How to be a strong person

**Experience God’s strength inside of you**

**Monday**

Read Ephesians 6:10, Nehemiah 8:10, Judges 16

* *Stop trying to find strength in yourself and find strength in God.* ***Journalize*** *your thoughts from these scriptures.*

**Tuesday**

Read Ephesians 6:11, Galatians 5

* *A strong person sets God-defined boundaries and doesn’t compromise.* ***Meditate*** *on the boundaries you tend to compromise on.*

**Wednesday**

Read Ephesians 6:10-15, Hebrews 12:11-12, Isaiah 7:9, Ephesians 4:15, Psalms 121

* *Stand up and stand firm in love.* ***Journalize*** *the insights you gain through these scriptures.*

**Thursday**

Read Matthew 12:25, Titus 3:10, Ephesians 4:1-5

* *Don’t let your feelings divide you from God. Spend some time* ***praying*** *today asking God to show you which of your feelings you pay to much attention to.*

**Friday**

Read Romans 5:5, Philippians 4:13, Matthew 4:23, Acts 8:12

* *Jesus’ message to the Christian is always good news.* ***Journalize*** *what negative thoughts you let weaken you.*

How to be a strong person

1. First: Learn to access God’s strength for yourself instead of relying on your own strength
2. Second: Set Godly boundaries and don’t compromise
3. Third: Recognize the spiritual implications of your conflicts
4. Fourth: Decide to stand up and stand firm in love
5. Fifth: Avoid the divisiveness that comes from feelings
6. Sixth: Refuse negativity and accept only Godly positivity

How to be a strong person

Do you want to be a strong person?

Do you want to have a strong family?

Do we want to have a strong church?

Do you want to lead a strong department or business?

Do you want to have a strong team?

Ephesians 6:10-15 Amplified Bible (AMP)

**10**In conclusion, be strong in the Lord [draw your strength from Him and be empowered through your union with Him] and in the power of His [boundless] might. **11**Put on the full armor of God [for His precepts are like the splendid armor of a heavily-armed soldier], so that you may be able to [successfully] stand up against all the schemes *and* the strategies *and* the deceits of the devil. **12**For our struggle is not against flesh and blood [contending only with physical opponents], but against the rulers, against the powers, against the world forces of this [present] darkness, against the spiritual *forces* of wickedness in the heavenly (supernatural) *places*. **13**Therefore, put on the complete armor of God, so that you will be able to [successfully] resist *and* stand your ground in the evil day [of danger], and having done everything [that the crisis demands], to stand firm [in your place, fully prepared, immovable, victorious]. **14**So stand firm *and* hold your ground, having tightened the wide band of truth (personal integrity, moral courage) around your waist and having put on the breastplate of righteousness (an upright heart), **15**and having strapped on your feet the gospel of peace in preparation [to face the enemy with firm-footed stability and the readiness produced by the good news].

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**10**In conclusion, be strong in the Lord [draw your strength from Him and be empowered through your union with Him] and in the power of His [boundless] might.

**First: Learn to access God’s strength for yourself instead of relying on your own strength**

Faith - connection or union with God

Don’t dig down deep into yourself for strength

‘Find’ your strength in the Lord

Here is a clue:

[Nehemiah 8:10](https://www.biblegateway.com/passage/?search=Nehemiah+8%3A10&version=NIV)

...for the joy of the Lord is your strength.”

Much joy —> much strength

Little joy —> little strength

**11**Put on the full armor of God [for His precepts are like the splendid armor of a heavily-armed soldier], so that you may be able to [successfully] stand up against all the schemes *and* the strategies *and* the deceits of the devil.

The armor of God signifies a boundary of protection. The fact that we are taking a stand, indicates we are defending an important boundary.

The kingdom of heaven has an expansionist policy.

A strong person is strong because they have determined what is **important** to God and important to themselves, and they have set boundaries they are willing to unyieldingly defend the rest of their lives.

Notice I said ‘**important**.’ Choose your battles…not everything is important and being right all the time is highly overrated! We need to be open and listening the Holy Spirit to know what is truly important to God and therefore important us.

What are some interesting examples of boundaries God is interested in for our good?

* A Sabbath
* Our devotional or quite time with God
* Our body is the temple of the Holy Spirit
	+ Health
	+ Emotions
	+ Joy
	+ Peace
* The narrowness of our calling and giftings
	+ Jesus was sent just to the lost sheep of Israel
	+ Fan into flame the gift
* Psalms 16, your boundary lines have fallen for me in pleasant places

Don’t defend your own pettiness, but when it comes to Godly boundaries, don’t compromise.

Example: My mother-in-law’s alcoholic brother

**Second: Set Godly boundaries and don’t compromise**

**12**For our struggle is not against flesh and blood [contending only with physical opponents], but against the rulers, against the powers, against the world forces of this [present] darkness, against the spiritual *forces* of wickedness in the heavenly (supernatural) *places*.

**Third: Recognize the spiritual implications of your conflicts**

You aren’t fighting people (people aren’t your enemy).

You are fighting spiritual evil that is influencing those people’s lives, habits and decisions.

As soon as you relegate yourself to human conflict, **you are weak.**

But when you consider the spiritual aspect of conflict and you reach out to God for divine, supernatural help, **you are strong.**

**11**Put on the full armor of God [for His precepts are like the splendid armor of a heavily-armed soldier], so that you may be able to [successfully] stand up against all the schemes *and* the strategies *and* the deceits of the devil. **13**Therefore, put on the complete armor of God, so that you will be able to [successfully] resist *and* stand your ground in the evil day [of danger], and having done everything [that the crisis demands], to stand firm [in your place, fully prepared, immovable, victorious]. **14**So stand firm *and* hold your ground, having tightened the wide band of truth (personal integrity, moral courage) around your waist and having put on the breastplate of righteousness (an upright heart), **15**and having strapped on your feet the gospel of peace in preparation [to face the enemy with firm-footed stability and the readiness produced by the good news].

**Fourth: Decide to stand up and stand firm in love**

In the day of evil (when you are depressed, tempted, receive bad news, you get sick, when you are exhausted), all God wants you to do is stand. Don’t try to gain ground, but certainly don’t loose ground either.

Start standing up (even when its hard).

Hebrews 12:11-12 New International Version (NIV)

**11**No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

**12**Therefore, strengthen your feeble arms and weak knees.

**Isaiah 7:9 New International Version (NIV)**

 **...**If you do not stand firm in your faith,

    you will not stand at all.’”

How can you become a strong person?

Stand - steadfast, without slipping or compromising, firm, not allowing squatters to take what is God’s, to cause a person to keep their place

While standing in love, opposing evil.

You can be sure your foot won’t slip if you are standing in God’s love.

* Standing, reassured of God’s love for you
* Love people, even if their are evil
* Remember the toughness aspect of love

**Ephesians 4:15 New International Version (NIV)**

**15 ...**speaking the truth in love…

If you withhold the truth from somebody, you are not preserving your relationship with them.

Psalm 121 New International Version (NIV)

**1**

I lift up my eyes to the mountains—

    where does my help come from?

**2**

My help comes from the Lord,

    the Maker of heaven and earth.

**3**

He will not let your foot slip—

    he who watches over you will not slumber;

**4**

indeed, he who watches over Israel

    will neither slumber nor sleep.

**5**

The Lord watches over you—

    the Lord is your shade at your right hand;

**6**

the sun will not harm you by day,

    nor the moon by night.

**7**

The Lord will keep you from all harm—

    he will watch over your life;

**8**

the Lord will watch over your coming and going

    both now and forevermore.

Is there something that can keep you from standing?

Matthew 12:25 Jesus knew their thoughts and said to them, "Every kingdom divided against itself will be ruined, and every city or household divided against itself will **not** **stand**.

Division or disunity will cause you to not be able to stand.

Divide - one of the means is to distract

Division is distraction, distraction is division

Unity is not a matter of coexistence, of tolerating disjointed and conflicting beliefs. No!  It is setting self-centered agendas aside and fastening ourselves exclusively to following Jesus as guided by the Bible and moment by moment, the Holy Spirit.

Your ‘feelings’ (your flesh) will divide you. Anyone who is guided by their feelings (follow your heart) can’t be united with Christ very easily. A person who is easily offended and hurt doesn’t ‘stand’ and will bring division to what Christ is building.

So if you are doing your best to stand and someone is distracting and divisive, what are you supposed to do?

**Titus 3:10 New International Version (NIV)**

**10**Warn a divisive person once, and then warn them a second time. After that, have nothing to do with them.

Kick them off your energy bus! (Jon Gordon)

There is one disruptive force that causes division: our feelings

Hurt feelings, angry feelings, negative feelings, depressed feelings, ugly feelings, flippant feelings, lustful feelings, wild feelings, materialist feelings, bored feelings, lazy feelings, dissatisfied feelings, discontent feelings, having no feelings for your spouse, lonely feelings, gay feelings

Just because you feel a certain way doesn’t mean you have to act on it. It doesn’t mean you have to think about it and dwell on it.

Feelings can quickly divide us from God, his purpose, his path, his thoughts, his plan, his body, his word, his character.

**Fifth: Avoid the divisiveness that comes from feelings**

**15**and having strapped on your feet the gospel of peace in preparation [to face the enemy with firm-footed stability and the readiness produced by the good news].

**Isaiah 52:7 Amplified Bible (AMP)**

How beautiful *and* delightful on the mountains

Are the feet of him who brings good news,

Who announces peace,

Who brings good news of good [things],

Who announces salvation,

Who says to Zion, “Your God reigns!”

**Sixth: Refuse negativity and accept only Godly positivity**

Good news!!!!!!

Romans 5:5 New International Version (NIV)

**5**And hope does not put us to shame (disappoint), because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Philippians 4:13 New International Version (NIV)

**13**I **can do** all this through him who gives me strength.

Matthew 4:23 New International Version (NIV)

**23**Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people.

Acts 8:12 New International Version (NIV)

**12**But when they believed Philip as he proclaimed the good news of the kingdom of God and the name of Jesus Christ, they were baptized, both men and women.