

GET UP *Strengthen Yourself in the Lord*

January 7, 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.
(stress, sickness, weak, broken, sin, politics, money, family, work, etc.)*

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

1 Samuel 30:3 When David & his men came to the city, they found it burned w/ fire, & their wives & sons & daughters taken captive. 4 Then David & the people who were w/ him raised their voices & *wept* until they had *no more strength* to weep. 5 David's two wives also had been taken captive, Ahinoam of Jezreel & Abigail the widow of Nabal of Carmel. 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.

1 Chronicles 16:11 AMP Seek the Lord & *His strength*; Seek His face continually [longing to be in His presence].

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

Psalm 18:1 I love you, Lord; *You are my strength*. 2 The Lord is my rock, my fortress, & my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, & my place of safety. 3 I called on the Lord, who is worthy of praise, & He saved me from my enemies.

Psalm 28:6 Praise the Lord! For He has heard my cry for mercy. 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 is a safe fortress...

Psalm 46:1 God is our refuge & *strength*, always ready to help in times of trouble. 2 So we will not fear when earthquakes come & the mountains crumble into the sea. 3 Let the oceans roar & foam. Let the mountains tremble as the waters surge!

Psalm 59:9 *You are my strength*; I *wait* for you to rescue me, for you, O God, are my fortress.... **16** As for me, I will sing about Your power. Each morning I will 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.

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

Isaiah 40:28b The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of His understanding. **29** He gives *power to the weak & strength to the powerless*. **30** Even youths will become weak & tired, young men will fall in exhaustion. **31** But those who trust in the Lord will find *new strength*. They'll soar high on wings like eagles. They'll run & not grow weary. They'll walk & not faint.

**Personal Expectations*

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.

Wisdom from Solomon - he had issues (not least of all, over 700 wives)

Proverbs 24:16 The Godly may trip (*fall*) seven times, but they'll *get up* again. But one disaster is enough to overthrow the wicked.

TPT For the lovers of God may suffer adversity & stumble seven times, but they will continue to rise over & over again. But the unrighteous are brought down by just one calamity & *will never be able to rise again.*

Godly & wicked – Which people fall? Who falls more?

You can't fall if you're not standing up.

I can't fall when I'm down.

Why do the Godly keep falling down? Because they keep getting up!

The KEY to strengthening yourself in the Lord - Keep getting up!!

When we fall, when we're down we have a choice.

If/when we choose to get up, guess what's a possibility now?

You're down again (sin), you cry out to Jesus, repent, get up & walk.

This time you fall, repent, get up & walk farther...etc.

Keep getting up!!

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...