



LIVING FROM ABOVE

Session 10: Strength from Above • Pt. 2

Pastor Dale Campbell

I. REVIEW, OPENING SCRIPTURES, AND THOUGHTS

A. Strength

1. The quality or state of being strong; the capacity to withstand force, pressure, or stress; the power to endure, resist, or overcome.
2. The command to “be strong” is found about 30 times in scripture.
 - a. **1 Corinthians 16:13**
NKJV “Watch, stand fast in the faith, be brave, be strong.”
 - b. **Psalms 27:1-3**
NKJV “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? When the wicked came against me To eat[a] up my flesh, My enemies and foes, They stumbled and fell. Though an army may encamp against me, My heart shall not fear; Though war may rise against me, In this I will be confident.”
 - c. **Psalms 28:7**
NKJV “The LORD is my strength and my shield; My heart trusted in Him, and I am helped; Therefore my heart greatly rejoices, And with my song I will praise Him.”
 - d. **Ephesians 6:10**
NKJV “Finally, my brethren, be strong in the Lord and in the **power of His might.**”

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.”

- Notice this command is to be strong IN THE LORD and in the power of HIS MIGHT.

B. Other Statements from Last Week

1. Your spiritual life / journey is a series of phases or seasons.
2. With every new phase along your spiritual journey, a new level of strength will be required.
3. This strength must come from above—not from our natural ability.



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4. Strength that flows from God will never run out and it will be more than sufficient for anything we encounter along the journey.
5. His strength gives the ability to:
 - a. Stay the course
 - b. Move forward
 - c. Advance to whatever He has next for us
 - d. Overcome every hindrance
 - e. Defeat every enemy

II. STRENGTH FOR THE NEXT SEASON

A. Elijah Needed Strength

1. 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.”

2. Elijah’s nourishment from heaven’s meal gave him what was needed to enter another season of life and ministry.

B. Jesus Needed Strength

1. Jesus received strength to move from His ministry of teaching and miracles to the ministry of being a sacrificial lamb dying on a cross.
2. He was strengthened for His journey by the angels and God’s Word.



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III. STRENGTHENED BY THE NOURISHMENT OF THE WORD

A. The Word as Food

1. Scriptures:

a. **Jeremiah 15:16**

AMP “Your words were found and I ate them, And Your words became a joy to me and the delight of my heart; For I have been called by Your name, O LORD God of hosts.”

b. **Ezekiel 2:8**

AMP “As for you, son of man, listen to what I say to you; do not be rebellious like that rebellious house; open your mouth and eat what I am giving you.”

c. **Ezekiel 3:3**

AMP “He said to me, ‘Son of man, eat this scroll that I am giving you and fill your stomach with it.’ So I ate it, and it was as sweet as honey in my mouth.”

2. One living word from God will give you the strength you need to move forward!

B. A Living Word Releases Something on the Inside

1. **Luke 24:30-32**

NKJV “Now it came to pass, as He sat at the table with them, that He took bread, blessed and broke *it*, and gave it to them. Then their eyes were opened and they knew Him; and He vanished from their sight. And they said to one another, ‘**Did not our heart burn within us while He talked with us on the road, and while He opened the Scriptures to us?**’”

NIV “Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?”

GW “Weren't we excited when he talked with us on the road and opened up the meaning of the Scriptures for us?”

MSG “Back and forth they talked. ‘Didn’t we feel on fire as he conversed with us on the road, as he opened up the Scriptures?’”

PASTOR’S NOTE: *This passage gives a powerful picture of what happens when the Word moves from merely being heard to being revealed in the heart. **They saw what they had not seen***



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before. Revelation produced an inward fire. They went from weak to strong, and on fire with the passion of God.

C. Keep the Right Focus

1. The key to receiving strength from above is to keep your attention focused above.
 - a. The moment you shift your attention from Him to you, you are now relying on your strength.
 - b. Keeping your focus on HIM keeps the flow of divine strength actively working on your behalf.

2. Hebrews 12:1-2

NKJV “Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.”

- a. Strength to keep running is connected to “*looking unto Him*”.
- b. You will run with endurance and finish the race as you look unto Him.
- c. “Looking”: Looking away from everything else in order to fix your attention upon one object; To deliberately turn your attention away from distractions, circumstances, opposition, and competing voices, and **fix your focus upon Jesus**.
- d. Fixed Focus = Sure Strength

3. Israel’s failed strength:

a. **Numbers 13:31-33**

NKJV “But the men who had gone up with him said, ‘We are not able to go up against the people, for they *are* stronger than we.’ And they gave the children of Israel a bad report of the land which they had spied out, saying, ‘The land through which we have gone as spies *is* a land that devours its inhabitants, and all the people whom we saw in it *are* men of *great* stature. There we saw the giants (the descendants of Anak came from the giants); and we were like grasshoppers in our own sight, and so we were in their sight.’”



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- b. Strength was lost when attention was diverted from the true Source of strength to the size of the opposition.
- c. Their words reveal the shift: *“We be not able to go up against the people; for they are stronger than we.”*
- d. The issue was not that the giants suddenly became stronger.
 - Israel became weak in their own perception because they began measuring themselves against the enemy instead of measuring the enemy against God.
 - Receiving strength from above means keeping your attention on your help from above.

D. I Have Help!

1. Psalm 121:1–2

KJV “I will lift up mine eyes unto the hills, from whence cometh **my help**. **My help** cometh from the LORD, which made heaven and earth.”

2. Isaiah 41:10

NKJV Fear not, for I *am* with you; Be not dismayed, for I *am* your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.”

- a. He is with me!
 - We are inseparable—in union.
- b. His promise, **“I am with thee”**, is more than the assurance that God is nearby.
 - Under the New Covenant, I am **in union with Christ**.
- c. He strengthens me.
 - I am not limited to the natural strength I possess.
 - I have access to the strength He supplies.
 - “Strength”: The power or ability to stand, endure, act, and overcome.
- d. He helps me.
 - “Help”: To give assistance, support, or aid to someone in need.
 - Whatever I face, I never face alone.
- e. He upholds me.
 - “Uphold”: To support, sustain, hold up, and keep from falling.
 - When we look to Him for strength and help, He will not allow us to stand alone!
 - I am not holding myself up by my own strength; He is upholding me.