

# A Life that ROCKS!



Sermon #6

Renewed!

## Series Passages

### John 10:10<sup>1</sup>

*<sup>10</sup> A thief comes only to steal and to kill and to destroy. I have come that they may have life and have it in abundance.*

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### Isaiah 40: 31 HCSB

*<sup>31</sup> but those who trust in the Lord  
will renew their strength;  
they will soar on wings like eagles;  
they will run and not grow weary;  
they will walk and not faint.*

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### Isaiah 40: 31 NASB

*<sup>31</sup> Yet those who wait for [hope in] the Lord  
Will gain new strength;  
They will mount up with wings [sprout wings] like eagles,  
They will run and not get tired,  
They will walk and not become weary..*

## A Life that Rocks! #6 – Renewed!

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- those who TRUST *[wait on, hope in]*
- in the LORD
- will
  - ***renew their strength*** ***[gain new strength NASB]***
  - soar on wings like eagles;
  - run and not grow weary;
  - walk and not faint.

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<sup>1</sup> All passages from Holman Christian Standard Bible (HCSB) unless otherwise specified.



# A Life That Rocks! Series Messages

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## Message 1: The Source of Abundance – The Great GOD Almighty

Isaiah 40:9b-26

### GOD is KING

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- Strong
- Ruler
- Creator
- All Knowing
- Incomparable
- Enthroned
- In Charge

### GOD is SHEPHERD

Slide 6

- Personally Involved
- He Protects
- He Embraces
- He is Gentle
- He Leads
- He Feeds
- He Shelters
- He Provides



### GOD ...

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- Is Strong enough to save you
- Is close enough to hear you
- Has vision enough to see your needs
- Has wisdom enough to know your thoughts
- Has love enough to mend your heart
- He has abundance enough to provide all your needs .....
- He has power enough to protect you from harm
- He has healing enough to cure your disease
- He has vision enough to direct your path

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## Message 2: Surrender – Beyond the White Flag

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### (IN A POSITION TO RECEIVE)

*Isaiah 40:11; 44:2; John 10; Psalm 95:6-7; 139:1ff*

### WHY SURRENDER?

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1. Big Reason Number 1 – Death and Hell if you don't.
2. Big Reason Number 2 – Heaven and hope if you do.
3. In your heart vs. in HIS HEART
  - a. There isn't enough room
  - b. It's not a nice place

### WHY SURRENDER?

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- You get Eternal Life & Eternal Security
- You get Access to Every Spiritual Blessing
- You become holy & blameless in His sight

### WHY SURRENDER?

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- You are adopted – part of the family
- You have redemption
- You are forgiven
- You become His inheritance – His valued possession

### WHY SURRENDER?

Slide 13

- You are sealed with the Holy Spirit
- You are made alive
- You are seated in Him in the Heavens
- You become fruitful – successful by heaven's standard
- With you in Him and His word in you, ask for whatever you want and it will be done

*“No, Lord” is an oxymoron – a self-contradictory statement. If Christ asks you to do something and you say “no” then He isn't your Lord – you've just rejected His Lordship. If Christ asks you to do something and He's your Lord, you can't say “no.”*



## Message 3: Take a Flying Leap! – When a Step Isn't Enough

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*Isaiah 40:31; Matt 17:20; John 10:10*

*The flight of faith happens when God takes you out of your own limits and understanding and leads you to do something that seems impossible.*

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1. The Flying Comes First
2. God Is Our Flight Instructor
3. There Will Be Multiple Flights
4. Flying Is Mandatory
5. Flight Of Faith Or Foolish Risk?



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*Flying is the first phase of the Abundant Christian Life. It comes before running, before walking, even before crawling. This “Flight of Faith” is the foundation for experiencing life beyond your wildest expectations. It is the starting line for running the race. It is the reassurance to keep walking. It is the power to stand strong in the face of the battle. Flying is the evidence of faith, the breeding ground of faith, the fertile soil of faith, the nutrition for faith, and the test of faith.*



## Message 4: Run, Man, Run – Straining Toward the Goal

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*Isaiah 40:31; Hebrews 12:1*

### • Know the Stakes

Slide 18

- LOCATION – *The Holy City*
- WITNESSES: *angels in festive gathering, the firstborn who've gone before, God who is the Judge of all, righteous people made perfect, Jesus – our example*
- *The Race is: Fulfilling to the maximum God's kingdom purpose for your life in the freedom of God's grace without the bondage of sin or the weight of the law.*

### • Drop The Baggage

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- Guilt
- Negative Relationships/Conflict
- Legalism
- Rather, Live by Grace  
*Grace is the running clothes of the spiritual life – light weight, precision garments that not only free us to run, but inspire us to run.*



### • Release the Restraints

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- Worldly Treasures
- Sin, Addictions, Bad Habits
- Distractions  
— *“A good thing that takes the place of the best thing becomes a bad thing!”*

### • Run

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- Focus On The Prize — Jesus
- Practice Self-Control — Not Doing What You Shouldn't Do
- Run with Intentionality — Not Aimlessly
- Exercise Discipline — Doing What You Should Do



## Message 5: Power Walking!

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- **Walking is...**

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*Walking is the day-to-day grind...the way we live our lives...our actions over our intentions...it is what we do and why we do it...it is the life we live that others see, feel and hear.*

- **Walk This Way! – Jesus is the Example**

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- **Walking Difficulties**

Slide 25

- It's a long road – a life-time walk
- We have an enemy – the Devil
- We have baggage – the old man

- **Power Walking: In Christ we walk ...**

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- in victory over the OLD MAN,
- in the freedom of the NEW MAN,
- by FAITH in Christ Jesus.

*“For we walk by faith, not by sight” — 2 Corinthians 5:7*



## Message 6: Renewed!

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- **Ephesians 6:10-20**

*“Those who trust in the Lord will renew their strength...”*

In the previous five messages,

- we’ve talked about the source of strength—the Lord,
- we’ve talked about how we get connected to that source — trust,
- and we’ve talked about what that strength enables us to do—soar, run, & walk.

We’ve talked about what God’s amazing goals are for our lives, and if we had no other challenges we couldn’t meet those goals in our own strength. But we *have* challenges and we *have* an adversary. So we desperately need a strength greater than our own.

But we’ve not talked about the “renewal” part and the nature of the strength with which we get renewed.

The soaring, running, and walking is what we do after we’ve “*gained new strength*” (NASB). This new strength is not our doing. We can’t strengthen ourselves if we don’t have strength to begin with. The strength has to come from some outside source. And this passage says that source is the Lord. Scientists have long searched for a “perpetual motion” machine – one that, once started, would run indefinitely without an outward source of power. It has never been found.

They’ve searched for perfect efficiency machines – where every ounce of power went straight to performing the desired task with no loss of energy. That machine hasn’t been found either. In order to get anything done, there has to be an outside power source.

### MONDAYS

Ok, Mondays are hard days for me. I’m usually wiped out after Sunday. Virtually every pastor I know and most worship pastors take a nap Sunday afternoon. Books and seminars about staff leadership acknowledge the drain of Sundays on staff and recommend against scheduling anything major on a Monday – no staff meetings, no major new decisions. Many pastors and staff members quit the ministry every Monday morning. Thank God most of them sign back up on Tuesday.

If you are going to live abundantly – if you are going to have faith to soar, endurance to run, and strength to keep on walking, you are going to need an external source of power.





Where does this power come from?

## Renewed Strength

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- *Who's Strength is it?*
- *How great is this strength?*
- *Why do we need strength?*
- *Is there enough strength for me?*

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## Who's Strength Is It?

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Isaiah 40:28-29

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<sup>28</sup> *Do you not know? Have you not heard?  
Yahweh is the everlasting God, the Creator of the whole earth.  
He never grows faint or weary; there is no limit to His understanding.*  
<sup>29</sup> *He gives strength to the weary and strengthens the powerless.*

## Who's Strength?

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- *Yahweh,*
- *the Creator of the whole earth*
- *Who never grows faint or weary*

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1 Corinthians 1:24-25 (HCSB)

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<sup>24</sup> *Yet to those who are called, both Jews and Greeks, **Christ is God's power** and God's wisdom, <sup>25</sup> because God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.*

## Who's Strength?

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- Yahweh,
- the Creator of the whole earth
- Who never grows faint or weary

- *Christ – God's Power*

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## How Great Is This Strength?

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### Ephesians 1:18-23 (HCSB)

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<sup>18</sup> *I pray that the perception of your mind may be enlightened so you may know what is the hope of His calling, what are the glorious riches of His inheritance among the saints, <sup>19</sup> and what is the immeasurable greatness of His power to us who believe, according to the working of His vast strength.*

<sup>20</sup> *He demonstrated this power in the Messiah by raising Him from the dead and seating Him at His right hand in the heavens— <sup>21</sup> far above every ruler and authority, power and dominion, and every title given, not only in this age but also in the one to come. <sup>22</sup> And He put everything under His feet and appointed Him as head over everything for the church, <sup>23</sup> which is His body, the fullness of the One who fills all things in every way.*

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## How Great Is This Strength?

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Paul says that God has...

- **Immeasurable Power**
- **Vast Strength**
- **Raised Christ From The Dead**
- **Seated Him In Heaven**

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### Ephesians 3:16-21

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<sup>16</sup> *I pray that He may grant you, according to the riches of His glory, to be strengthened with power in the inner man through His Spirit, <sup>17</sup> and that the Messiah may dwell in your hearts through faith. I pray that you, being rooted and firmly established in love, <sup>18</sup> may be able to comprehend with all the saints what is the length and width, height and depth of God's love, <sup>19</sup> and to know the Messiah's love that surpasses knowledge, so you may be filled with all the fullness of God.*

<sup>20</sup> *Now to Him who is able to do above and beyond all that we ask or think according to the power that works in us— <sup>21</sup> to Him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.*

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## How Great Is This Strength?

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IMMEASURABLE POWER

VAST STRENGTH

RAISED CHRIST FROM THE DEAD

SEATED HIM IN HEAVEN

- *Able to do above and beyond all we ask*
- *Able to do above and beyond all we think*

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## Why Do We Need Strength?

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### 1 Peter 5:10

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<sup>10</sup> Now the **God** of all grace, who called you to His eternal glory in Christ Jesus, **will personally restore, establish, strengthen, and support you** after you have suffered a little.

Two verses earlier Peter says:

### 1 Peter 5:8

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<sup>8</sup> Be serious! Be alert! Your adversary the Devil is prowling around like a roaring lion, looking for anyone he can devour.

Why Do We Need Strength?

- **We have an Aversary**

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### Ephesians 6:10-13 (NIV)

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<sup>10</sup> Finally, be strong in the Lord and in his mighty power. <sup>11</sup> Put on the full armor of God, so that you can take your stand against the devil's schemes.

<sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

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<sup>13</sup> Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

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## Why Do We Need Strength?

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### WE HAVE AN AVERSARY

- **You WILL have to stand against him**
- **The Day of evil WILL come**

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## Will His Strength Work for Me?

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Philippians 4:13

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<sup>13</sup> I am able to do all things through Him who strengthens me.

## Will His Strength Work for Me?

- We can do ALL things in HIS strength

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2 Thessalonians 3:3

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<sup>3</sup> But the Lord is faithful; He will strengthen and guard you from the evil one.

## Will His Strength Work for Me?

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WE CAN DO ALL THINGS IN HIS STRENGTH

- God will strengthen us against Satan

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Revelations 3:8 – God Knows Our Limitations

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*The Letter to Philadelphia...*

<sup>8</sup> I know your works. Because you have limited strength, have kept My word, and have not denied My name, look, I have placed before you an open door that no one is able to close.

## Will His Strength Work for Me?

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WE CAN DO ALL THINGS IN HIS STRENGTH

GOD WILL STRENGTHEN US AGAINST SATAN

- God knows our limits and will open doors we can't open

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1 Corinthians 1:8 (HCSB)

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<sup>8</sup> [God] will also **strengthen** you to the end, so that you will be blameless in the day of our Lord Jesus Christ.



## Will His Strength Work for Me?

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WE CAN DO ALL THINGS IN HIS STRENGTH

GOD WILL STRENGTHEN US AGAINST SATAN

GOD KNOWS OUR LIMITS AND WILL OPEN DOORS WE CAN'T OPEN

- *God will strengthen us to the end*

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### Romans 8:35, 37-39

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<sup>35</sup> *Who can separate us from the love of Christ? Can affliction or anguish or persecution or famine or nakedness or danger or sword?*

<sup>37</sup> *No, in all these things we are more than victorious through Him who loved us.*

<sup>38</sup> *For I am persuaded that not even death or life, angels or rulers, things present or things to come, hostile powers, <sup>39</sup> height or depth, or any other created thing will have the power to separate us from the love of God that is in Christ Jesus our Lord!*

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## Will His Strength Work for Me?

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WE CAN DO ALL THINGS IN HIS STRENGTH

GOD WILL STRENGTHEN US AGAINST SATAN

GOD KNOWS OUR LIMITS AND WILL OPEN DOORS WE CAN'T OPEN

GOD WILL STRENGTHEN US TO THE END

- *God's Strength holds us no matter what attacks*

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## God's Strength CAN Work Against You

### 2 Thessalonians 1:6-9 – God's Strength AGAINST

<sup>6</sup> ... *it is righteous for God to repay with affliction those who afflict you <sup>7</sup> and to reward with rest you who are afflicted, along with us. This will take place at the revelation of the Lord Jesus from heaven with His powerful angels, <sup>8</sup> taking vengeance with flaming fire on those who don't know God and on those who don't obey the gospel of our Lord Jesus. <sup>9</sup> These will pay the penalty of eternal destruction from the Lord's presence and from His glorious strength...*



## Renewed Strength

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- *Who's Strength?*

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YAHWEH'S

- *How great is this strength?*

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BEYOND OUR COMPREHENSION

- *Why do we need strength?*

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OUR ADVERSARY

- *Will His Strength Work For Me?*

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YES, NO MATTER WHAT

## Living a Life that Rocks!

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- *The Source – God Almighty*
- *The Connection – Trust*
- *The Benefit – Renewed Strength*
- *The Outcome –*

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SOAR ON WINGS OF FAITH

RUN THE ULTIMATE RACE

WALK VICTORIOUSLY

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## Research Passages

### Psalm 19:7-10 (HCSB)

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- <sup>7</sup> *The instruction of the Lord is perfect, **renewing** one's life;  
the testimony of the Lord is trustworthy, making the inexperienced wise.*
- <sup>8</sup> *The precepts of the Lord are right, making the heart glad;  
the command of the Lord is radiant, making the eyes light up.*
- <sup>9</sup> *The fear of the Lord is pure, enduring forever;  
the ordinances of the Lord are reliable and altogether righteous.*
- <sup>10</sup> *They are more desirable than gold—than an abundance of pure gold;  
and sweeter than honey, which comes from the honeycomb.*

### Psalm 23:1-3a (HCSB)

- <sup>1</sup> *The Lord is my shepherd; there is nothing I lack.*
- <sup>2</sup> *He lets me lie down in green pastures;  
He leads me beside quiet waters.*
- <sup>3</sup> *He **renews** my life;*

### Psalm 51 (HCSB)

- <sup>10</sup> *God, create a clean heart for me and **renew** a steadfast spirit within me.*
- <sup>11</sup> *Do not banish me from Your presence or take Your Holy Spirit from me.*
- <sup>12</sup> *Restore the joy of Your salvation to me, and give me a willing spirit.*

### Psalm 103 (HCSB)

- <sup>1</sup> *My soul, praise Yahweh, and all that is within me, praise His holy name.*
- <sup>2</sup> *My soul, praise the Lord, and do not forget all His benefits.*
- <sup>3</sup> *He forgives all your sin; He heals all your diseases.*
- <sup>4</sup> *He redeems your life from the Pit;  
He crowns you with faithful love and compassion.*
- <sup>5</sup> *He satisfies you with goodness; your youth is **renewed** like the eagle.*

### Romans 12:1-2 (HCSB)

- <sup>1</sup> *Therefore, brothers, by the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your spiritual worship. <sup>2</sup> Do not be conformed to this age, but be transformed by the **renewing** of your mind, so that you may discern what is the good, pleasing, and perfect will of God.*

### Isaiah 40:28-31 (HCSB)

- <sup>28</sup> *Do you not know? Have you not heard?  
Yahweh is the everlasting God, the Creator of the whole earth.*





*He never grows faint or weary; there is no limit to His understanding.*

<sup>29</sup> **He gives strength to the weary and strengthens the powerless.**

<sup>30</sup> *Youths may faint and grow weary, and young men stumble and fall,*

<sup>31</sup> *but those who trust in the Lord will renew their strength;*

*they will soar on wings like eagles;*

*they will run and not grow weary;*

*they will walk and not faint.*

#### Romans 16:25,27 (HCSB)

<sup>25</sup> *Now to Him who has power to strengthen you according to my gospel and the proclamation about Jesus Christ, ... <sup>27</sup> to the only wise God, through Jesus Christ—to Him be the glory forever! Amen.*

#### 1 Corinthians 1:8 (HCSB)

<sup>8</sup> *[God] will also **strengthen** you to the end, so that you will be blameless in the day of our Lord Jesus Christ.*

#### 1 Corinthians 1:24-25 (HCSB)

<sup>24</sup> *Yet to those who are called, both Jews and Greeks, **Christ is God's power** and God's wisdom, <sup>25</sup> because God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.*

#### 2 Corinthians 1:21-22

<sup>21</sup> *Now it is God who **strengthens** us, with you, in Christ and has anointed us. <sup>22</sup> He has also sealed us and given us the Spirit as a down payment in our hearts.*

#### Ephesians 1:18-23 – How great is His strength?

<sup>18</sup> *I pray that the perception of your mind may be enlightened so you may know what is the hope of His calling, what are the glorious riches of His inheritance among the saints, <sup>19</sup> and what is the immeasurable greatness of His power to us who believe, according to the working of His vast strength.*

<sup>20</sup> *He demonstrated this power in the Messiah by raising Him from the dead and seating Him at His right hand in the heavens— <sup>21</sup> far above every ruler and authority, power and dominion, and every title given, not only in this age but also in the one to come. <sup>22</sup> And He put everything under His feet and appointed Him as head over everything for the church, <sup>23</sup> which is His body, the fullness of the One who fills all things in every way.*

#### Ephesians 6:10-20 (NIV)

<sup>10</sup> *Finally, be strong in the Lord and in his mighty power. <sup>11</sup> Put on the full armor of God, so that you can take your stand against the devil's*



schemes. <sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. <sup>13</sup>

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. <sup>14</sup> Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup> and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup> In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God.

<sup>18</sup> And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. <sup>19</sup> Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, <sup>20</sup> for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

#### Philippians 4:13

<sup>13</sup> I am able to do all things through Him who strengthens me.

#### Colossians 1:9-14

We are asking that you may be filled with the knowledge of His will in all wisdom and spiritual understanding, <sup>10</sup> so that you may walk worthy of the Lord, fully pleasing to Him, bearing fruit in every good work and growing in the knowledge of God. <sup>11</sup> May you be **strengthened** with all power, according to His glorious might, for all endurance and patience, with joy <sup>12</sup> giving thanks to the Father, who has enabled you to share in the saints' inheritance in the light. <sup>13</sup> He has rescued us from the domain of darkness and transferred us into the kingdom of the Son He loves.

<sup>14</sup> We have redemption, the forgiveness of sins, in Him.

#### 2 Thessalonians 1:6-9 – God's Strength AGAINST

<sup>6</sup> ... it is righteous for God to repay with affliction those who afflict you <sup>7</sup> and to reward with rest you who are afflicted, along with us. This will take place at the revelation of the Lord Jesus from heaven with His powerful angels, <sup>8</sup> taking vengeance with flaming fire on those who don't know God and on those who don't obey the gospel of our Lord Jesus. <sup>9</sup> These will pay the penalty of eternal destruction from the Lord's presence and from His glorious **strength...**



### 2 Thessalonians 3:3

<sup>3</sup> *But the Lord is faithful; He will strengthen and guard you from the evil one.*

### 1 Peter 4:11

<sup>11</sup> *If anyone speaks, it should be as one who speaks God's words; if anyone serves, it should be from the strength God provides, so that God may be glorified through Jesus Christ in everything. To Him belong the glory and the power forever and ever. Amen.*

### 1 Peter 5:8-11

<sup>8</sup> *Be serious! Be alert! Your adversary the Devil is prowling around like a roaring lion, looking for anyone he can devour. <sup>9</sup> Resist him and be firm in the faith, knowing that the same sufferings are being experienced by your fellow believers throughout the world.*

<sup>10</sup> *Now the **God** of all grace, who called you to His eternal glory in Christ Jesus, **will personally restore, establish, strengthen, and support you** after you have suffered a little. <sup>11</sup> The dominion belongs to Him forever. Amen.*

### Revelations 3:8 – God Knows Our Limitations

*The Letter to Philadelphia...*

<sup>8</sup> *I know your works. Because you have limited strength, have kept My word, and have not denied My name, look, I have placed before you an open door that no one is able to close.*

### Matthew 11:28-30 (HCSB)

<sup>28</sup> *“Come to Me, all of you who are weary and burdened, and I will give you rest. <sup>29</sup> All of you, take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for yourselves. <sup>30</sup> For My yoke is easy and My burden is light.”*

