

I. Previous Sessions

- A. What's so important about the Word?
- B. The true revelation of God is in the Word!
- C. Peace in the Word

II. Strength in the Word

A. Scriptures on strength

1. **Ephesians 6:10 (NKJV)** – *Finally, my brethren, be strong in the Lord and in the power of His might*

Paul tells us to be strong in the Lord. How do you do it?

2. **Isaiah 40:29 (NKJV)** – *He gives power to the weak, and to those who have no might He increases strength.*

How does he increase strength?

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

4. **Strength is available, but how is it accessed?**

B. There is strength in God's Word

1. **Psalms 119:25-28 (TPT)** – ²⁵*Lord, I'm fading away. I'm discouraged and lying in the dust; revive me by your word, just like you promised you would.* ²⁶*I've poured out my life before you, and you've always been there for me. So now I ask: teach me more of your holy decrees.* ²⁷*Open up my understanding to the ways of your wisdom, and I will meditate deeply on your splendor and your wonders.* ²⁸*My life's strength melts away with grief and sadness; come strengthen me and encourage me with your words*

Revive – sustain, preserve, to revive from sickness, discouragement and faintness, from death. To refresh – to nourish – (The Word nourishes us).

2. **Elijah's Example – 1 Kings 19**

- a. Elijah became weak after the Mt. Carmel experience.
- b. **1 Kings 19:5-8 (NLT)** – ⁵Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, **“Get up and eat!”** ⁶He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. ⁷Then the angel of the LORD came again and touched him and said, **“Get up and eat some more, or the journey ahead will be too much for you.”** ⁸So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God

When Elijah needed physical strength, God fed him.

- c. **1 Kings 19:15-18 (NLT)** – ¹⁵Then the LORD told him, “Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. ¹⁶Then anoint Jehu grandson of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet. ¹⁷Anyone who escapes from Hazael will be killed by Jehu, and those who escape Jehu will be killed by Elisha! ¹⁸Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!”
- 1) When Elijah needed spiritual strength – God gave him a word!
 - 2) The Word of God gave Elijah the strength to overcome depression.
 - 3) The Word of God gave Elijah strength to embrace the next season in His life.
 - 4) The Word of God gave Elijah the strength to finish his assignment to the end.

3. **If you want to be strong, you must choose the right diet.**
 - a. All food is not the same.
 - b. The right food will energize you.
 - c. The wrong food will cause you to be weak, sickly, lethargic, and sluggish. – slow lifeless – tired or fatigued.
 - d. All preaching and teaching is not the same.
 - 1) Some will energize you and motivate you to move forward in your assignment.
 - 2) Some will do nothing.
 - 3) Some will promote weakness, fear, doubt and unbelief.
 - 4) Choose your physical food wisely – choose your spiritual diet wisely.

4. **One Word from God can change your life.**
 - a. The Word drives out weakness.
 - b. The Word drives out confusion.
 - c. The Word supernaturally inspires and adds strength.
 - d. The Word sets my direction on the right course.
 - e. The Word is my strength to fulfill all that God calls me to do.

5. **As a person who does not eat becomes weak, so is the person who doesn't spend time in God's word – He becomes spiritually weak.**