

S.T.R.O.N.G.

This is your year to be Strong.

Isaiah 6:8

And I heard the voice of the Lord saying, “Whom shall I send, and who will go for us?” Then I said, “Here I am! Send me.”

- Ever had an Isaiah moment, That moment when its like everyone else has disappeared or shrunk back and your the one left standing out in front. All eyes are on you and its sink or swim time.
- Thats where Isaiah is and its God himself calling out “Hey-I need someone to be strong, I need someone for an assignment
- Who’s going to step up?
- Who’s got the guts?
- Who’s got what it takes?
- Who will go for us says the Lord?

And with your little finger half straight you gingerly raise your hand and say “Me?”

- This is your year to step up to the plate!
- Its your year to batter up!
- Its your year to seize all that God has in store for you.
- Its your year to hit a home run, to whack that destiny into the stands and take a leisurely trot around the months of life.

This is your year to be **STRONG!!**



If you like Isaiah you might be shaking in your shoes, swallowing hard and thinking “How am I going to do that?”

1. Strong

Ephesians 6:10

“Be strong in the Lord” Sometimes you've just got to **be** ready for the battle.

When the battle comes you don't have time to go and do your basic training, you don't have time to go and work out and get your fitness up to speed. You can't tell the enemy “Please wait while I gather my resources, pray and fast and then we can talk about this”

Be means **BE**, not work up to, contemplate, consider or think about.

Be means to exist, be present, To occupy a position in space. You own your dominion

“Where ever I am, that's where I **BE**”

“Where ever I am, I'm **STRONG**”

How? Not in my own strength, but in LORDS.

“Be strong in the Lord and in His mighty power”

Psalms 28:7

The Lord is my strength and my shield;
my heart trusts in him, and he helps me

Ever seen a bull who's getting ready to charge? Just stands there, puts his head down and growls. What's he doing? He's “Be-ing”

“He's saying “Move out of my way, I'm coming through”



2017 is your year to “Be”, to Be strong and let it know Im coming through. And if you don't Ive got God on my side & I’m going to take you out!!!

Which brings me to point number 2

2. Take out the enemy

You never know when your going to have to be Strong. You might be just thinking of setting down to have your lunch and all of a sudden theres an issue, a problem, theres one of those things that are just seemingly sent to ruin your day.

Well not this year! This is your year to what? “Be Strong”

Shepard boy David is about to sit down and eat his lunch with his brothers and all of a sudden there's a problem. A large, giant problem.

- How inconvenient! Its only lunch time and here comes a belly aching problem to destroy the peace.

Its like can I not just sit down and eat my lunch without being disturbed.

- David looks around and no one is eating lunch, everyone to scared, to anxious to eat, all muttering “What are we going to do?”

or

- Its all too hard, I cant face my problems, I cant eat, I cant sleep, Im all worked up, I'm paralysed in life. Cant go forward, cant go back.

Can I encourage you- This is not your year to stay "Stagnant" WHY?

This is your year to What? BE STRONG!

- What do you need to get from 50% to 100% victory?
- Your at 50. Stagnant, stationary-Your not at 0 and your not at 100.
- What do you need? What do you need to get you to 100?

You say 50? You want the 50? You cant handle the 50

- David was kitted out with the best weaponry they could find.
- He had armour, bullet proof vests, swords, guns, grenades, bazookas, tanks and entire army of ground troops but it was too much.

He just needed one. One stone to slay the giant.

- What do you need to make it through 2017?

What do you need to get you to 51%? You don't need 50 you need 1.

One day in the house of God is better than a thousand anywhere else.

- 1 more church service, one more scripture, one more connect group night, one more prayer. Repeat.

How do you BE STRONG?

You **Be** STRONG IN THE LORD AND HIS MIGHTY POWER!

How do you **stay** STRONG IN THE LORD AND HIS MIGHTY POWER?

-1 more church service, one more scripture, one more connect group, one more prayer, quiet time. **Repeat**

How do we know this works?

- Because when you build your life upon the rock-**YOU WILL STAND STRONG!!!**

Before you know it you've defeated all the giants in your life.

How?

1. **Be** Strong.
2. **Take** out the enemy.

3. Resist

To Be Strong you need to learn how to Resist

- Building muscle is all about resistance training.
- You push against a weight or form of **resistance**

The more weight, the more resistance=more muscle.

- So weight is **good** for you because it builds muscle.
- “Viva la resistance”**

You've made it this far, you're strong, you've got muscle

- This is your year to “Push it”

How do we know this works?

- James 4:7 “Resist the devil, and he will flee from you.”
- Jesus temptation in the desert.
- 3 times we was tempted in Matthew 4
- Every time He resisted and eventually the devil fled

How did He resist? How was it that He was so Strong?

4. Open up your day in Prayer & the Word

Strength and resistance training is one thing

- What about your **diet**? What are you putting into your body, putting into your mind?
- What are you feeding your Spirit and depositing into your Soul?

To look after your muscles you have to eat the right foods. **To stay strong you need to eat Power Food!**

How did Jesus have the Spiritual muscle power to resist the devil?

He lived on a diet of Prayer & the Word. Jesus was buff

How?

Luke 5:16 “Jesus **often** withdrew to lonely places and prayed” He was the busiest guy alive but He still **prioritised** time to pray.

- Jesus knew that His strength and power came from the self discipline, the daily habit of prayer & the word.

Margin was about making time for Jesus.

To stay Strong this year you will need to make time daily to fuel up on prayer & the word.

- Bible reading plans, Apps, Word for the Day
- Pray with Jesus. Make your coffee & talk to Him

So.....

1. Build strength by resistance training
2. Maintain & build muscle with a diet of word & prayer

5. Never go it alone-Work out with others.

Doing push ups with Connor.

Its all about **encouragement**. We are here to encourage each other.

- En-Courage means to put courage into someone.

We can go so far on our own but how good is it when we receive a little boost, a little word of encouragement to keep going, you're gonna make it, press in, push it!!

Hebrews 10:25 “And let us not neglect our meeting together, as some people do, but **encourage** one another”

- Church is an Encouragement factory.
- We put courage into each other.
- Church and Connect Groups are vital to staying Strong in 2017

Why?

You might say “I can resist on my own-I can stay strong”
Yes you can but you won't go as far as you could in 2017 all by yourself. Your potential is with others.

Ecclesiastes 4:9

“**Two** people are better off than one, for they can help each other **succeed**.”

10 If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.

11 Likewise, **two** people lying close together can keep each other warm. But how can one be warm alone?

12 A person standing alone can be attacked and defeated, but **two can stand back-to-back and conquer**. Three are even better, for a triple-braided cord is not easily broken.

How are you going to stand strong in 2017?

You need to know that someone's got your back

"Two people are better off than one, for they can help each other succeed." EN-COURAGE!

One will put a thousand to flight but two-Ten thousand.

6. God

To stay strong you need a "But God" attitude.

A 'But God' attitude aligns everything up against God.

Every trial, temptation, every fear, anxious thought,
every negative report, every attack of the enemy
-is nothing compared to the love & power of God.

I don't know if I can make it?

- But If God is for me who can be against me.

Theres giants in the land

- But God says you can defeat them.

I cant do this project, cant speak to pharaoh,

- But God is going with you

I cant see a way through this year, month or week

- But God can make a way where there isn't a way.

I don't know what direction to take

- But God knows the plan and the purpose for my life

I don't know if i can make it financially this year

- But My God shall supply all my need.

Stand God next to **anything** and **anything** is smaller, weaker, has less power & influence over you.

Why?

Because nothing is a STRONG as God!!!

So how are you going to make it through the year?

1. **Strong** (Be)
2. **Take** out the enemy
3. **Resist** the devil
4. **Open** up the day with Prayer & the Word
5. **Never** go alone
6. **God**

He is Strong & He's inside of you.

Maybe you know the song "My God is so big, so strong & so mighty, there's nothing my God cannot do"

He is Strong & He's inside of you.

Unless He isn't??

Is Jesus living inside of you?