

I. Review

- A. Reset Definition** – A series of actions to restore back to order. To make necessary adjustments. To restore back to initial or proper working position.
- B. Isaiah 54:11 (GWT)** – *You suffering, comfortless, storm-ravaged city! I will rebuild your city with precious stones. I will reset your foundations with sapphires.*

II. The Right Strength Source

A. Everyone needs a source of strength.

1. Strength

- a. Is our power to be effective.
- b. Strength determines our ability to stand or withstand opposition.
- c. Firmness/toughness/stability/resistance
- d. Speaks of our ability or our durability.

2. Without strength;

- a. We are powerless.
- b. We are weak.
- c. We are ineffective.
- d. We are easily defeated or overcome.
- e. The lack of strength causes inability to move forward.

B. What does the Bible say about strength?

- 1. Philippians 4:13 (NKJV)** – *I can do all things through Christ who strengthens me.*

I can only do all things – when I am strengthened in Christ.

- 2. Ephesians 6:10 (NKJV)** – *Finally, Be strong in the Lord and in the power of His might*

This command is in connection to putting on the whole armor of

God. You are to choose TO BE STRONG – BE STRENGTHENED in the LORD.

3. **1 Chronicles 16:11 (KJV)** – *Seek the LORD and his strength, seek his face continually*

We are to see the Lord and HIS STRENGTH!

4. **Psalms 18:32 (NKJV)** – *God arms me with strength, and he makes my way perfect*

I am armed with strength like being armed with weaponry.

C. The Strength Deficit

1. **Strength can come and go.**

- a. **There are times that I am stronger.**
- b. **There are times that I do not have the same level of strength.**
- c. **I must make choices that BUILD MY STRENGTH.**

2. **It is possible to allow your strength to come from many sources.**

- a. There is a natural strength that every person possesses.
- b. There is strength that may be found in the systems of the world.
- c. Natural strength will run out.
- d. The strength of this world's system can be exhausted very quickly.

3. **As children of God, we are to find our strength in the Lord!**

- a. **There is a supernatural flow of strength that is available to every child of God.**
- b. **There is a strength that will surpass any source of strength that this world may offer.**
- c. **Many have allowed the source of their strength to be everything other than God!**

4. **Because of the severity of the seasons – many have lost their strength.**

- a. COVID
- b. Continued world-wide issues
- c. Wars

- d. Inflation and the economy
- e. Uncertainty
- f. We come to understand WHERE OUR STRENGTH lies when trouble arises.
- g. If our strength is in the worlds systems – we will experience great weakness – depression – anxiety.
- h. If our strength is in the Lord – we will abound in faith/ hope/ strength – even during the greatest trials of life.

5. Misplaced Strength

- a. **Isaiah 30:1-3 (NKJV)** – ¹“Woe to the rebellious children,” says the LORD, “Who take counsel, but not of Me, and who devise plans, but not of My Spirit, that they may add sin to sin; ²Who walk to go down to Egypt, and have not asked My advice, to strengthen themselves in the strength of Pharaoh, and to trust in the shadow of Egypt! ³Therefore the strength of Pharaoh shall be your shame, and trust in the shadow of Egypt shall be your humiliation.
- b. **Isaiah 15-17 (NKJV)** – ¹⁵For thus says the Lord GOD, the Holy One of Israel: “In returning and rest you shall be saved; in quietness and confidence shall be your strength.” But you would not, ¹⁶and you said, “No, for we will flee on horses”—therefore you shall flee! And, “We will ride on swift horses”—therefore those who pursue you shall be swift! ¹⁷One thousand shall flee at the threat of one, at the threat of five you shall flee, till you are left as a pole on top of a mountain and as a banner on a hill.

NOTE: Because you chose a natural means of strength, you will flee in terror – you will be anxious/fearful/and run for your lives in terror.

- c. **Isaiah 16-17 (NLT)** – ¹⁶You said, ‘No, we will get our help from Egypt. They will give us swift horses for riding into battle.’ But the only swiftness you are going to see is the swiftness of your enemies chasing you! ¹⁷One of them will chase a thousand of you. Five of them will make all of you flee.
- d. YOU SHOULD HAVE CHOSEN GOD/as your strength.
- e. GOD IS CALLING MANY OF HIS PEOPLE TO A STREGNTH RESET:
Who is your strength?

*What is the source of your strength?
Is it working for you in these difficult times?*

III. Experiencing a Strength Reset / Keys to Resetting Strength.

A. Determine the source of your strength!

1. **Psalms 18:1 (NLT)** – *I love you, LORD; you are my strength.*
2. **Psalms 84:5-7 (NKJV)** – *⁵Blessed is the man whose strength is in You, whose heart is set on pilgrimage. ⁶As they pass through the Valley of Baca, they make it a spring; the rain also covers it with pools. ⁷They go from strength to strength; each one appears before God in Zion.*

Psalms 84:7 (AMPC) – *They go from strength to strength – increasing in victorious power*

Psalms 84:7 (EEBT) – *The people that you make strong are very happy....the people become stronger as they go*

Psalms 84:7 (BLE) – *Happy are men who have strength in you
They go on from good times to good times*

Psalms 84:7 (GRAIL-PS) – *They walk with ever growing strength*

Psalms 84:7 (HAUPT) – *At every step their strength increases*

Psalms 84:7 (MOTB) – *On they march gathering strength as they go...sustained by the assurance that the God of gods will reveal himself to them in Zion.*

B. Find strength in the word of God.

The Word of God will FEED your STRENGTH

Daniel 10:19 (ESV) – *And he said, “O man greatly loved, fear not, peace be with you; be strong and of good courage.” And as he spoke to me, I*

was strengthened and said, “Let my lord speak, for you have strengthened me.”

1. Daniel was strengthened as he heard the Words of the Lord for him.
2. There can be no strength if you do not take the time to hear the word of the Lord.
3. Hear his words of instruction.
4. Hear his words of encouragement.
5. Hear his words of victory.
6. Strength comes through his life-giving word.

C. Learn to stir yourself

1. **1 Samuel 30:6 (NLT)** – *David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him. But David found strength in the LORD his God*
2. **1 Samuel 30:6 (KJV)** – *David encouraged himself in the Lord his God*
3. **Paul told Timothy to stir up the gift of God that was in him.**
4. Resetting our strength – will require us to STIR UP STRENGTH from within. *Everything we need has been deposited within us. Stir it up and release it in your life.*

IV. Conclusion: God needs his people to be strong:

- A. You need to be strong to overcome the opposition you will face.**
- B. You need to be strong as a testimony to the unsaved.**

C. You need to be strong to accomplish God’s purpose for your life.

D. If your strength is failing

- **You can’t carry what you used to be able to carry.**

The things in your life that you used to deal with easily – suddenly weigh you down.

- **You are not as strong as you used to be.**

You do not have the spiritual inner strength to withstand as you used to.

- **You are not able to do what you used to do.**

You have settled – where you once were active in the things of the Lord – you have now settled into inactivity.

YOU NEED A RESET!

NOTE: *If your strength has become misplaced – initiate a reset and get back to allowing God to be the source of your strength.*