

How is Your Emotional/Spiritual Stamina right now?

Stamina: the ability to sustain prolonged physical or mental effort

### **2 Timothy 4:7**

I have fought the good fight, I have finished the race, I have kept the faith.

### **2 Corinthians 1:6**

If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer.

Endurance (Hupomone): not swerved from deliberate purpose and loyalty to faith

At the Core or Center of your Stamina/Endurance is the word "Loyalty"

Don't confuse Loyalty with Perfectionism

Patience is Endurance with Expectation

"A waiting person is a patient person. The word patience means the willingness to stay where we are and live the situation out to the full in the belief that something hidden there will manifest itself to us." - Henri J.M. Nouwen

Those who get through a season

Those who gain through a season

Those who gripe through a season

### **Romans 12:12**

Be joyful in hope, patient in affliction, faithful in prayer.

### **James 1:12 NLT**

God blesses those who patiently endure testing and temptation.

### **Galatians 6:9**

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Shaking in the Bible represents two main contexts

### **Oppression Against the People of God**

#### **Psalm 16:8**

I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.

Faith is the currency of the Kingdom

The enemy inflicts when the church intimidates.

Persecute (dioko): opposition to the people and purposes of God

**1 Peter 4:12**

Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you.

**Matthew 24:9**

“Then you will be handed over to be persecuted and put to death, and you will be hated by all nations because of me.”

**Hebrews 12:27**

The words “once more” indicate the removing of what can be shaken—that is, created things—so that what cannot be shaken may remain.

**Hebrews 12:28**

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe

When shaking happens, do I embrace revelation or embrace relapse?

How to Build Faith:

Feed on the Word/Promises

Align your heart and mind through prayer and worship

Insulate with instead of isolating from other believers

Trust in the supernatural resources through the Spirit

Harvest and reap the mission fruit