

# The Holy Spirit Strengthens Us

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For though we walk in the flesh, we do not war according to the flesh. <sup>4</sup> For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, <sup>5</sup> casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

Truth:

We take our thoughts captive to obey Christ.

# Stronghold:

Mental barriers, false beliefs, pride and philosophies that oppose the knowledge of God and His word.

## Romans 8:26 NKJV

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.

John 14:26 NKJV

But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.

# Galatians 5:22 NKJV

But the fruit of the Spirit is love, joy, peace,  
longsuffering, kindness, goodness, faithfulness,

For this reason I bow my knees to the Father of our Lord Jesus Christ, <sup>15</sup> from whom the whole family in heaven and earth is named, <sup>16</sup> that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, <sup>17</sup> that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, <sup>18</sup> may be able to comprehend with all the saints what *is* the width and length and depth and height— <sup>19</sup> to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

# Prayer

1. That believers are strengthened in their inner being to become more like Christ.
2. That Christ would dwell in our hearts as true believers.
3. That believers would be rooted and grounded in God's love.

Question:

Have you ever experienced loving so much that it feels like it is flowing out of you?

# Power:

power that resides within.

(Greek: dunamis)

as His divine power has given to us all things that *pertain* to life and godliness, through the knowledge of Him who called us by glory and virtue, <sup>4</sup> by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption *that is* in the world through lust.

that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, <sup>17</sup> that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, <sup>18</sup> may be able to comprehend with all the saints what *is* the width and length and depth and height— <sup>19</sup> to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

# God's Love:

1. Wide- embracing
2. Long- enduring
3. High- heavenly
4. Deep- far-reaching

Quote:

Here's the paradox. We can fully embrace God's love only when we recognize how completely unworthy of it we are.

- A.T.