

GET UP *Strengthen Yourself in the Lord*
January 28, 2024

1 Samuel 30:6b ...David *strengthened himself in the LORD* his God.

How do we navigate through loss, destruction, disappointment?

Let's get good at encouraging ourselves in the Lord.

1 Peter 5:8 Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. **9** *Stand firm* against him, & *be strong* in your faith...

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...

3 THINGS TO KNOW TO STRENGTHEN YOURSELF IN THE LORD

1. Our Loving God Wants To Be Your Strength

Hebrews 3:19 AMP We see that they were not able to enter into His *rest*, the promised land because of *unbelief & an unwillingness to trust in God*.

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

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.

John 15:1 I'm the true grapevine, & My Father is the gardener.... **4** Remain in Me, & I'll remain in you. For a branch cannot produce fruit if it is severed from the vine, & you cannot be fruitful unless you remain in Me. **5** "Yes, I'm the vine; you're the branches. Those who remain in Me, & I in them, will produce much fruit. For apart from Me you can do nothing.

Psalm 73:26 My health may fail, & my spirit may grow weak, but God remains the *strength of my heart*; He's mine forever.

2. Prayer & Worship Makes You Strong

Bring your P & W to Jesus. He inhabits the praises of His people.

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 is God, & I will exalt Him!

Psalm 28:7 The Lord is my strength & shield. I trust Him w/ all my heart. He helps me, & my heart is filled w/ joy. I burst out in songs of thanksgiving. ⁸ *The Lord gives His people strength*. He's a safe fortress...

Psalm 59:16 ...I'll *sing* about Your power. Each morning I'll *sing* w joy about your unfailing love. For You've been my refuge, a place of safety when I'm in distress. ¹⁷ O my Strength, to You I *sing* praises, for You, O God, are my refuge, the God who shows me unfailing love.

Nehemiah 8:10b ...Don't be dejected & sad, for the joy of the Lord is your strength!

We put on a garment of praise for a spirit of heaviness (Isaiah)

Proverbs 17:22 AMP A happy heart is good medicine & a joyful mind causes healing. But a broken spirit dries up the bones.

You'll receive power when the Holy Spirit comes on you. (Acts 1)

Jude 20 AMP ... 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 in tongues. 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)*

*I'll pray in the Spirit & I'll pray in the understanding.
I'll sing in the Spirit & I'll sing in the understanding.*

3. Speaking the Word Out Loud Brings Change

Speak Bible scriptures over your circumstances.
Death & life are in the power of the tongue (Prov. 18)

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's soul was down, so he spoke 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.

*To GET UP, we need to speak the Word.
Get these scriptures in our eyes, in our ears, & in our heart.
Finally, & most importantly – get them out of our mouth!
Out of our heart, will flow rivers of living water (John 7)*

Joel 3:10b NKJV ...Let the weak say, “*I am strong!*”

MSG-Let the weak one throw out his chest & say, 'I'm tough, I'm a fighter'