

Through His Strength

For I can do all things through Christ who strengthens me. Phil 4:13 (NLT)

REFLECTION

I was hanging by a literal thread over a deep precipice, like the Grand Canyon. I was swinging back and forth. I looked down. It was a long ways down. I was somewhat frightened. A bird came along and clipped the thread with its beak. I was falling. That vision ended. Immediately I was hanging over the same precipice but this time by a huge metal cable. It was too big to get my arms around. My hands were through a loop connected to the cable as were my feet. There was a sling beneath my seat. I was swinging back and forth. I was getting tired from holding myself up. Then I realized the sling was there and I settled back on it. Ahh that was better. It was really beautiful up here. The ride got rough at times. I even slammed into the cliffs a few times and it hurt. An airplane came along. The cable got caught in its propeller. I was flung all around violently but I never felt in danger of falling. The cable caught in the airplane's engine. The airplane sputtered and crashed to the canyon floor. I was still hanging securely by the cable. The vision ended.

Then God gave me the interpretation of the vision. Hanging by the thread represented me hanging by my own strength. The thread was cut by a slight disturbance. My strength couldn't hold against much. When I was hanging by the metal cable I was hanging on God's strength. Even then I was trying to hold on by my own strength and I grew tired. When I rested back in the sling I was resting in God's strength. There in God's arms I was able to relax and enjoy the ride and I did not get tired. I still encountered rough spot, slamming into the cliff, as life still contains trials. The airplane represented major challenges in life that Satan brings. The ride was very rough but I was never in danger of falling as long as I was relying on God's strength. In fact, the problem (Satan) was the one who crashed.

1 Samuel 2:9b (NLT) tells us how we will do on our own. _____

According to Job 6:11-13 (NLT) how much chance of succeeding do we have using our own strength? _____%

Psalms 33:16 (NLT) tells us _____ strength is not enough to save us.

Job 39:9-12 and Psalm 33:17 how much can the strength of "things" help us?

Read 2 Chronicles 28:16-21. Is it a good idea to trust the strength of another person?

So we can't trust our own strength. We can't trust the strength of things. We can't trust the strength of another. Whose strength should we trust?

Philippians 4:13 gives the answer to that. I can do all things through _____ who strengthens me.

Since we are to rely on God's strength let's take a look at His strength. Job 9:19 (NLT) assures us that God is _____.

What adjective does Isaiah 40:26 Use to tell us what kind of strength God has? _____ 1 Chronicles 29:11-12 tells us God has greatness and _____.

(vs 11) In his hands are (vs 12) _____ and _____.

According to Job 12:13 who does power belong to? _____ (NLT) says God has true wisdom and power. Another verse that assures us God has strength is 1 Chronicles 16:27.

_____ and _____ are in his dwelling.

When I had the vision in the reflection I was going through some very tough stuff and I was tired. God was encouraging me to rely on His strength. There are many Bible verses that assure us that God will give us strength. Let's look at some of them. Psalm 28:8 and Isaiah 40:29 Job 23:6 (KJV) all assure us that God will _____.

Psalms 138:3 (NLT) tells us how quickly God will respond to us.

_____ It also tells us that we must _____ before God will strengthen us.

The Psalms talk a lot about God being our strength. In Psalm 18:32 God will _____ us with strength. In Psalm 27:1 God is the strength of my _____. In Psalm 28:7 God is my strength and my _____.

In Psalm 118:14 God is my strength and my _____.

Look at Ephesians 1:19-20. Verse 19 tells us God has _____ power for who? _____ That means you. This power is described in verse 19 as _____ strength. Strength so strong it could raise Christ from the dead.

Ephesians 3:20 assures us this great power is at work within _____.

Look up 2 Corinthians 12:9. God can use us best when we are weak and have to rely on His power. His power is made _____ in our weakness.

Too often we look at a problem and measure it against our own strength. "Am I strong enough to handle this problem?" We should, in actuality, measure the problem against God's strength. "Is God strong enough to handle this problem?" Philippians 4:13 tells us that there is NO problem bigger than what Christ's strength can overcome.

God gives us tools to help us be strong and victorious. Read Ephesians 6:10-11. We are to put on the full _____ of God in order to _____ against _____ schemes. What makes up this armor? Continue reading verses 14-18

- 1) The belt of _____
- 2) The breastplate of _____
- 3) Your feet fit with readiness that comes from _____
- 4) The shield of _____ used to extinguish _____ of Satan's flaming arrows
- 5 the helmet of _____
- 6) The sword of the Spirit which is _____

Verse 19 tells us pray in the Spirit on _____ occasions.

Notice verses 11 and 13 do not say put on some of the armor of God or choose which parts of God's armor to put on. They tell us to put on the FULL armor so we are protected and strengthened in our entire being.

Key Thought: Rely on God's strength not yours.

APPLICATION:

There are days that go pretty well. Life is good with no major problems to focus on. Those are days you need to thank the Lord for blessings, for provision, for His love. There are days when life is really a struggle. Nothing seems to go right or work out. Everywhere you look you face trials and reasons for anxiety. Those are days you need to thank the Lord for blessings, for provision, for His love. Those are days you especially need to rely on His strength not yours.

If today is a good day list your blessing and the things you are thankful for. _____

For the rest of this application think back to the most recent bad day you had. If today is a bad day list the blessings in your life. _____

List some things you are thankful for _____

Focus on those things and continually give thanks.

Ask God to give you His strength to face today. Write a prayer asking God for strength and thanking Him for blessing you. _____

Find 2-3 verses that remind you that God is your strength. Philippians 4:13, Psalm 46:1, Psalms 28:7 are good ones. Write them down. Post them where you see them often. Say them, out loud if possible, every time you see them. Memorize them so you can use them to block Satan's flaming arrows. And then use them.