



**BE STRONG SERIES - Part One:
"A Strong Spirit Releases Abundant Life"**

"BE STRONG and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go... Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." Joshua 1:7, 9 (NIV)

"Finally, my brethren, BE STRONG in the Lord and in the power of His might." Ephesians 6:10 (NKJV)

If we allow God to make us strong, we will live more _____.

WHY ARE WE COMMANDED TO BE STRONG?

*"Watch, stand fast in the faith, be brave, BE STRONG."
1 Corinthians 16:13 (NKJV)*

Our spirit is the _____ of our lives.

• **We need to be strong because of the _____ we are living in.**

*"If you fail under pressure, your strength is too small."
Proverbs 24:10 (NLT)*

• **We need to be strong because the _____ is at work.**

• **We need to be strong because it makes our life _____.**

"A person's spirit sustains him through sickness—but who can bear a crushed spirit?" Proverbs 18:14 (NET)

"Strengthen the weak hands, and make firm the feeble knees. Say to those who are fearful-hearted, "BE STRONG, do not fear! Behold, your God will... come and save you." Isaiah 35:3-4 (NKJV)

Continued on reverse

HOW BELIEVERS BECOME STRONG

**The weakest person can follow God's Word
and discover how to _____.**

1. We have to _____ who God is.

"...The people who know their God shall BE STRONG, and carry out great exploits." Daniel 11:32 (NKJV)

Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through me." John 14:6 (NLT)

2. We have to _____ God is _____ us.

"This is my command—BE STRONG and courageous!... For the Lord your God is with you wherever you go." Joshua 1:9 (NLT)

3. We have to deal with our _____.

Then Joshua said to them, "Do not be afraid, nor be dismayed; BE STRONG and of good courage, for thus the LORD will do to all your enemies against whom you fight." Joshua 10:25 (NLT)

"So, my dear brothers and sisters, BE STRONG and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless." 1 Corinthians 15:58 (NLT)

FATHER GOD, Your love is making me strong. Thank you for looking past my dismay, and filling me with your strength. Lord Jesus, because you are the true strength of my life, I give myself completely to you. And beginning today, I boldly declare that I am strong! In Your Name, AMEN

GATHER, GROW AND GO WITH US IN GROW GROUPS

Open Up: *What are some of the greatest pressures people feel in life?*

Share Scriptures: *Let different members share a verse or idea from this teaching that impacted them personally. What does it mean for them?*

Talk It Over: *What are some practical ways we can strengthen others?*

Pray Together: *Pray that each person will be filled with strength inside.*