

## BE STRONG

### Be Strong

**Foundation:** What do we need to do to keep this commandment of “Be Strong”

#### I. Be strong is a commandment-Ephesians 6:10, 1 Cor 16:13

A. If He told be to be strong then **there is a way** to be strong all the time in everything

1. He didn't say try not to be weak, he said be strong; he didn't say be strong in most things, some of the time, but you can't be strong all the time

B. Strong vs. Weak

1. **Strong** 1) Having ability to bear and to endure 2) Firm, Solid 3) Able to sustain attacks 4) Not easily subdued, defeated or taken
2. **Weak** 1) To be soft, to give way 2) Not able to bear great weight 3) Easily broken 4) Not able to resist violent attack (Isaiah 7:4-Don't be soft)

#### II. You're not supposed to be weak, you're not supposed to be feeble, tired and weary

A. Most people's idea of Christianity is a bunch of weak feeble people who worship a strong and mighty God

1. Psalm 24:8-Who is this King of glory? The answer was strong and mighty, not weak and feeble
2. Ephesians 5:1-We are supposed to be imitators of God and He is strong
  - a. A weak feeble Christian is a contradiction of terminology
  - b. Christian means like Christ and he was not weak or feeble; Jesus was strong
3. Romans 15:1 Thes 5:14-How are you going to support the weak and be weak yourself

B. Galatians 6:9-You've been commanded to not grow weak, if you are weak then you've been disobedient; if you're tired and burnt out, it's b/c you've missed God

1. If you're weak, it's because you've allowed it
  - a. GW-We can't allow ourselves to get tired of living right
2. 2 Corinthians 4:16 (AMP)-Your spirit is supposed to be getting stronger everyday
  - a. There's strengthening and refreshing built into God's way of doing things and if you're weak it's because you've got out of His way of doing things
  - b. PHIL-Though the outward man does suffer wear and tear, every day the inward man receives fresh strength
  - c. NLV-Our human body is wearing out, but our spirits are getting stronger every day
3. Isaiah 40:31-If you're weary you haven't been looking to the Lord

#### III. You can't pray and ask God to do something for you or give you something that He told how to get in His Word [EX: Draw me close to you (James 4:7)]

- A. If you're weak you can't **stand** (one who does not waver, immovable, stand firm) against the devil and resist him-Eph 6:10
  - 1. You can't stand without being strong and you can't stand without the armor
    - a. The first step in the whole thing is be strong
  - 2. The effectiveness of the armor is determined by the strength of the one wearing it
    - a. That armor becomes ineffective in the hands of a weak believer
- B. James 4:7-8-There's no verse in the Bible that says pray and ask God to get the devil off of you and then the devil will flee from you; To resist, you have to be strong
  - 1. You can't ask God for strength while you ignore the principles that He laid out in His Word to be strong
  - 2. You can't ignore the principles of God's word and just go into an unbelieving prayer and expect to get results
  - 3. MSG-God is strong and he wants you strong. So take everything the Master has set out for you, well-made weapons of the best materials. And put them to use so what you will be able to stand up to everything the devil throws your way.
- C. Joshua 1:6-9- Be strong is key to waking in victory---He told Joshua, who was facing an impossible situation, three times in four verses to be strong

#### **IV. How do you know if you're weak or strong?**

- A. Proverbs 18:14-If your life is being governed by your mind, body, and emotions you are weak
  - 1. A weak spirit will result in a weak mind and weak body
- B. Proverbs 24:10-If you cave in under pressure you're weak
  - 1. Be strong means firm, able to sustain attacks; If you're wavering you are weak
  - 2. NLT-If you fail under pressure, your strength is too small
  - 3. HCSB-If you do nothing in a difficult time your strength is limited
  - 4. NCV-If you give up when trouble comes, it shows that you are weak
  - 5. MSG-If you fall to pieces in crisis, there wasn't much to you in the first place
  - 6. NIV1984-If you falter in times of trouble how small is your strength
- C. Ezekiel 16:30-If you are giving into the flesh (doing things that are in opposition to the Word of God) then you are weak