



LIVING FROM ABOVE

Session 9: Strength from Above

Pastor Dale Campbell

I. OPENING SCRIPTURES AND THOUGHTS

A. The Word of God has much to say about strength and being strong!

B. The phrase “be strong” is found about 30 times in scripture.

C. Scriptures:

1. Joshua 1:6

NKJV “Be strong and of good courage, for to this people you shall divide as an inheritance the land which I swore to their fathers to give them.”

2. Isaiah 35:4

NKJV “Say to those *who are* fearful-hearted, ‘Be strong, do not fear! Behold, your God will come *with* vengeance, *With* the recompense of God; He will come and save you.’”

3. 1 Corinthians 16:13

NKJV “Watch, stand fast in the faith, be brave, be strong.”

PASTOR’S NOTE: *When Scripture tells us to “be strong,” God is not asking us to rely on our own natural strength or determination. He is calling us to **draw upon the supernatural strength that comes from above.***

- *There is a supernatural supply of strength that flows from above!*
- *With His strength flowing into you, you are stronger than you realize.*
- *You can endure more than you thought you could.*
- *You can overcome what seems overwhelming.*
- *By His strength, you can make it through what seems impossible.*

4. Ephesians 6:10

NKJV “Finally, my brethren, be strong in the Lord and in the power of His might.”

GW “Finally, receive your power from the Lord and from his mighty strength.”



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AMP “In conclusion, be strong in the Lord [draw your strength from Him and be empowered through your union with Him] and in the power of His [boundless] might.”

Godbey NT “Finally, be filled up with dynamite in the Lord, and in the power of his might.”

- a. Notice this command is to be strong **IN THE LORD** and in the power of **HIS MIGHT**.
- b. We have another source of strength that this world does not have: the power of His might!
 - “Might”: Reinforcing strength; not natural, but by the Spirit.
 - “Strength”: Endued with strength; to increase in strength; to be enabled; TO BECOME POWERFUL.

D. Strength From Above Makes the Weakest Person Strong, Able, and Effective

1. Strength from above is God supplying supernatural ability to your inner man to enable you to do what natural strength could never do.
 - a. You are stronger than you think.
 - b. You are more capable than you thought.

2. Ephesians 3:14-16

NKJV “For this reason I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth is named, that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man...”

AMPC “May He grant you out of the rich treasury of His glory to be **strengthened and reinforced** with mighty power in the inner man by the [Holy] Spirit [Himself indwelling your innermost being and personality].”

PASTOR’S NOTE: *Things that are strengthened and reinforced STAND. (Personal example: My father’s rock wall) People that are strengthened and reinforced with God’s strength STAND.*



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II. HOW TO RECEIVE STRENGTH FROM ABOVE

A. Receiving the Nourishment of the Word

1. Elijah needed strength.

a. **1 Kings 19:4-8**

NKJV “But he himself went a day’s journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, ‘It is enough! Now, Lord, take my life, for I *am* no better than my fathers!’ Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, ‘Arise *and* eat.’ Then he looked, and there by his head *was* a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. And the angel of the Lord came back the second time, and touched him, and said, ‘Arise *and* eat, because the journey *is* too great for you.’ So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.”

b. The angel **fed** Elijah.

c. The 2nd meal was so effective that he went in the strength of it for 40 days.

d. God supplied the strength needed for the journey, but He did so through **feeding**.

2. The Word of God is our “bread”.

a. **Matthew 4:4**

NKJV “...man shall not live by bread alone, but by every word that proceeds from the mouth of God...”

b. Jesus lived by the bread of God’s Word.

c. He was strengthened for His journey by the Word of God!

3. Daniel needed strength.

a. **Daniel 10:16-19**

NKJV “And suddenly, *one* having the likeness of the sons of men touched my lips; then I opened my mouth and spoke, saying to him who stood before me, ‘My lord, because of the vision my sorrows have overwhelmed me, **and I have retained no strength**. For how can this servant of my lord talk with you, my lord? As for me, **no strength**



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remains in me now, nor is any breath left in me.’ Then again, *the one* having the likeness of a man touched me and **strengthened me**. And he said, ‘O man greatly beloved, fear not! Peace *be* to you; be strong, yes, be strong!’ **So when he spoke to me I was strengthened**, and said, ‘Let my lord speak, **for you have strengthened me.**’”

ISV “...‘Don't be afraid, man highly regarded. Be at peace, and be strong.’ As soon as he spoke to me, I gained strength and replied, ‘Sir, please speak, now that you've strengthened me’...”

- b. Daniel was weak and without strength but, when the angel spoke words to him, strength returned.
- c. The word that came from above carried the strength Daniel needed. The moment he received the word, he was strengthened.

PASTOR’S NOTE: *A word from heaven carries the strength needed for a season. Every new season requires new strength. Every new phase requires a different level of strength.*

4. Jesus needed strength.

- a. **Luke 22:41-43 NKJV** “And He was withdrawn from them about a stone’s throw, and He knelt down and prayed, saying, ‘Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done.’ Then an angel appeared to Him from heaven, strengthening Him.”
- b. “Strengthened”: To invigorate; to give NEW strength or energy; renewed; refreshed.
- c. When the angels strengthened Jesus, He was able to enter and fulfill the next and final phase of his earthly ministry: death on the cross.
- d. Every season requires new strength. Attempting to enter new seasons and phases of the spiritual journey WITHOUT receiving NEW strength will not work.

PASTOR’S NOTE: *When Elijah received the meal, he could move again / advance further / go forward. He could get to the next place—the next phase—but ONLY FROM THE STRENGTH THAT CAME FROM ABOVE.*



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B. The Strengthening Word

1. Psalm 119:28

NKJV “My soul melts from heaviness; Strengthen me according to Your word.”

NLT “Encourage me by your word.”

CSB “Strengthen me through your word.”

NET “Sustain me by your word.”

2. “Sustain”: To keep going; to hold out; to hold up.

C. Strengthened by the Spirit

1. Jude 20

NKJV “But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit”

2. **Zechariah 4:6 KJV** “Not by might, nor by power, but by my spirit, saith the LORD of hosts.”

D. Other Thoughts

1. They that wait upon the Lord shall renew their strength.

a. Isaiah 40:31

NKJV “But those who wait on 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.”

- b. “Wait”: To look for expectantly.

- c. Those who continually look to God as their source will continually receive renewed strength from Him.



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E. The Confusion Over Paul's Statement

1. 2 Corinthians 12:8-10

NKJV "Concerning this thing I pleaded with the Lord three times that it might depart from me. And He said to me, 'My grace is sufficient for you, for My strength is made perfect in weakness.' Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. **For when I am weak, then I am strong.**"

2. Sadly, some have misunderstood what Paul said and believe his statement means that weakness itself is somehow spiritually desirable.

a. Paul was not saying: *"I want to be weak."*

- He was saying: *"When my natural strength is insufficient, I have access to a greater strength—the strength of Christ."*

b. When Paul said: *"When I am weak, then am I strong"*, he was not promoting weakness.

- He was magnifying the strength of Christ that was available when his own natural strength was insufficient.

c. Weakness was not Paul's destination; it was the place where he learned to draw upon strength from above.

3. Weakness is also not **my** stopping place. It is my opportunity to draw strength from Him.

a. Weakness says: *"I can't go any further."*

- His strength says: *"I can go further—in Him."*

b. Weakness says: *"I don't have what it takes."*

- Faith says: *"His strength is more than enough."*

c. Weakness says: *"This is where I stop."*

- Strength from above says: *"This is where I begin to draw from Him."*



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F. Additional Scriptures and Final Thoughts

1. Isaiah 40:29

NKJV “He gives power to the weak, And to *those who have* no might He increases strength.”

2. 2 Timothy 4:14-17

NKJV “Alexander the coppersmith did me much harm. May the Lord repay him according to his works. You also must beware of him, for he has greatly resisted our words. At my first defense no one stood with me, but all forsook me. May it not be charged against them. But the Lord stood with me and strengthened me, so that the message might be preached fully through me, and *that* all the Gentiles might hear. Also I was delivered out of the mouth of the lion.”

3. When you don’t have anyone else to come to your aid, the Lord stands with you to strengthen you. **His strength is more than enough.**

- a. No one has ever quit looking unto Jesus.
- b. No one has ever lost when depending upon Him.
- c. As long as they relied upon Him, no one has given up.
- d. We stand as long as He stands.
- e. Paul was still standing when the others fell. So, it will be with you when you rely on your strength from above.