

STRENGTH

June 9, 2019

I. INTRODUCTION

Isaiah 37:3 They told him, “This is what Hezekiah says: This day is a day of distress and rebuke and disgrace, as when children come to the moment of birth and there is no strength to deliver them.”

A. *There is tragedy in opportunity without strength.*

B. *Develop strength today to be ready for the blessing of tomorrow.*

C. *Where does strength come from?*

Philippians 4:13 I can do all this through him who gives me strength.

Ephesians 6:10 Finally, be strong in the Lord and in His mighty power.

2 Timothy 2:1 You then, my son, be strong in the grace that is in Christ Jesus.

II. 5 WAYS TO DEVELOP STRENGTH

1. Rest

Matthew 11:28-30 “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

A. *Rest can be found in Jesus.*

Isaiah 30:15 This is what the Sovereign Lord, the Holy One of Israel, says: “In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.

B. *Rest can be rejected.*

“You must ruthlessly eliminate hurry from your life.” - Dallas Willard

2. Health

Psalms 1:1-3 Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.

A. Regular time in God's Word is essential to spiritual strength.

B. Healthy habits lead to healthy living.

Psalms 42:11 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalms 119:105 Your word is a lamp for my feet, a light on my path.

Colossians 3:2 Set your minds on things above, not on earthly things.

C. When your mind is set on unhealthy things, it drains your strength.

3. Activity

A. Strength comes from repeated activity.

Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

B. Strength is an action.

Judges 6:14 The Lord turned to him and said, "Go in the strength you have and save Israel out of Midian's hand. Am I not sending you?"

- Strength is a step of faith.
- Start with the strength you have, and God will bring the strength you need.

Leviticus 26:18-20 "If after all this you will not listen to me, I will punish you for your sins seven times over. I will break down your stubborn pride and make the sky above you like iron and the ground beneath you like bronze. Your strength will be spent in vain, because your soil will not yield its crops, nor will the trees of your land yield their fruit.

C. Strength can be lost.

D. Strength can be misdirected.

- Your little decisions construct your large decisions.

4. Unity

Hebrews 10:25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

A. We are stronger together.

Jude 1:17-23 But, dear friends, remember what the apostles of our Lord Jesus Christ foretold. They said to you, “In the last times there will be scoffers who will follow their own ungodly desires.” These are the people who divide you, who follow mere natural instincts and do not have the Spirit. But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit, keep yourselves in God's love as you wait for the mercy of our Lord Jesus Christ to bring you to eternal life. Be merciful to those who doubt; save others by snatching them from the fire; to others show mercy, mixed with fear—hating even the clothing stained by corrupted flesh.

B. Strong people help others get stronger.

5. Intimacy

Proverbs 24:10 If you falter in a time of trouble, how small is your strength!

A. In critical moments, we draw near to the source of strength.

1 Peter 5:10 And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

Isaiah 40:29-31 He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

B. Intimacy with God increases strength.

C. Build strength before you need strength.