



I. Review of Past Sessions

A. Session 1 – The Right Flow

1. It is connected to our way of acting, thinking, doing, and reacting.
2. The flow of our life is directly connected to the flow proceeding from within.
3. Believers have a distinct flow.
 - a. **John 7:38 (NKJV)** – *He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.*
 - b. **John 7:38 (AMP)** – *He who believes in Me [who adheres to, trusts in, and relies on Me], as the Scripture has said, “From his innermost being will flow continually rivers of living water.”*
4. **This flow of life shows up through many different streams.**

B. Session 2 – The Right Flow of Worship

1. **Our life should be one of continual worship.**
2. **The Missing Flow of Worship.**
3. **The Flow of Worship releases the supernatural into your life.**

C. Session 3 – The Winning Flow

1. **Because of the flow of life that proceeds from us, there should be a stream of victory coming forth throughout our lives.**
2. **God never created us for failure or defeat. God intends for His people to be winners!**

II. The flow of Strength

A. The Flow of Living Water (Life) is a flow of strength.



1. **God never intended for His people to be weak.**
 2. **God's people should be the strongest people on the planet.**
 3. **We have a supernatural flow of strength that comes from within.**
 4. **Because of this flow of strength.**
 - a. We do not become weakened by things that weaken those around us.
 - b. We do exemplify the same characteristics associated with weakness.
 - *Stress*
 - *Fatigue*
 - *Loss of dreams, visions, and goals for the future*
 - *Impatience*
 - *Lack of confidence*
 - *Giving up/giving in*
 - *Quitting before the task is complete*
 - c. We certainly will encounter many of the same circumstances that the unsaved will experience, but **WE ARE NOT WITHOUT STRENGTH!**
We have a mighty flow of God's strength proceeding from the rivers of living water that comes from within.
- B. What does the Bible say about this flow of strength that belongs to the child of God?**
1. **Psalm 29:11 (NKJV)** – *The Lord will give strength to His people, The Lord will bless His people with peace.*
- Psalm 29:11 (AMP)** – *The LORD will give [unyielding and impenetrable] strength to His people*
- a. **Strength** – from the original – **STOUT – STRONG – PREVAILING STRENGTH** – *proving to be more strong than their opponents.*
FIRM – BOLD



- b. **1 John 4:4 (AMP)** – *Little children (believers, dear ones), you are of God and you belong to Him and have [already] overcome them [the agents of the antichrist]; because He who is in you is greater than he (Satan) who is in the world [of sinful mankind].*
Greater = greater – larger – stronger – JESUS IN ME – creates a FLOW of strength that is GREATER/LARGER and STRONGER than any enemy I may face.
2. **Deuteronomy 33:25 (NKJV)** – *Your sandals shall be iron and bronze; as your days, so shall your strength be*

Deuteronomy 33:24 (DRB) – *His shoe shall be iron and brass. As the days of thy youth, so also shall thy old age be*

NOTE: Our flow of strength doesn't have to run out with old age.

Deuteronomy 33:24 (Geneva Bible of 1557) – *Thy strength shall continue as long as thou livest*

Deuteronomy 33:24 (NET) – *May you have lifelong strength*

3. **Daniel 11:32 (NKJV)** – *Those who do wickedly against the covenant he shall corrupt with flattery; but the people who know their God shall be strong, and carry out great exploits*

Daniel 11:32 (NASB) – *By smooth words he will turn to godlessness those who act wickedly toward the covenant, but the people who know their God will display strength and take action*

- a. **David** – encouraged HIMSELF in the Lord His God.

1 Samuel 30:6 (KJV) – *And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God*

1 Samuel 30:6 (NKJV) – *David FOUND STRENGTH in the Lord his God*

1 Samuel 30:6 (CEV) – *He felt the Lord God giving him strength*

- b. **David found strength to act**
1 Samuel 30:18-19 (KJV) – ¹⁸*And David recovered all that the Amalekites had carried away: and David rescued his two wives. ¹⁹And there was nothing lacking to them, neither small nor great, neither sons nor daughters, neither spoil, nor any thing that they had taken to them: David recovered all.*
4. **Joel 3:9-10 (NKJV)** – ⁹**Proclaim ye this among the Gentiles; prepare war, wake up the mighty men, let all the men of war draw near; let them come up: ¹⁰beat your plowshares into swords, and your pruninghooks into spears: Let the weak say, “I am strong.”**
- a. Let the weak stir up strength by SAYING
 - b. ESV – Let the weak say I AM A WARRIOR
 - c. NAB – Let the weakling boast, I am a warrior
 - d. Why? They are stirring up strength.
 - e. Talk weak – stay weak.
 - f. Talk strength – become strong – especially when your talk is faith talk – in God’s strength flowing in your life.
 - g. Before you talk strength, you must begin thinking strength!
 - h. Many are thinking themselves weak
5. **Psalm 27:1-3 (NKJV)** – ¹*The LORD is my light and my salvation; whom shall I fear? **The LORD is the strength of my life;** of whom shall I be afraid? ²When the wicked came against me to eat up my flesh, my enemies and foes, they stumbled and fell. ³Though an army may encamp against me, my heart shall not fear; though war may rise against me, in this I will be confident*

Psalm 27:1 (NASB77) – The Lord is the defense in my life

Psalm 27:1 (DRB) – The Lord is the PROTECTOR of my life

6. **There is a flow of strength for whatever we face in life.**

Paul

2 Timothy 4:16-18 (NLT) – ¹⁶The first time I was brought before the

judge, no one came with me. Everyone abandoned me. May it not be counted against them. ¹⁷But the Lord stood with me and gave me strength so that I might preach the Good News in its entirety for all the Gentiles to hear. And he rescued me from certain death. ¹⁸Yes, and the Lord will deliver me from every evil attack and will bring me safely into his heavenly Kingdom. All glory to God forever and ever!

- a. Notice the confidence and strength in Paul's words.
- b. The Lord stood with me and gave me strength.
- c. Yes, the Lord will deliver me from every evil attack.
- d. The Lord will bring me safely into his heavenly kingdom!.
- e. Paul not only declared his strength in the Lord, but he kept himself STIRRED up – He kept STRENGTH stirred up.
- f. **Philippians 4:13 (NKJV)** – *I can do all things through Christ who strengthens me*
Philippians 4:13 (GNT) – *I have the strength to face all conditions by the power that Christ gives me*
- g. I have the strength!
I may not feel it!
I may not sense it, but I know I have it!
Christ in me is strong
- h. **Proverbs 18:14 (NKJV)** – *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*
- i. **Personal** – *When I was weakened – especially on Sunday mornings!*

III. Closing

Stir strength by declaring!

Stir strength by singing!

Stir strength by worship!

Timothy – stir yourself up – You have allowed weakness to take over!