

## BE STRONG

### Talk Strong

- I. **The third key to being strong is that you have to talk strong. You can't out pray the words of your mouth; you don't get what you pray, you get what you say; you can pray for strength, but if you talk weak you'll never be strong**
  - A. Mark 11:23-24-If you believe you are weak and you say you are weak you will be weak
    1. Versions
      - a. PHIL-Without any doubt in his heart, believe that what he says will happen, then it will happen
      - b. MSG-Just say, Go jump in the lake – no shuffling, or shilly-shallying – and it's as good as done
      - c. Darby-Whatever he shall say shall come to pass for him
    2. If you desire to be strong and "pray for strength" then when you pray, believe you receive strength by talking strong
      - a. If I believe I have strength, then I'm going to talk strong
    3. Get rid of all the tired and worn out talk, because it'll keep you tired and worn out
      - a. EX: "I'm just so tired all the time." – "These kids are wearing me out." – "I'm tired of it."
      - b. These tired/weak words effect and infect you on every level, spirit, soul, and body-God wants you strong in spirit, soul, and body-Eph 3:16 2 Tim 1:7, Matt 8:17
      - c. Proverbs 24:10 is why this is such a key issue; People are losing b/c they are weak
  - B. Luke 1:13,20-People pray for strength and then stop that strength with their words
    1. They desired a baby and consequently prayed for one and God heard their prayer and is telling him that He's going to bring it to pass
      - a. His words would have stopped what he prayed for and desired from coming to pass if the angel of the Lord wouldn't have shut his mouth
      - b. Your words can stop your prayer from coming to pass
    2. 20-If you don't believe God's words you'll talk crosswise to them and keep them from coming to pass in your life
      - a. If you pray for strength, but talk weak you'll get what you say not what you pray
  - C. Numbers 13:30-31-Your words can keep God's will concerning you being strong from coming to pass in your life; God wants you strong, but your words can override His will
    1. 30,31-One is confessing strength, the other weakness
      - a. MSG-Caleb interrupted the people, called for silence before Moses and said, "Let's go up and take the Land – now. We can do it." But the others said, "We can't attack those people; they're way stronger than we are."
    2. Joshua 14:10-12-Caleb's confession hasn't changed and he's still strong

- a. ERV-I'm still as strong today as I was the day Moses sent me out. I'm as ready to fight as I was then.

D. Where your life is concerned your words carry more weight than God's Words

1. He's already called you strong, but if you say you're weak you will be weak

**II. Joel 3:10, Romans 4:17-When you feel weak, put strong words in your mouth (Let the weak say I'm strong; not let the weak talk about how weak they are)**

A. We live in a society where we are taught talk about how we feel; we're trained in the Kingdom to talk about what we believe

1. Weak-1) Having little physical strength; feeble 2) Infirm; not healthy; as a weak structure 3) Not able to bear a great weight 4) Not strong 5) Easily broken 6) Not able to resist a violent attack 7) Soft 8) Low; small; feeble; as a weak voice. 9) Feeble of mind; lacking spirit; lacking vigor of understanding 10) Not impregnated with much ingredients, or with things that excite action, or with stimulating and nourishing substances; as weak broth; weak tea; weak toddy; a weak solution; a weak decoction. 11) Not politically powerful; as a weak nation or state. 12) Not having force of authority or energy 13) Not having moral force 13) Not well supported 14) Unfortified; accessible; impressible 15) Not having full conviction or confidence; as weak in faith

2. People confess that's my weak area; that maybe true, but call it your strong area

- a. The moment you feel weak it should be like a red light on the dashboard that says talk strong; weak feelings should trigger strong talk

- 1) EX:I just feel so weak, like I can't go on, like a I can't resist, like I have no energy

- b. A strong life is developed through daily cultivation

- 1) You need to be speaking strong words before you ever get to that place

3. Romans 4:17-Abraham called things that be not as though they were and that's why he was strong; nothing weakens you more than talking the problem

- a. Against hope he was strong to hope in faith

- b. When you're strong circumstances don't effect you

- c. When you're strong you don't waver

B. Matthew 11:27-30 (Message)-If you're tired, heavy, or worn out COME TO HIM (it didn't say talk about how tired you are or take a day off and watch TV all day)

1. You get rest by coming to Jesus with His word in your mouth-Jer15:16,Neh8:10,Hb4:14

2. The way you get weary and heavy laden is you get away from Jesus

- a. If you were with Him, obeying Him there's built in refreshing

- b. Don't be weak, but if you do get to a weak place come to him

3. The physical fatigue that most people feel is the result of spiritual fatigue and that's why more sleep and more days of doing nothing doesn't get rid of it

- a. If your spirit is weak you will feel the effects of it in your mind and body

### III. Proverbs 15:4-Nothing breaks your spirit down more than a mouth that talks contrary to the Word (Perverseness-Crookedness, twist)

#### A. Your tongue can act as a Tree of life

1. Effects of eating of the tree of life-1) Enjoy longevity 2) Produces a constant and eternal life 3) Spiritual renewal and refreshment 4) Actively Lively 5) Sustenance, nourishment, fuel 6) Revive 7) Renew 8) Quicken, invigorate 9) Refresh 10) Restore
2. As one who eats the fruit of the tree of life will enjoy these things so too, one who learns to discipline their tongue will enjoy these things

#### B. Wholesome vs. Perverse

1. Wholesome-(Colossians 2:10-To talk complete we have to talk in him)
  - a. Promotes and favors health (in every area of life)
  - b. Favorable to morals, religion, or prosperity
  - c. Conducive to happiness, virtue and peace
  - d. Complete, entire, not defective
  - e. Sound-Right, correct, founded in truth, firm, strong, valid, solid
2. Perverseness-Crookedness, distortion, twist, pervert, turn upside down
  - a. There's only one straight way to talk and it's in line with God's word
  - b. Anything not in line with his word is crooked, twisted, and turned upside down
  - c. Satan has to get a hold of your mouth if he wants to break your spirit down
    - 1) Because he is a deceiver he makes it seem like what you're saying is harmless
3. John 17:17-The Word is truth and when you speak crosswise of it, it breaks your spirit
  - a. Proverbs 15:4-NIRV-A tongue that tells lies produces a broken spirit
  - b. Proverbs 15:4-WYC-The tongue that is unable to be checked shall defile the spirit

#### C. Ephesians 4:29-Every word matters because every word you speak carries the potential to either build your spirit up or break it down

1. Versions
  - a. ERV-But say the good things that people need-whatever will help them grow stronger
  - b. NCV-Do not say harmful things, but say what people need-word that will help others become stronger
2. Not knowing how to talk will weaken your spirit
  - a. Words that contradict the God's immediately begin to work to weaken your spirit
  - b. People are saying things that are damaging their spirits and they don't know it
3. Words spoken that are contrary to God's Words will poison your spirit and make it weaker
  - a. You can literally poison your own spirit with your mouth

- 1) Job 20:16, Matthew 12:34-That poison in your mouth can slay you
- 2) Psalm 140:3, Romans 3:13-14-Your mouth is a dangerous thing to be esteemed
- 3) James 3:8, Pr 10:11, 18:7, 16:24, 12:18-Your tongue can be poison or the cure
- b. You speak fear, death, and weakness and it's a poison and detriment to your own spirit; You speak faith, life, and strength and it builds your spirit up
  - 1) "I can't believe that" "That just blows my mind" "I'm so nervous" "I'm so proud" "I'm sorry" "That's killing me" – Those are poison words
  - 2) You know what I meant; in natural and spiritual courts of law your judgment is not based on what you meant, it's based on what you said
4. 1 Samuel 30:6-David used his mouth to strengthen his spirit (Encouraged-Strengthen)
  - a. 6-It does not say so David cried and begged God to give Him strength
- D. James 3:2-4-A believer who is strong has set his mouth that direction
  1. A lot of big fires in are being started by the mouth
    - a. Those fires get so big that we can't even find the little thing that started it
    - b. EX: I can't do that; I can't eat that; I'm tired of it, I got a weak stomach; we just can't do that right now
    - c. Because he is a deceiver he makes it seem like what you're saying is harmless
  2. When you talk what you can't do, you talk weakness & feed it into your spirit-Ph4:13
    - a. I can't is an unacceptable response no matter what the question
    - b. Get **can't** out of your mouth (Can't expresses incapacity, inability, powerlessness)
      - 1) Treat like cussing