

STUDY
STUDY
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FAST
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Fresh Start

JOB 29:20

FRESH START SERIES

Gaining Fresh Strength

Sunday 15th January

Foundation Scriptures

Job 29:20

My glory *is* fresh within me,
And my bow is renewed in my hand.'

1 John 2:12-14

I write to you, little children,
Because your sins are forgiven you for His name's sake.
¹³ I write to you, fathers,
Because you have known Him *who is* from the beginning.
I write to you, young men,
Because you have overcome the wicked one.
I write to you, little children,
Because you have known the Father.

¹⁴ I have written to you, fathers,
Because you have known Him *who is* from the beginning.
I have written to you, young men,
Because you are strong, and the word of God abides in you,
And you have overcome the wicked one.

Introduction

In this season, we need to gain fresh strength.



This must constantly be on our minds.

1 John 2:12-14 describes 3 sets of people:

1. **Little Children:** People who have the spiritual state of a child - those who are still young in the faith.
2. **Young Men:** Those who are strong and available.
3. **Fathers:** Those who have come to know the One who is *from* the beginning, believing that everything was created by God.

The 'Young Man' Stage

1 John 2:14b says: "I have written to you, young men, because you are strong, and the word of God abides in you, and you have overcome the wicked one."

The first thing we need in our progressive, personal, pursuit of God is to be strong.

The stage of the "young man" is the stage that is **often** attacked the most. The key to prevailing over these attacks is in **learning to overcome** the evil one.

The scripture says that the young men are to be strong and do exploits for God. These are the Daniels, Shadrachs, Meshachs and Abednegos of this world!

As a church turning 30, there are certain decisions that we need to make.

The Example of Timothy

Timothy's mentor - Paul, being in prison, received a report that Timothy was struggling with leading his church. In response to this, Paul wrote a letter to young Timothy, not out of pity but of wisdom; instructing him on what he ought to do (see **1 Timothy 2:1-26**).

This letter can be seen as a form of 'inoculation' into the life and ministry of Timothy, in order to combat what was coming. This inoculation would serve to fortify his heart, giving him a:

1. **Fresh heart** that is strengthened (see **2 Corinthians 5:14**).
2. **Fresh revelation** in a strong way (see **2 Corinthians 5:11**).
3. **Fresh anointing** to strengthen him for the up-to-date task (see **2 Corinthians 5:5**).

This scripture also serves as a form of ‘inoculation’ for us, strengthening our hearts, providing us with a fresh revelation and supplying us with a fresh anointing to overcome struggles.

Fresh Strength

To gain fresh strength, you need to:

1. Be deliberate about teaching others (**2 Timothy 2:1-2**)
2. Fight the good fight of faith through the Word and prayer, with the sword of the Spirit – the word of God; be a fighter! (**2 Timothy 2:3**)
3. Contend and run with endurance the race set before you, like an athlete (**2 Timothy 2:5**)
4. Sow the Gospel of Christ (**2 Timothy 2:6**)
5. Work (**2 Timothy 2:15**)
6. Be slaves of Christ (**2 Timothy 2:24**)

The true Gospel must be taught, defended, contended for, sown – rightly dividing the Word of truth, laboured for, and be enslaved to.

Lastly...

Young men are to stay strong for the elect. You are not to endure hardship for what you will enjoy but for what others will enjoy.

As you gain fresh strength, be encouraged to endure hardship by continually receiving the fresh supply of grace, and you will reign with Christ! (See **2 Timothy 2:12**).