

LIFE STRONG

STRENGTH FOR LIFE

- Strength is needed
 1. For taking risks
 2. For resistance
 3. For recovery
- Strength is available for those who put their faith in Christ (***Philippians 4:11-13 NLT***)
 1. Learn to be content
 2. The secret of living not moved by good times or bad
 3. Strengthened for all things - more about handling life's ups and downs than achievements

BEST PRACTICES FROM A STRONG PERSON (***1 Samuel 30:1-6 NKJV***)

- A devastating day
 1. Home and possessions stolen and burnt
 2. Family kidnapped - the mental anguish of what is happening to them
 3. People turning against him - not only anger but looking to do harm
- Even the strong feel pain
 1. Wept until he could not weep anymore
 2. Greatly pressured/stressed from the mutiny
- But David strengthened himself in the Lord his God
 1. Could not have blamed God for the tragedy
 2. Could not have focused on the magnitude of the disasters
 3. To gain strength, David had to have believed three things
- David's prayer revealed his strength (***1 Samuel 30:8-9 NKJV***)
 1. Not a why God prayer
 2. Prayed about a solution and then acted

THE PROCESS OF BECOMING STRONGER

- Whatever you focus on and talk about becomes bigger
 1. Don't focus/talk about what you don't know, don't have, can't do
 2. Don't focus on your mistakes, weak areas, what you should have done
 3. Don't focus on the problems/impossibilities (***Romans 8:6 NKJV***)
- Shift your focus to God
 1. What you say about God (***Psalms 28:6-7 NKJV***)
 2. Learning to give praise to God strengthens you (***Romans 4:20 NKJV***)