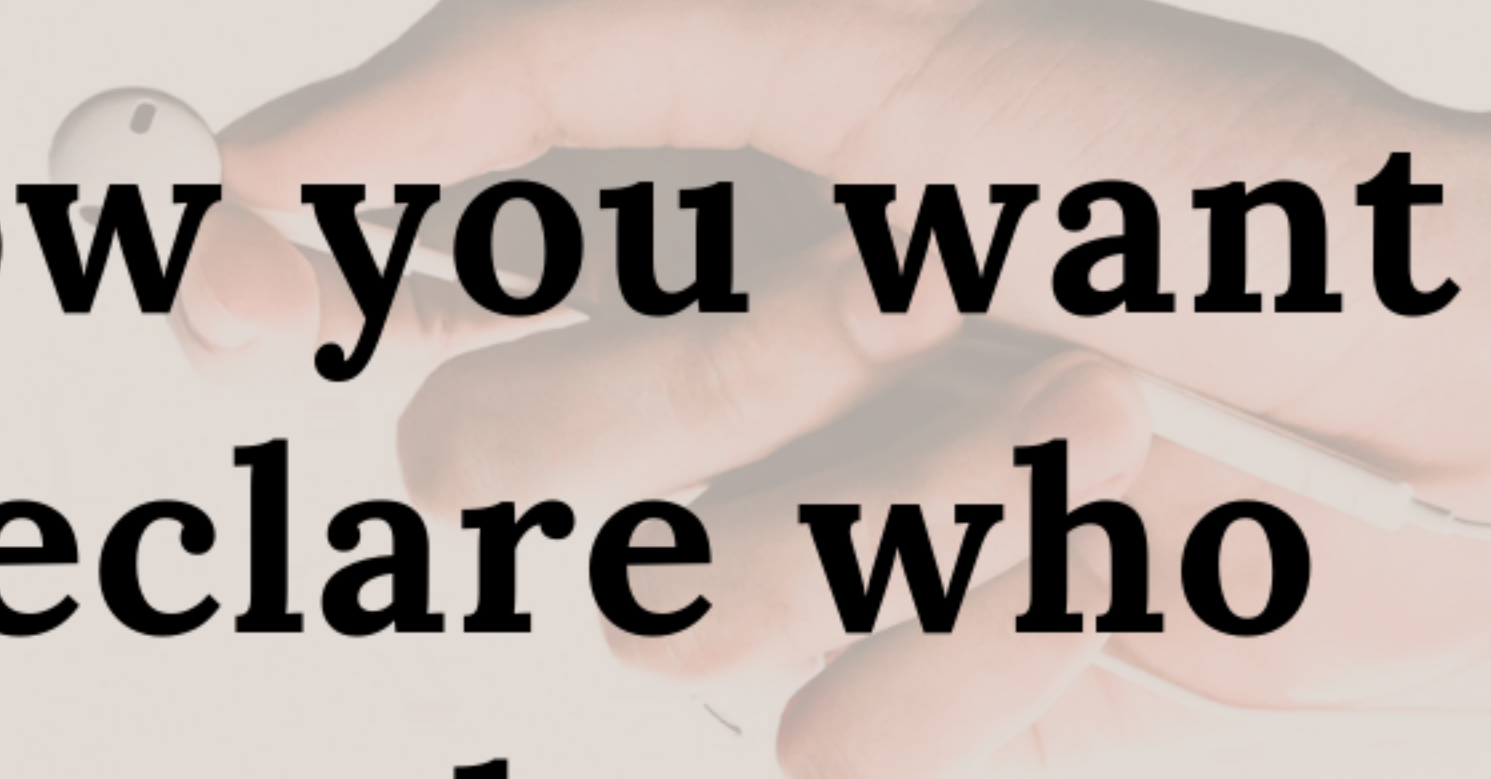


**David strengthened
himself by talking
to himself.**

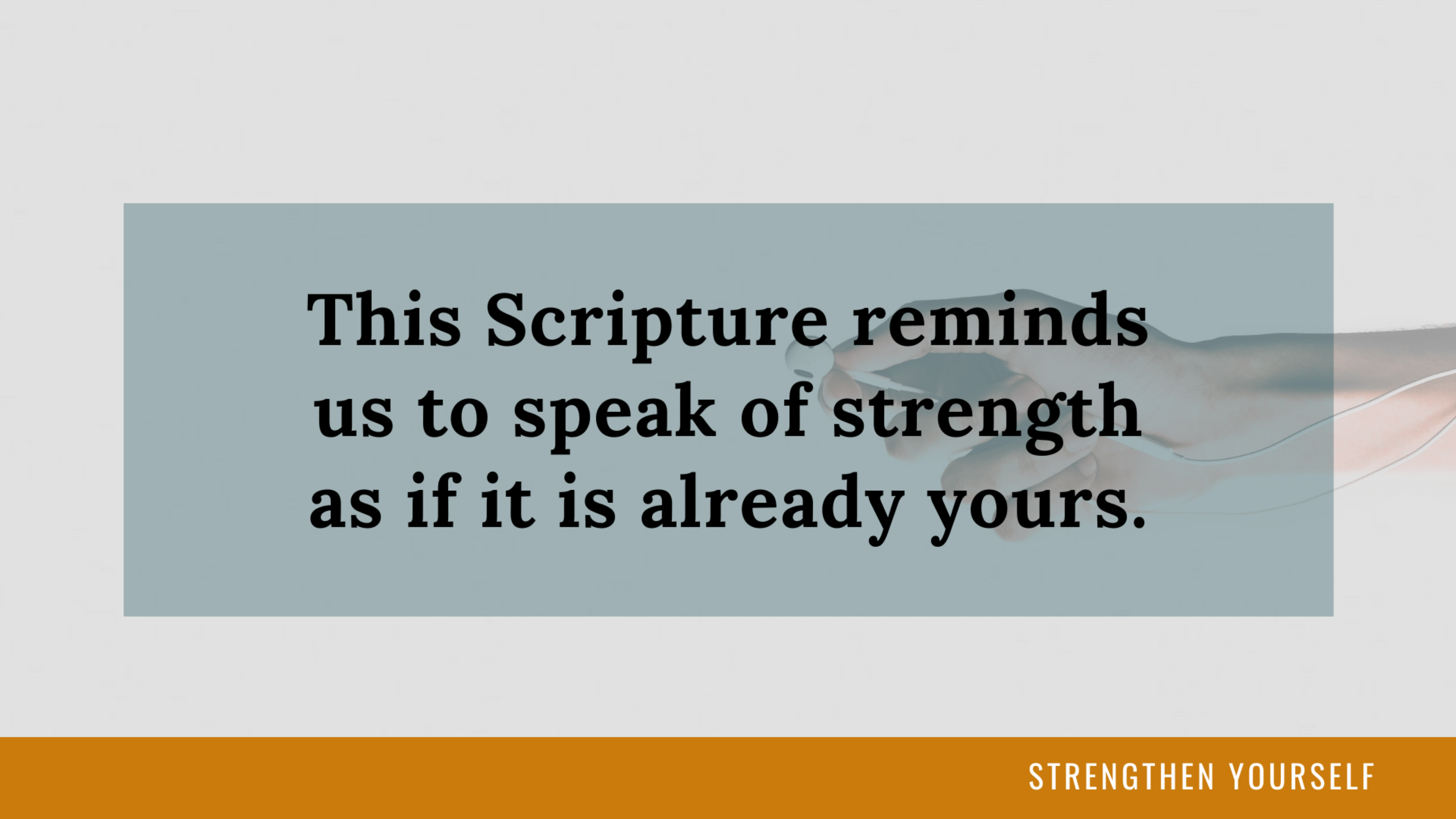
“

...let the weak
say, **I am
strong.**”



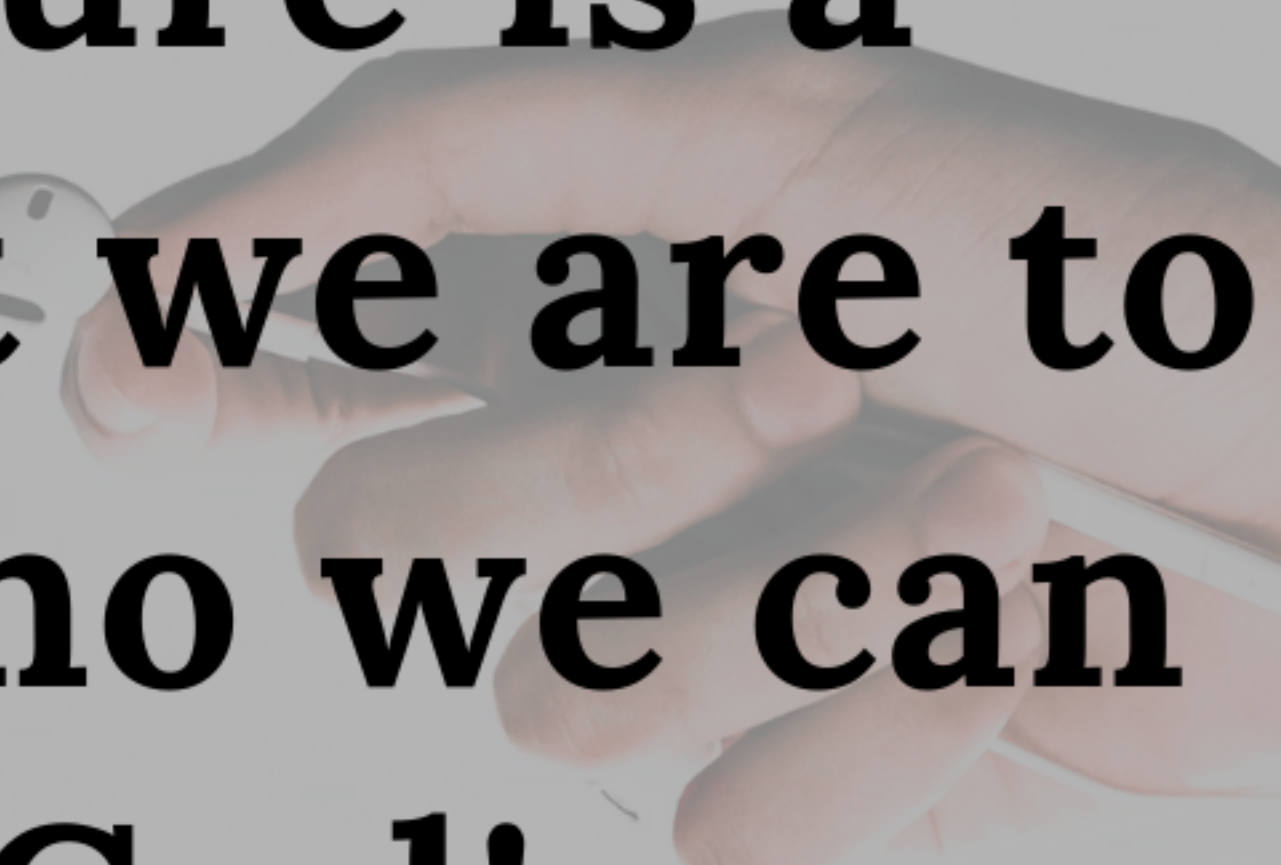


**This Scripture reminds
us to claim how you want
to feel and declare who
you want to be.**



**This Scripture reminds
us to speak of strength
as if it is already yours.**

STRENGTHEN YOURSELF

A close-up photograph of a hand holding a white earbud with a cord. The hand is positioned in the center-right of the frame, with the earbud held between the thumb and index finger. The background is a soft, out-of-focus light color. The text is overlaid on a semi-transparent grey rectangular area that covers the middle of the image.

**This Scripture is a
reminder that we are to
emphasize who we can
be with God!**

There are promises in Scripture that tell us that when we are weak, God will be strong in us:

- “He gives power to the faint and increases the strength of the weak.” (Isaiah 40:29)

- “Oh the day I called, you answered me; You increased strength within me.” (Psalm 138:3)

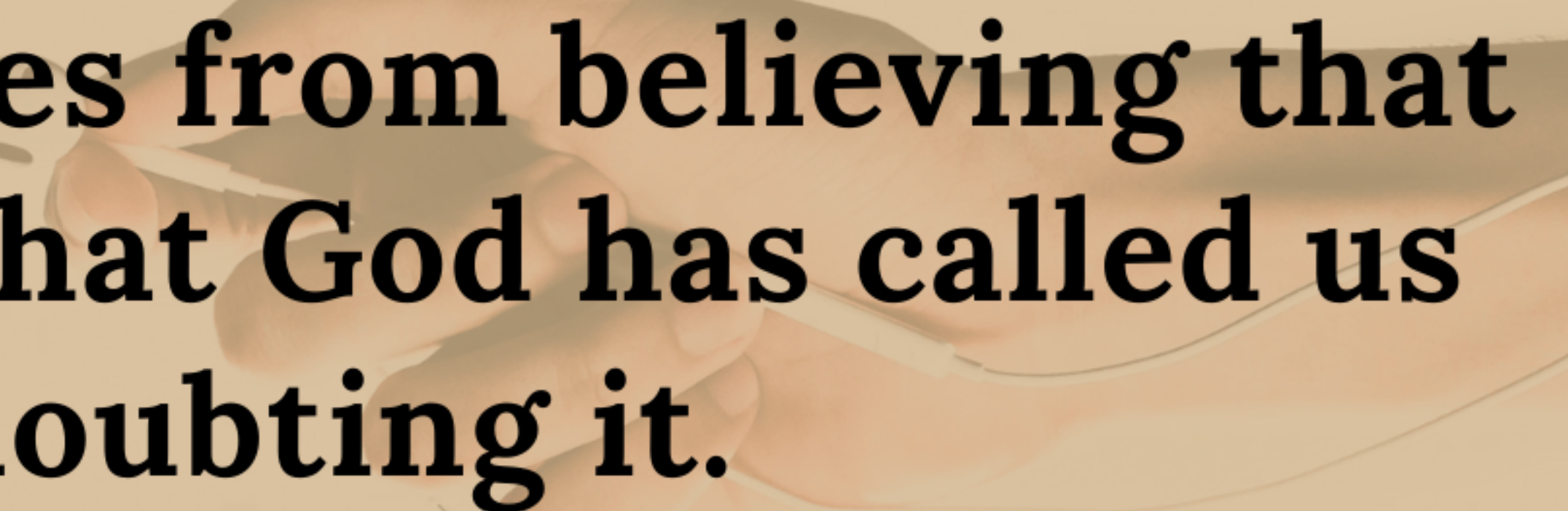
“

My grace is
sufficient for you,
for **my power** is
made perfect in
weakness.




“Be strong and
courageous,
because you will
lead these people
to inherit the
land...



A close-up photograph of a hand holding a pen, positioned behind the text. The hand is in a firm grip, and the pen is held horizontally. The background is a soft, out-of-focus light color.

Strength and courage comes from believing that we will be successful in what God has called us to do, and not doubting it.

Disappointed,
but not
Discouraged.

A close-up photograph of a person's hand holding a white earbud. The earbud is held between the thumb and index finger, with the white cord extending to the right. The background is a plain, light-colored surface.

“


Come over here,
and I'll give your
flesh to the birds
and wild animals!



“


**I can do all things
through Christ
who gives me
strength.**





**What we emphasize
is what we energize....**

STRENGTHEN YOURSELF



Let the weak say, "I AM STRONG!"

STRENGTHEN YOURSELF

BETWEEN THE EARS

shifting our mindsets

