



BE STRONG SERIES - Part Two:
"The Signs of a Strong Spirit"

"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)

The weakest person can _____
to follow God's word and become STRONG.

YOU HAVE TO MAKE A CHOICE TO BE STRONG

'... And the child grew and became strong; He was filled with wisdom, and the grace of God was on him.' Luke 2:40 (NIV)

"My health may fail, and my spirit may grow weak, but God remains the strength of my heart." Psalms 73:26 (NLT)

"The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?" Proverbs 18:14 (KJV)

God can make you _____ again!

"I CAN DO all things through Christ who strengthens me!"
Philippians 4:13 (NKJV)

THREE CHOICES THAT LEAD TO A STRONG SPIRIT

1. Practicing the _____ of God makes us strong.

"Finally, my brethren, BE STRONG in the Lord and in the power of his might... and take the sword of the Spirit, which is the word of God."
Ephesians 6:10, 17 (NKJV)

STRONG (Cont'd)

2. The _____ of God makes us strong.

"But those who wait on the Lord shall renew their strength; they shall mount up with wings as eagles, they shall run and not be weary, they shall walk and not faint." Isaiah 40:31 (NKJV)

We need the sunlight of God's
_____ to make us strong.

"But to you who fear My name, The Sun of Righteousness shall arise with healing in His wings; And you shall go out and grow fat like stall-fed calves." Malachi 4:2 (NKJV)

3. Being PLANTED in God's house makes us strong.

"The righteous shall flourish like a palm tree, he should grow like a cedar in Lebanon. Those who are planted in the house of the Lord shall flourish in the courts of our God. They shall still bear fruit in old age; they shall be fresh and flourishing." Psalm 92:12-14 (NKJV)

The house of God is my place of _____!

FATHER GOD, Your love is making me strong. Today I choose to accept the strength of Jesus into my life. Forgive me of my sins and teach me to live strong in your Word and in your house. Beginning today, I boldly declare that in Jesus Christ, I am strong! Thank you Lord, In Your Name, AMEN

GATHER, GROW AND GO WITH US IN GROW GROUPS

Open Up: Share a time when you sensed God's strength helping you.

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 other ways we can strengthen ourselves?

Pray Together: Pray that those who feel weak will choose God's strength.