

GET UP *Strengthen Yourself in the Lord*
January 21, 2024

John 16:33 AMP I've told you these things, so that in Me you may have perfect peace. In the world you have tribulation & distress & suffering, but be courageous; be confident, be undaunted, be filled w/ joy; I have overcome the world." My conquest is accomplished, My victory abiding.

We all have personal issues & outward influences that bring us down.

1 Samuel 30:6 David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons & daughters. But David strengthened himself in the LORD his God.

Most of us, most of the time rely on our "flesh" to get up.

How do we navigate through loss, destruction, disappointment?

In the famous words of Chumbawamba from the song Tubthumping, "I get knocked down, but I get up again, you're never gonna keep me down"

Keep getting up!!

***Our destiny is on the other side of learning how to minister to ourselves.
Let's get good at encouraging ourselves in the Lord.***

WHAT CONSISTENTLY BRINGS YOU DOWN?

Whatever it is, you need you...

1 Corinthians 16:13 AMP Be on guard; stand firm in your faith in God, respecting His precepts & keeping your doctrine sound. Act like mature men & be courageous; be strong.

Ephesians 6:10 ...Be strong in the Lord & in His mighty power.¹¹ Put on all of God's armor so that you'll be able to stand firm against all strategies of the devil.

I'm at peace today because no matter what I'm facing, God is w/ me.

Psalms 91:1 Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. 2 This I declare about the Lord: He alone is my refuge, my place of safety; He is my God, & I trust Him.

Psalm 121:1 I look up to the mountains - does my help come from there? 2 My help comes from the Lord, who made heaven & earth!

Isaiah 12:2 ...God has come to save me. I will trust in Him & not be afraid. The Lord God is my strength & my song; He's given me victory.

Isaiah 41:9b I have chosen you & will not throw you away. 10 Don't be afraid, for I'm w/ you. Don't be discouraged, for I am your God. I will strengthen you & help you. I will hold you up w/ My victorious right hand.

Most of us need to pause & think Biblically.

Get these scriptures in your eyes, in your ears, & then in your heart.

Finally, & most importantly – get them out of your mouth!

4 WAYS TO STRENGTHEN YOURSELF IN THE LORD

1. Make God is your source (not people)

Trust God to be the source of your strength

Don't wait for someone or something else to do it. No one. Nothing.

1 Corinthians 6:14 AMP God has not only raised the Lord to life, but will also raise us up by **His** power. *(God wants to be your strength!)*

Philippians 4:13 AMP I can do all things which He has called me to do through Him who strengthens & empowers me to fulfill His purpose – I'm self-sufficient in Christ's sufficiency. I'm ready for anything & equal to anything through Him who infuses me w/ inner strength & confident peace.

Romans 8:31b ...If God is for us, who can ever be against us?

When you kneel down to God, He stands up for you.

When He stands up for you, no one can stand against you!

*Some of you may be asking God to give you a Word, “Speak Lord”.
But God may not speak, until you’ve made Him your Strength.
God wants to inspire you before He instructs you.*

2. Listen to the Holy Spirit in worship & prayer

Bring your worship to Jesus. He inhabits the praises of His people.
Put yourself in a posture of honor & humility.

Exodus 15:2 The Lord is my strength & my song; He has given me victory. This is my God, & I will praise Him - my father’s God, & I will exalt Him!

Luke 5:15b ...the report of His power spread even faster, & vast crowds came to hear Him preach & to be healed of their diseases. 16 But *Jesus often withdrew to the wilderness for prayer.*

Isaiah 40:31 AMP Those who wait for the Lord, who expect, look for, & hope in Him, will gain new strength & renew their power; They’ll lift up their wings, & rise up close to God like eagles rising toward the sun; They’ll run & not become weary, They’ll walk & not grow tired.

Wait on the Lord, like a waiter serves food. Serve God worship & He’ll reset something powerful in you on the inside.

3. Pray with the Holy Spirit (pray in tongues)

You’ll receive power when the Holy Spirit comes on you.

Jude 20 AMP But you, beloved, build yourselves up on the foundation of your most holy faith; continually progress, rise like an edifice higher & higher, pray in the Holy Spirit,

You will be strengthened by praying just 5 mins, 10 mins. It’s spiritual!

1 Corinthians 14:4a A person who speaks in tongues is strengthened personally... *(This is one of the best methods/weapons to get up)*

Ask God for guidance – listen to the Holy Spirit; now obey.

4. Speak to your soul, don't live in your soul.

*Don't trust your flesh thoughts & feelings. Walk by faith, not by sight!
Speak the Word over circumstances.*

Psalm 103:1 NKJV Bless the Lord, O my soul; & all that is w/in me, bless His holy name! 2 Bless the Lord, O my soul, & forget not all His benefits

David was speaking to his soul!!

Psalm 42:11 NIV Why, my soul, are you downcast? Why so disturbed w/in me? Put your hope in God, for I will yet praise Him, my Savior & my God.

*We're spiritual people so we live in the Spirit, not in the flesh (soul).
Speak to your soul, & tell it, God is your source, Healer, Strength, etc.
Speak scriptures to your soul!! Declare the Word to your soul!*

Ephesians 3:16 AMP May He grant you out of the riches of His glory, to be *strengthened* & spiritually energized w/ power through His Spirit in your inner self, indwelling your innermost being & personality...