

“Sources of Strength”

Psm. 119:28

Introduction

- I. From time to time we might begin to feel weak spiritually.
- II. At times such as this we need to be reminded of how our strength can be renewed.

Discussion

- I. Spiritual strength comes from the God and His Word (Isa. 40:29-31; Jos. 1:9; Phil. 4:14; Psm. 119:28).
 - A. Through Biblical examples, we can be strengthened.
 1. Noah and the ark (Gen. 6-9).
 2. David and Goliath (1 Sam. 17).
 3. Elijah and the prophets of Baal (1 Kings 18).
 4. Esther and Ahasuerus (Esther 5).
 5. Other examples (Heb. 11:32-40).
 - B. When we see weakness, we should be seeing strength (2 Cor. 12:9-10).
- II. Spiritual strength comes from prayer (Matt. 26:37-39).
 - A. We can pray privately anywhere and at anytime (1 Thess. 5:17; James 5:13).
 - B. Sadly, many Christians neglect their prayer life and try to rely too much on their own strength instead of God's.
- III. Spiritual strength comes from the church (Heb. 10:24-25).
 - A. When assembled, study from the Word of God “builds us up” (Acts 20:32).
 - B. When assembled, we are able to edify, exhort, comfort, and pray for one another (Rom. 14:19; Heb. 3:13; 1 Thess. 4:8; James 5:16).

Conclusion

- I. With all of the resources that God has given to strengthen us, there is no good reason why we cannot be strong.
- II. Let us do what we can to get stronger each day.