

BUILDING A STRONG SPIRIT

Built Strong- Part 1
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"I pray that from his glorious, unlimited resources God will give you mighty inner strength through his Holy Spirit." Ephesians 3:16 (NLT)

3 ATTITUDES THAT WEAKEN MY SPIRIT (Sampson)

1. _____ WEAKENS MY SPIRIT.
(Judges 14:1-20) Excuse: "Just this once."

"Don't be misled; remember that you can't ignore God and get away with it; a man will always reap just the kind of crop he sows! If he sows to please his own wrong desires, he will be planting seeds of evil and will surely reap a harvest of spiritual decay and death." Galatians 6:7-8 (LB)

- TO BE STRONG, I MUST _____

"Strengthen yourselves with (Christ's) way of thinking . . . Live your lives controlled by God's will, not by human desires." 1 Peter 4:1-2 (GN)

2. _____ WEAKENS MY SPIRIT.
(Judges 15:1-17) Excuse: "They hurt me first."

"To worry yourself to death with resentment would be a foolish, senseless thing to do." Job 5:2

"You are only hurting yourself with your anger!" Job 18:4

- TO BE STRONG, I MUST _____

"A fool gives full vent to his anger, but a wise man keeps himself under control." Proverbs 29:11

3. _____ WEAKENS MY SPIRIT.
(Judges 16:1-20) Excuse: "It will be different for me."

"You will have to live with the consequences of everything you say." Proverbs 18:20 (GN)

- TO BE STRONG, I MUST _____

"Take the time and the trouble to keep yourself spiritually fit." 1 Timothy 4:7 (Ph)

3 HABITS THAT STRENGTHEN MY SPIRIT

"Build up your strength in union with the Lord and by means of his mighty power." Ephesians 6:10 (TEV)

1. _____ EVERY DAY!

A Daily Quiet Time – for Bible reading and prayer

THE REASON: *"Show me the path where I should go, O Lord; point out the right road for me to walk."* Psalm 25:4

THE ROUTINE: *"Jesus often withdrew to lonely places and prayed."* Luke 5:16

THE RESULT: *"If you remain in me and my words remain in you, then you may ask for anything you wish, and you shall have it!"* John 15:7

2. _____ EVERY WEEK.

A Weekly Small Group – for fellowship with others

THE REASON: *"Let us not give up the habit of meeting together... Instead, let us encourage each other . . ."* Hebrews 10:25

THE ROUTINE: *"(They met) day after day, in the Temple courts and from house to house."* Acts 5:42

THE RESULT: *"Two are better off than one, because together they are more effective. If one falls down, the other can help him up."* Ecclesiastes 4:9-10

3. _____ EVERY WEEKEND.

"Tithing" – Returning the first 10% of my income back to God

REASON: *"Wherever your treasure is, your heart will be there."* Matthew 6:21

"The purpose of tithing is to teach you to always put God first in your life." Deuteronomy 14:23 (LB)

THE ROUTINE: *"On the first day of every week, set aside some of what you have earned and give it as an offering. The amount depends on how much the Lord has helped you earn."* 1 Corinthians 16:2 (LB)

THE RESULT: *"Bring your whole tithe into My storehouse. Test me in this, says the Lord, and see if I won't throw open the floodgates of heaven and pour out so much blessing that you won't have enough room for it!"* Malachi 3:10