

## **Some Practical Tools To Help Us Strengthen Ourselves In The Lord**

### ***I Want To Talk About Strengthening Ourselves***

- I'm talking about strengthening ourselves in the Lord
- We all get tired
- We all get depleted
- Fatigue has a way of narrowing our margins doesn't it
- You understand what I'm saying here
- We all get tired - worn down - sometimes weary

### ***So How Did Jesus Deal With This Part of His Humanity ?***

- He withdrew
- He pulled away from the pull of the crowd
- He even pulled away for a time from his disciples
- And He went to be with the Father
- An incredible example to us

#### **1. Get Some Rest**

- A little sleep - a good meal - those will sometimes go a long way

#### **2. Get Alone With The Lord**

- Sometimes it's just good to get alone with the Lord
- Sometimes it's just good to be alone - quiet
- Psalms 37:7 niv
- Be still before the Lord and wait patiently for Him
- Psalms 46:10 niv
- Be still and know that I am God
- Exodus 14:14 niv
- The Lord will fight for you; you need only to be still

#### **3. Get Into The Word**

- Hebrews 4:12 niv
- For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.
- 2 Corinthians 10:4-5 niv
- For the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,

**4. Get Into Worship**

**5. Get Filled With Good Things**

- Philippians 4:8 niv
- Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

**6. Get God's Perspective / The Bigger Picture**

- Gen 50:20 nas
- As for you, you meant evil against me, but God meant it for good in order to bring about this present result, to preserve many people alive.

**7. Be Positive + Thankful**

- We sometimes have to work at being positive
- Thankfulness keeps us sane and alive

**8. Be Prayerful**

- Q. How do you pray when you're having a hard time sorting things out ?
- Jude 20 nas
- But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit

**9. Guard Your Heart**

- Proverbs 4:23 nas
- Watch over your heart with all diligence, For from it flow the springs of life.
- Everything flows from central parking
- It all ends up there

**10. Stay Away From Spooks And Weirdo's**

- I say this in absolute Christian love
- The last thing I need when I'm struggling to trim my sails is to be bumping against another vessel with no anchor
- I'm convinced Job's friends only prolonged the agony

