

## **GAINING STRENGTH**

### **Part 3: Protecting Strength**

#### **THINGS THAT IMPACT OUR STRENGTH**

- Negative impacts
  1. Not enough activity
  2. Too much stress
  3. Bad diet
- The spiritual correlation
  1. Too much stress and not enough activity
  2. Wrong consumption - intake of things that do not help
  3. Paul's important final words (***Acts 20:32 NKJV***)

#### **THE ATTEMPT TO WEAKEN GOD'S PEOPLE (*Nehemiah 6:5-9 NKJV*)**

- Nehemiah was involved in a good work
  1. Rebuilding the wall to protect Jerusalem
- He recognized the lies of the enemy
  1. He knew there was no truth in that letter
  2. He responded the right way
- Nehemiah was wise to the enemy's intent
  1. To put fear in them
  2. To weaken their hands - another word is discourage them
  3. To stop the good work of building the wall
  4. Nehemiah prayed for strength

#### **PROTECTING YOUR STRENGTH**

- Level up your purpose (***Colossians 3:22-24 NKJV***)
  1. If any group could resign themselves to no purpose - slaves
  2. We can serve the Lord in whatever we do
  3. A bigger purpose calls for greater strength
- Recognize the voice of the enemy
  1. He majors in threats and lies
  2. Knowing the God's truth helps us discern the enemy's lies
- Resist the strategies of the enemy (***Ephesians 6:10-11 NLT***)
  1. Resist the attempt to react in fear
  2. His end game is to weaken your hands
  3. Resist, don't run - ask the Lord to strengthen you