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 by imitator of God and He is strong
         a. A week 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