



**BE STRONG SERIES - Part Three:  
"Weak No More"**

*"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)*

**A strong spirit makes it \_\_\_\_\_ to do life.**

*"The spirit of a man sustains him in sickness, But as for a broken (weak) spirit, who can bear it?" Proverbs 18:14 (AMP)*

**Spiritual Vital Signs that indicate a weak spirit:**

- Negative thoughts - depressed, hopeless, self-degrading
- Negative words - critical, judgmental, fault-finding
- Negative actions - short-tempered, tired, anxious, no energy

**Let's look at Habakuk and his transformation from a weak spirit to a STRONG spirit.**

*"How long, O Lord, must I call for help? But you do not listen! Violence is everywhere! I cry, but you do not come to save. Must I forever see these evil deeds? Why must I watch all this misery? Wherever I look, I see destruction and violence. I am surrounded by people who love to argue and fight. The law has become paralyzed, and there is no justice in the courts. The wicked far outnumber the righteous, so that justice has become perverted." Habakuk 1:2-4 (NLT)*

*Look how God responds to Habakuk:*

*Look around at the nations; look and be amazed! For I am doing something in your own day, something you wouldn't believe even if someone told you about it." Habakuk 1:5 (NLT)*

**HOW TO REVIVE A WEAK SPIRIT:**

**1. Shift your \_\_\_\_\_**

*"Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. 2 Think about the things of heaven, not the things of earth. 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." Colossians 3:1-2 (NLT)*

**Start focusing on \_\_\_\_\_.**

**2. Make a plan of \_\_\_\_\_.**

*"Write the vision, and make it plain on tablets, that he who reads it may run." Habakuk 2:2 (MEV)*  
*"The heart of man plans his way but the Lord establishes his steps." Proverbs 16:9 (ESV)*

*"establish" - Hebrew word "Kun" meaning to make firm, to make strong*

**Schedule regular time with \_\_\_\_\_ in your day.**

**3. Let God be your \_\_\_\_\_.**

*"Though the fig tree does not blossom, nor fruit be on the vines; though the yield of the olive fails, and the fields produce no food; though the flocks are cut off from the fold, and there be not herd in the stalls - yet I will rejoice in the LORD; I will exult in the God of my salvation. The Lord God is my strength; He will make my feet like hinds' feet, and He will make me walk on my high places." Habakuk 3:17-19 (MEV)*

**God makes us strong by giving us \_\_\_\_\_ feet.**

FATHER GOD, Thank you for your grace and patience with me. I admit that I have allowed my spirit to become weak. I humbly ask for you to forgive me and revive my spirit again. Right now, I decide to set my focus on You no matter what is going on around me. I will rely on You to be my strength and my joy as I walk upon my high places.

In Jesus' Name, Amen