

Maintaining Spiritual Strength in a Season of Social Distancing

Lesson 1

Read Ephesians 6:10

In this series, I want to help you not only maintain the strength you presently have, but also to continue to pursue spiritual growth. Now, what you must understand is that spiritual growth is linked to spiritual stamina. What does that mean? Spiritual stamina means being committed to stay spiritually focused, resisting the devil and making righteous choices.

Read Proverbs 18:14

So, the Scripture lets me know here that a man or woman who's strong in spirit will be sustained through trouble; sustained through difficulty, sustained through adversity, sustained through bodily pain

Spiritually strong means that I'm committed to staying spiritually focused, resisting the devil, and making righteous choices that glorify God, ALL THE TIME!

Salvation is not insurance, but it's assurance that in the midst of trouble, sickness, and adversity, God will be with you and the principles of faith will see you through. If you don't understand this, when trouble comes your automatic response is panic.

The key to this lesson is understanding and appreciating your spiritual make-up. We have a spiritual heritage and we have spiritual rights and privileges that cause us to function in the earth according to spiritual laws.

Most people grow up in churches where not much attention is given to or much teaching dedicated to our spiritual realities. Most believe that you live, you die, and then you become a spirit. However, the bible teaches that we're spirit beings right now. 1 Thessalonians 5:23

Our spiritual make-up is why it's so important for us to get connected to the church after the new birth. In order to understand the things of God, the benefits that come with the new birth, we have to hear the Word and study the Word.

In order to be spiritually strong, you must CHOOSE to live your life according to spiritual principles and spiritual laws. John 17:17

"Sanctify" means set apart. What sets us apart is our choice to believe the Word and live our lives according to the principles and precepts found in the Word.

John 8:31-32

We need truth. We must have truth. Truth helps to establish my relationship with God. Truth is the basis for principles and the principle points you to the Person. John 8:36

Romans 8:2

The spiritual laws that we live by supersede natural laws. Scripture says that since you're in Christ, there's a new set of laws you can live by (it's your choice). When the world tells you what your options are for facing and addressing certain situations, you can disregard them. You live by a higher law.

Psalms 8:4-6

It's important that you know who you are. Satan does not want you to know who you are spiritually. And that's because, with information comes power. You have to choose to walk in who you are.

1 Corinthians 3:1-3

You can log off tonight, keep your spiritual focus and not be affected by the cares of this world, or you can do what babies do....keep crying until you wet yourself!

Ephesians 6:10-11

You need to be strong because you're in a fight whether you want to be in one or not. So, you might as well win!