



BE STRONG SERIES - Part Four:
"Sustaining 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)

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

Sustaining a strong spirit comes through

In life, we must _____ what we start.

"Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with ENDURANCE the race that is set before us, looking unto Jesus, the author and FINISHER of our faith, who for the joy that was set before Him ENDURED the cross..." Hebrews 12:1-2 (NKJV)

**God gave you the _____ to start,
and He's giving you the _____ to finish.**

SUSTAINING A STRONG SPIRIT

1. The proper _____.

"If you lay all these instructions before the brethren, you will be a worthy steward and a good minister of Christ Jesus, ever nourishing your own self on the truths of the faith and of the good [Christian] instruction which you have closely followed." 1 Timothy 4:6 (AMPC)

"Your words were found, and I ate them, and Your word to me was the joy and rejoicing of my heart." Jeremiah 15:16 (NKJV)

(Continued on reverse)

"I have not turned away from the words of His lips. I have stored up the words of His mouth. They are worth more to me than the food I need." Job 23:12 (NLV)

2. The right kind of _____.

"Train yourself toward godliness... keeping yourself spiritually fit." 1 Timothy 4:7 (AMPC)

**Spiritual exercise burns off the excess fat of carnality
and develops _____ inside.**

3. The proper amount of _____.

"The apostles returned to Jesus from their ministry tour and told him all they had done and taught. Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat." Mark 6:30-31 (NLT)

"Then Jesus said, "God's kingdom is like seed thrown on a field by a man who then goes to bed and forgets about it. The seed sprouts and grows—he has no idea how it happens. The earth does it all without his help: first a green stem of grass, then a bud, then the ripened grain. When the grain is fully formed, he reaps—harvest time!" Mark 4:26-29 (MSG)

FATHER GOD, I praise you for empowering me to sustain a strong spirit. I repent for my lack of consistency in maintaining my spirit. Today I choose to be strong in the Lord by following Jesus Christ as my Lord and Savior. Empower me by the Holy Spirit to finish strong! In JESUS Name, AMEN

GATHER, GROW AND GO WITH US IN GROW GROUPS

Open Up: Share an activity that you're glad to have been consistent in.

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 for us to sustain our spirits?

Pray Together: Pray for each one to "finish strong" in their life and faith.