

## **STRONGER THIS YEAR**

### **STRONGER**

- Areas to increase in strength
  1. Physically / financially
  2. Mentally / emotionally
  3. Relationally
- Stronger spiritually - One area that impacts them all
  1. We are spiritual beings made in God's image
  2. Strong in our spirits trickles down (***Proverbs 18:14 NKJV***)

### **A PICTURE OF STRENGTH** (***1 Samuel 30:1-6, 8 NKJV***)

- David experienced trauma on multiple levels
  1. Relationally/ financially and in his leadership role
- David's initial response was not strong but...
  1. Weeping at the loss stressed due to the threats on his life
  2. He did not stay in this place
  3. He strengthened himself in the Lord
  4. He had to look past the magnitude of his present problem
- Strong enough to move on and make progress
  1. He shifted to a solution mindset and taking action steps
  2. He was able to recover everything for himself and his men

### **STRONGER THIS YEAR**

- Everyone has the potential to become stronger spiritually
  1. Don't buy into a false narrative of you can't
  2. Recognize the voice of the enemy attempting to tie you down
  3. Your spiritual potential is far greater than your natural limitations (***Ephesians 2:10 NKJV***)
- Intentionally practice the things that produce strength
  1. Praying and praising God
  2. Reading and speaking God's word - planting seeds of strength (***Psalms 119:130 NKJV***)
  3. Don't get caught up in anger/strife with people - drains you
- Have a bigger purpose for a stronger year
  1. To make a difference not just live better