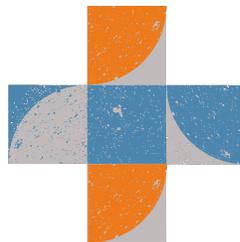


BE STRENGTHENED



Ephesians 3:16 says, *“I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being,”*



Set Free Ministries

Jesus... nothing more, nothing less!

www.SetFreeCollege.org

• SERMON NOTES •

BE STRENGTHENED

"I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being," Ephesians 3:16

BIBLE STUDY

Everything we do at Set Free Ministries is a direct result of God's influence in others, in us and many times through us. Much of what we prepare as Bible Studies, teachings and writings are a direct result of these great men and women of God and their influence in our lives.

What we do, teach, write and share is a reflection of the influences of other author's in and through us. Amen!

Our prayer is that through these Bible Studies, *you will find more hope and faith in the One Who is faithful, Jesus Christ.* He is the Giver and we are the receiver.

May God Bless you as you are a blessing to others...

Tim

Pastor Dr. Tim Parker and the team at Set Free!
www.SetFreeCollege.org

BE STRENGTHENED

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• Pastor's Teaching Notes •

Ephesians 3:16



BE STRENGTHENED

• Lesson One •

Pastor Dr. Tim Parker

Ephesians 3:16 says, *"I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being,"*

As a believer in Christ Jesus, *we need fresh supplies of strength everyday.* This is a day-by-day, hour-by-hour, minute-by-minute and yes even at times, moment-by-moment supply of Jesus' strength through the Holy Spirit Who dwells within us. *"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;"* (1 Cor. 6:19)

There are 4 things that His strength empowers us to do that we cannot do without Him.

1. This strength empowers us to exercise grace, to run the race. (1 Cor. 9:24)
2. This strength empowers us to resist Satan and his temptations. (James 4:7)
3. This strength empowers us to oppose worldly opportunities that distract us from Christ. (2 Timothy 2:4)
4. Finally, this strength empowers us to bear our cross, and undergo afflictions cheerfully. (Luke 9:23-24)

Lets start with #1. This strength empowers us to exercise grace, to run the race. *“Do you not know that in a race all the runners run, but only one gets the prize? **Run in such a way as to get the prize.**” (1 Cor. 9:24)* Grace is that we know we are in the race because of what Jesus did... and not what we did!

- a. If we believe that Jesus is the one and only Son of the One and only true God, then we are registered in the race.
 - i. *“If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is **with your mouth that you profess your faith** and are saved.” (Romans 10:9-10)* Racers tell others about the race.
- b. Just being registered (saved) does not mean we are training or that we know the racecourse. This is called sanctification and it comes over time.
- c. “Run in such a way to get the prize.”
 - i. *“Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them.” (1 John 2:15)*
 1. We run on the same racecourse but are running in the opposite direction as the world runs.
 - a. *“By this everyone will know that you are my disciples, if you **love one another.**” (John 13:35)*
 - i. *The world is not full of love for one another, it is full of self-serving pride and me firstisms.*

• Study Notes •

Ephesians 3:16



BE STRENGTHENED

• Lesson One •

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Lets start with #1. This strength empowers us to exercise grace, to run the race.

1. Run _____ (1 Cor. 9:24)

2. With _____ (Romans 10:9-10)

3. Love _____ (John 13:35)

• Pastor's Teaching Notes •

Ephesians 3:16



BE STRENGTHENED

• Lesson Two •

“Victors over Victims”

Pastor Dr. Tim Parker

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As a believer in Christ Jesus, *we need fresh supplies of strength everyday.* This is a day-by-day, hour-by-hour, minute-by-minute and yes even at times, moment-by-moment supply of Jesus' strength through the Holy Spirit Who dwells within us. *“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;”* (1 Cor. 6:19)

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Last week we taught on; **this strength empowers us to exercise grace, to run the race.**

Our big takeaways were:

Run in such a way as to get the prize. (1 Cor. 9:24)

With your mouth profess your faith. (Romans 10:9-10)

Love one another. (John 13:35)



This week we will take a look at #2.
This strength empowers us to resist Satan and his temptations.

“Submit yourselves, then, to God. Resist the devil, and he will flee from you.”
(James 4:7)

When we live out this verse in our lives, we will learn to recognize what are Satan’s temptations and what are ours! We negotiate with God over what is and what is not an important sin.

I believe that we blame Satan many times for our own refusal to obey God. We say, “The Devil made me do it” when, we are the ones that intentionally choose to do what is wrong. The Bible calls this the practice of sin. (P word)

We must first recognize the sin before we can repent from it and we must own the sin as being against God, not others. How can we expect a righteous God to participate in unrighteous sinful activity? Remember, He sent His One and only Son Jesus to die on the cross for our sin. This my friends is a massive payment for a massive debt. If you don’t think your sin is massive then Jesus dying on the cross will mean nothing either!

The above verse lays out a three-step process in God’s specific order.

FIRST, we must **“submit” ourselves to God.**

You can’t submit for anyone else and they can’t submit for you. This is a personal, one-on-one commitment.

So, what does the word **“submit”** mean?

To be all In To give all Complete trust _____



It means to be under **obedience to** God. Have your beliefs inline with God's beliefs.... **FULLY**. This is not a one-foot in, and one-foot out deal!

SECOND, "resist" the Devil.

You are not going to be able to resist anything when you know you are not under obedience to God. That is why obedience to God is step one!

So, what does the word "**resist**" mean?

To **stand against** & **be in total opposition to**.

"Love is to be sincere and active [the real thing—without guile and hypocrisy]. Hate what is evil [detest all ungodliness, do not tolerate wickedness]; hold on tightly to what is good." (Romans 12:9)

Another verse to look at is **1 John 2:15**. ¹⁵ ^[a]*Love not this* ^[b]*world, neither the things that are in this world. If any man love this world, the* ^[c]*love of the Father is not in him.*

OK, lets take this in pieces.

- a. *Love not*. The world, which is full of wicked desires, lusts or pleasures, and pride, is utterly hated of our heavenly Father. **Therefore the Father and the world cannot be loved together**: and this admonition is very necessary for green, flourishing young believers.
- b. *This world, neither the things that are in this world*. He speaks of the world, as **it does not agree with the will of God**.
- c. *The love of the Father is not in him*. This is speaking of **the one who does not love the Father**, not that the Father does not love the person.

To **stand against** or **in total opposition to the Devil** is not a weak position, rather a position of strength and humble power because God is on our side and we have fully submitted to God!

THIRD, "he will flee from you."

This is the result of being submitted in obedience to God and standing against and in opposition to the Devil.

We must know and believe what God stands for to be able to be completely separate from what Satan stands for.

The Devil has no power against the Christian that is submitted to God thus, in full opposition against the Devil. The Devil will flee elsewhere to someone that is not in obedience to God! There is nothing for him here any longer!

Here's something for you to think about. When the Devil comes knocking at your door and you answer it, he has a potential to create doubt in you. But when the Holy Spirit that lives within you and me answers the door, Satan says, "Oops, I'm in the wrong neighborhood!" and he will flee and depart to somewhere else!

Here is where the problem lies. We are not willing to be fully submitted "obedient to God's commands because we see His commands as suggestions. Thus, we cannot stand against the Devil because we have no protection. We are out from behind the shield of faith and extremely vulnerable to Satan's lies..

Ephesians 6:10-19 says, "¹⁰ ¶ ^[t]Finally, my brethren, be strong in the Lord, and in the power of his might.

¹¹ Put on the whole armor of God, that you may be able to stand against the assaults of the devil.

¹² ^[s]For we wrestle not against flesh and ^[t]blood, but against ^[u]principalities, against powers, and against the worldly governors, the princes of the darkness of this world, against spiritual wickedness, which are in the high places.

1 Peter 5:8 & 9 say, ⁸ Be sober, and watch: for your adversary the devil as a roaring lion walking about, seeking whom he may devour: ⁹ Whom resist steadfast in the faith, knowing that the same afflictions are accomplished in your brethren, which are in the world.

NASB says, "⁸ Be of sober spirit [on watch], be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. ⁹ But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world.

This means the cruelty of Satan, who seeks by all means to devour us, is overcome by watchfulness and faith. And, the persecutions which Satan stirs up are neither new nor set upon any one man, but from old and ancient time common to the whole Church, from the beginning to today. Also, this attack is happening throughout the world and in many places much worse than we are experiencing it here.

Now back to the armor that protects us from Satan.

¹³ ^[v]For this cause take unto you the whole armor of God, that ye may be able to resist in the evil day, and having finished all things, stand fast.

¹⁴ Stand therefore, and your loins girded about with verity [truth], and having on the breastplate of righteousness,

15 And your feet shod with the ^[w]preparation of the Gospel of peace.

16 Above all, take the shield of Faith, wherewith ye may quench all the fiery darts of the wicked,

17 And take the helmet of Salvation, and the sword of the Spirit, which is the word of God.

18 And pray always with all manner prayer and supplication in the ^[x]spirit: and watch thereunto with all perseverance and supplication for all Saints,

19 And for me, that utterance may be given unto me, that I may open my mouth boldly to publish the secret of the Gospel,”

FOURTH, “Put on the full armor of God”

First, be ready, and **fight constantly** (your guard is never let down), (when do you gather on a regular basis with other believers?) **trusting to spiritual weapons, until their enemies are put to flight.** The true battle is between God and His spiritual weapons given to us and His enemies Satan and his demons. **And first of all, he warns us to take the armor of God, whereby only our enemy may be dispatched** (will flee). We cannot win this battle on our own! We can't have good enough good behavior modification, tools in our tool kit or any other ways of man. You cannot fake it till you make it!!! This battle can only be won in the strength and power of God almighty, through the Holy Spirit who lives and dwells within us.

Secondly, he declares that our chief and mightiest enemies are **invisible**, (quit fighting against your fellow believers) **that we may not think that our chief conflict is with men, who are of a frail and brittle nature, against which are set spiritual subtleties.**

These enemies will only flee by us not just wearing but believing in the armor of God, with uprightness of conscience, a godly and holy life, knowledge of the Gospel, faith, and to be short, with the word of God, and using daily earnest prayer for the health of the Church, and especially, for the constant of true, godly, and valiant ministers of the word. Preachers living it and not just talking about it!

Verse 15... That the preparation of the Gospel may be as it were shoes to you: and it is very fitly called the Gospel of peace, seeing we have to go to God through most dangerous ranks of enemies, this may encourage us to go on manfully, in that we know by the doctrine of the Gospel, that we take our journey to God, who is at peace with us.

Finally, that holy prayers may proceed from the Holy Spirit on our behalf for the battle is God's. Pray for one another always giving thanks to the Lord!

Satan and his demons will flee from you because of Who's you are.... Jesus the Christ, Yeshua the Messiah! He is our DELIVERER and SAVIOR. AMEN!!!

"Greater is He who is in you than he who is in the world." (1 John 4:4)

Lets summarize what we've learned.

This is a three-step process... in a specific order.

1. **Submit** yourselves to God.
2. **Resist** the Devil.
3. **He** will flee from you.
Put on the FULL armor of God.
1 John 4:4 *"Greater is He that is within you, than he who is in the world."*

• Study Notes •

Ephesians 3:16 – James 4:7 – Eph. 6:10-19



BE STRENGTHENED

• Lesson Two •

“Victors over Victims”

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1. This strength empowers us to exercise grace, to run the race. (1 Cor. 9:24)
2. This strength empowers us to resist Satan and his temptations. (James 4:7)
3. This strength empowers us to oppose worldly opportunities that distract us from Christ. (2 Timothy 2:4)
4. Finally, this strength empowers us to bear our cross, and undergo afflictions cheerfully. (Luke 9:23-24)

• **Pastor Teaching Notes** •
Ephesians 3:16 • James 4:7 • Eph. 6:10-19 • **2 Tim 2:4**



BE STRENGTHENED

• **Lesson Three** •

Pastor Dr. Tim Parker

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Our **FIRST** week we taught on, **“This strength empowers us to exercise grace, to run the race.”**

Our big takeaways were:

Run in such a way as to get the prize. (1 Cor. 9:24)

With your mouth profess your faith. (Romans 10:9-10)

Love one another. (John 13:35)

- LAST week we looked at #2. **This strength empowers us to resist Satan and his temptations.** •

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1. **Submit** yourselves to God.

2. **Resist** the Devil.

3. **He** will flee from you.

Put on the FULL armor of God.

1 John 4:4 *“Greater is He that is within you, than he who is in the world.”*



This week we are going to look at # three:

This strength empowers us to oppose worldly opportunities that distract us from Christ. (2 Timothy 2:4) *“No one engaged in warfare entangles himself [is distracted] with the affairs of this life, that he may please him who enlisted him as a soldier.*

What do “worldly opportunities look like? Name some for me!

Worlds Opportunities

God’s Promises

_____ Getting away with it! _____

__ God leading a person to truthfulness __

_____ Be Self-Made _____

_____ Being Re-Made by God _____

_____ To Have It All _____

_____ To Share It All _____

**When we know and focus on God's Promises,
the world will not have hold on us!**

1. **God Promises His Love. (John 3:16-17)**

The promise of His love is available to everyone at no additional cost; our only burden is to accept it!

16 "For God so loved the world, [this is how God loved the world] that he gave his only Son, that whoever believes in him should not perish but have eternal life. 17 For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him." (John 3:16-17)

2. **God Promises His Forgiveness. (Matthew 18:12-14)**

God loves us with intense passion and yearns to bring us back into the fold of his protection and forgiveness.

12 "What do you think? If a man has a hundred sheep, and one of them has gone astray, does he not leave the ninety-nine on the mountains and go in search of the one that went astray? 13 And if he finds it, truly, I say to you, he rejoices over it more than over the ninety-nine that never went astray. 14 So it is not the will of my Father who is in heaven that one of these little ones should perish."

3. **The Promise of Purpose. (Matthew 11:28-30)**

He promises to replace our stress with rest. We still have work to do but doing it in His presence, we will experience refreshment. Work within God's ordained mission for your life and work will be like refreshment.

28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light."

4. **The Promise of Instruction. (John 14:26)**

Jesus gave His disciples a promise that the Holy Spirit would help them remember His teaching. The Holy Spirit can help us in the same way. As we study the Bible, we can trust Him to plant truth in our minds, convince us of God's will, and remind us when we stray from it.

26 "But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you."

5. **The Promise of Immortality. (Matthew 10:28-31)**

What would you do if you knew nothing could hurt you? Go skydiving, bobsledding, whitewater rafting? It would probably change your life a little bit. God offers an unshakable spiritual protection to those who seek Him. Even death itself cannot spate us from His love. **(Romans 8:38-39)** If you fear (awe and majesty) the Lord, you will not need to fear anyone else!

28 "And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell. 29 Are not

two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father's will. ³⁰But the very hairs of your head are all numbered. ³¹Do not fear therefore; you are of more value than many sparrows."

6. **The Promise of Freedom.** (John 8:31-32)

Jesus Himself is the truth that sets us free! He is the perfect standard for what is right. He is the source of truth.

³¹"Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. ³²And you shall know the truth, and the truth shall make you free."

7. **The Promise of Inner Peace.** (John 14:27-28)

Sin, fear, uncertainty, doubt and many other forces are at war within us. But the peace of God works into the heart and mind of every believer to restrain these forces and offer comfort in place of conflict.

²⁷"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. ²⁸You have heard Me say to you, 'I am going away and coming back to you.' If you loved Me, you would rejoice because ²⁹I said, 'I am going to the Father,' for My Father is greater than I."

8. **The Promise of Joy.** (John 15:9-11)

9. **The Promise of Intimacy.** (Matthew 6:6-8)

10. **The Promise of Provision.** (Luke 12:22-28)

11. **The Promise of Power.** (John 14:12-13)

12. **The Promise of God's Grace.** (Matthew 20:1-16)

*"...I have learned the secret of being content in any and every situation,... **Submit & Resist...** **God's Promise...** I can do all this through Him [Jesus] **who gives me strength.**"*

We can be "**content**" (secure) in every situation only because of Jesus Christ and Holy Spirit that lives within us. He is what eliminates Satan's temptation "for more".

The world is all about "more". It started in the Garden of Eden. Man had everything that he needed and Satan said, "God was keeping things from you." He doesn't want you to be like Him! You should have "more."

Philippians 4:6 says, " *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your **requests** to God. ⁷**God's Promise...** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

We are to come to Christ Jesus in prayer and thanksgiving in every situation that is causing anxiety.

Once you have knowledge of sin you can't go back to that sin without it being a transgression. Sin, Transgression and Iniquity.

• Study Notes •

Ephesians 3:16 • James 4:7 • Eph. 6:10-19 • 2 Tim 2:4



BE STRENGTHENED

• Lesson Three •

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Part One

Our big takeaways were:

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With your mouth profess your faith. (Romans 10:9-10)

Love one another. (John 13:35)



Part Two

• This week we will take a look at #2. **This strength empowers us to resist Satan and his temptations.** •

“Submit yourselves, then, to God. Resist the devil, and he will flee from you.”
(James 4:7)

This is a three-step process... in a specific order.

Submit to God.

Resist the Devil.

He will flee from you.

Put on the full armor of God.

1 John 4:4 Greater is He that is in me than he that is in the world.



Part Three

This week we are going to look at # three:

This strength empowers us to oppose worldly opportunities that distract us from Christ. (2 Timothy 2:4) *“No one engaged in warfare entangles himself [is distracted] with the affairs of this life, that he may please him who enlisted him as a soldier.”*

1. **God Promises** _____. (John 3:16-17)
2. **God Promises** _____. (Matthew 18:12-14)
3. **The Promise of** _____. (Matthew 11:28-30)
4. **The Promise of** _____. (John 14:26)
5. **The Promise of** _____. (Matthew 10:28-31)
6. **The Promise of** _____. (John 8:31-32)
7. **The Promise of** _____. (John 14:27-28)

8. **The Promise of _____.** (John 15:9-11)
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10. **The Promise of Provision.** (Luke 12:22-28)
11. **The Promise of Power.** (John 14:12-13)
12. **The Promise of God's Grace.** (Matthew 20:1-16)

• Pastor Teaching Notes •

Ephesians 3:16

James 4:7 • Eph. 6:10-19 • 2 Tim 2:4 • **Luke 9:23-24**



BE STRENGTHENED

• Lesson Four •

Faith • Action • Focus • REPEAT ...

Pastor Dr. Tim Parker

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We learn in lesson FOUR, this strength empowers us to bear our cross, and undergo afflictions cheerfully. (Luke 9:23-24) ²³“Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. ²⁴For whoever wants to save their life will lose it, but whoever loses their life for me will save it.”

- Take a look at these building blocks of strength that allows us to take up our cross and follow Jesus while we are afflicted... and yes even cheerfully afflicted! •

In Lesson ONE: “This strength empowers us to exercise grace, to run the race.”
“Do you not know that in a race all the runners run, but only one gets the prize?”
(1 Cor. 9:24)

Run in such a way as to get the prize. (1 Cor. 9:24)

With your mouth profess your faith. (Romans 10:9-10)

Love one another. (John 13:35)

• **TO RUN THIS RACE TAKES FAITH** •

In Lesson TWO: “This strength empowers us to resist Satan and his temptations.

“Submit yourselves, then, to God. Resist the devil, and he will flee from you.”

(James 4:7)

Submit yourselves to God.

Resist the Devil.

He will flee from you.

Put on the FULL armor of God.

1 John 4:4 “Greater is He that is within you, than he who is in the world.”

TO ACCOMPLISH THIS STRENGTH IT TAKES ACTION.
• **ACTION IS A RESULT OF FAITH** •

TRUTH + TIME = TRUST

In Lesson THREE: This strength empowers us to oppose worldly opportunities that distract us from Christ. (2 Timothy 2:4) *No one engaged in warfare entangles himself [is distracted] with the affairs of this life, that he may please him who enlisted him as a soldier.*

God Promises His Love. (John 3:16-17)

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- **TO ACCOMPLISH THIS RACE IT TAKES FOCUS.**
- **FOCUS IS AN OUTCOME OF BELIEF, WHICH IS ACTION LIVED OUT • (SANCTIFICATION)**

PLANT A THOUGHT... REAP AND ACTION
 PLANT AN ACTION... REAP A HABBIT
 PLANT A HABBIT... REAP A CHARACTER

FAITH + ACTION + FOCUS = CONSTANT LIFE CHANGE

So what does this look like? We are running the race in the opposite direction the world runs in!

Our final FOURTH result of strength is PRAYER.

• PRAYER •

In Lesson FOUR, this strength empowers us to bear our cross, and undergo afflictions cheerfully. (Luke 9:23-24) ²³*“Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. ²⁴For whoever wants to save their life will lose it, but whoever loses their life for me will save it.”*

- The only way to have strength to carry our cross daily is through daily... if not hourly... or even minute-by-minute prayer.

In lesson three we saw that fervent prayer was necessary to withstand the opportunities of the world.

In lesson two prayers are the result of our submitting ourselves to God and resisting the Devil.

And in lesson one prayer is how we directly speak with our team coach Jesus while we are running the race.

Prayer is the key to relationship between man and God

- Prayer is talking with and listening to God.
- Prayer is our acknowledgement of God’s superiority over everything. It is our awe and majesty of the Almighty.
- Prayer is worship of God.
- Prayer is the place where hope is lifted, and supplication (request) is made.
- Prayer is when God align us with His will.

- Prayer is the place of [admitting](#) our need, of [adopting](#) humility, and [claiming](#) dependence upon God.
- Prayer is the exercise of [faith](#), [action](#), and [focus](#).

Scripture Says...

1 Thessalonians 5:16-18

"Pray without ceasing"

Think of your talks with God as open-ended.

Philippians 4:6

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done."

The way to deal with worry is through prayer.

Jeremiah 33:3

"Ask me and I will tell you remarkable secrets you do not know about things to come."

God has a unique point of view since He has always been and will always be.

Luke 18:1

"One day Jesus told His disciples a story to show that they should always pray and never give up."

A talk with God can be the next encouragement we need to keep going.

Psalms 116:2

"Because He bends down to listen, I will pray as long as I have breath."

God will bend down to speak with us face-to-face. He will meet us where we are.

Ephesians 6:18

"Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere."

We are FAMILY and there is never a wrong time to pray!

Psalms 86:3

"Be merciful to me, O Lord, for I am calling on You constantly."

The simple truth is that WE NEED GOD! We need His Mercy, His Grace, His Forgiveness, His Wisdom, and His Direction!

It's also good to know what Prayer is not.

Prayer is NOT ... Doing things to "bribe" God

If we love God and want God's will to be done, we will want to obey simply because *obedience is God's will for us!* It won't be because of what we can get out of doing so!

Jesus' prayer at Gethsemane is a perfect example of praying with the right motives. *"Not my will, but yours be done"* - **Luke 22:42**. Also see **1**

John 5:14. *“And this is the confidence we have before Him, that, if we ask anything according to His will, He hears us.”*

Prayer is NOT... A mystical prayer

This kind of prayer is an attempt to get some type of "experience" that seems to make me "feel" closer to God?

The purpose of this kind of prayer is *not* to get goods or protection; but to transcend (or "get beyond") them, often with the goal of getting a "union" with God.

**Once you know what PRAYER IS....
anything opposite to that is not proper prayer!**

**• ONCE YOU KNOW THE REAL THING,
YOU WILL KNOW A COUNTERFEIT •**

So..... Prayer is the key to relationship between man and God.

If you are not born again, you need to give your life to Jesus **now**. In **John 3:15-18** it says,

“15 that everyone who believes may have eternal life in him.”

16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

17 For God did not send his Son into the world to condemn the world, but to save the world through him.

18 Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son.”

I urge you to take these following steps:

- **Admit you are a sinner and you cannot save yourself.**
- **Repent of your sins.**
- **Confess Jesus as your Lord, Savior, Master and Friend.**
- **Renounce your past way of life.**
- **Invite Jesus into your life.**
- **Immediately tell someone close to you about your decision to follow Jesus Christ and encourage them to do the same.**
- **Start attending a Bible-believing and Bible-teaching church.**

Surround yourself with other God loving and obeying believers in Jesus! Satan is not excited that you have chosen to follow Jesus instead of him, but it will be OK. Once you have believed on Jesus Christ, you now have living within you *“He (Christ Jesus) that is greater than he (Satan) who lives in the world.”*

Amen? Amen!

Now that you have finished these lessons, which question describes you?

World/Satan

God

Am I
WORTHY of Love ???

I AM
WORTHY of Love !!!

Do based love is you can loose it! OR Fact based LOVE you CAN'T loose it!

Satan is Doubt based

God is FACT based

Trust in God's FACT that He Loves you and Satan's doubts will not mean anything to you any longer!

Heather and I are praying for you; that you are encouraged and strengthened in your faith and courage. Lets learn the secret of being content in any and every situation. Lets do all we do through the strength that Christ provides. His strength will make us strong in Him! Lets FLEX this strength by sharing Christ with others TODAY... Amen? Amen!!!

• Here is your CHALLENGE FOR THIS WEEK •

Every chance you get, talk to God. Ask Him for guidance, and He will lead you!

Also, pray for your spiritual "Ecclesia church (those called out of the world by Jesus Christ) body family" as much as you pray for your physical/biological (given to you by God) family.

**THIS WILL CHANGE HOW YOU SEE
YOUR PLACE IN EACH FAMILY!**

• Study Notes •

Ephesians 3:16

James 4:7 • Eph. 6:10-19 • 2 Tim 2:4 • **Luke 9:23-24**



BE STRENGTHENED

• Lesson Four •

Faith • Action • Focus • REPEAT ...

Ephesians 3:16 says, *“I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being,”*

As a believer in Christ Jesus, *we need fresh supplies of strength everyday.* This is a day-by-day, hour-by-hour, minute-by-minute and yes even at times, moment-by-moment supply of Jesus’ strength through the Holy Spirit Who dwells within us. *“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;”* (1 Cor. 6:19)

There are 4 things that His strength empowers us to do that we cannot do without Him.

1. This strength empowers us to exercise grace, to run the race. (1 Cor. 9:24)
2. This strength empowers us to resist Satan and his temptations. (James 4:7)
3. This strength empowers us to oppose worldly opportunities that distract us from Christ. (2 Timothy 2:4)
4. Finally, this strength empowers us to bear our cross, and undergo afflictions cheerfully. (Luke 9:23-24)

We learn in lesson FOUR, this strength empowers us to bear our cross, and undergo afflictions cheerfully. (Luke 9:23-24) ²³“Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. ²⁴For whoever wants to save their life will lose it, but whoever loses their life for me will save it.”

- Take a look at these building blocks of strength that allows us to take up our cross and follow Jesus while we are afflicted... and yes even cheerfully afflicted! •

In Lesson ONE: “This strength empowers us to exercise grace, to run the race.”
“Do you not know that in a race all the runners run, but only one gets the prize?”
(1 Cor. 9:24)

Run in such a way as to get the prize. (1 Cor. 9:24)

With your mouth profess your faith. (Romans 10:9-10)

Love one another. (John 13:35)

• **TO RUN THIS RACE TAKES F** _____ •

In Lesson TWO: “This strength empowers us to resist Satan and his temptations.

“Submit yourselves, then, to God. Resist the devil, and he will flee from you.”
(James 4:7)

Submit yourselves to God.

Resist the Devil.

He will flee from you.

Put on the FULL armor of God.

1 John 4:4 “Greater is He that is within you, than he who is in the world.”

TO ACCOMPLISH THIS STRENGTH IT TAKES A _____ .

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F _____ + **A** _____ + **F** _____ = **C** _____ **LIFE CHANGE**

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This will change how you see your place in each family!

A COUPLE QUESTIONS...

DID YOU FIND THIS BIBLE STUDY HELPED YOU?

- Grow your faith in the Lord Jesus Christ Yes: _____ No: _____
- Helped you better relate to life's challenges Yes: _____ No: _____
- Changed your life to trust God more Yes: _____ No: _____
- Grew your knowledge and understanding Yes: _____ No: _____

WHAT PART OF YOUR LIFE DID THIS BIBLE STUDY EFFECT? (Please checkmark all that apply)

- Prayer _____
- Forgiveness _____
- Trust _____
- Faith _____
- Growing in the Bible _____
- Family _____
- Work _____

THE PRACTICALITY OF THE BIBLE STUDY

Please score the following questions from 1-10, with 1 being the least and 10 being the most.

1. Was I able to understand what was taught? _____
2. Am I willing to act on what I have learned? _____
3. Am I looking for and desiring Life Change? _____
4. Was this Bible Study clear in what the Bible is instructing us to do with what we have been taught? _____

THANK YOU FOR ALLOWING US TO SHARE WHAT GOD IS TEACHING US AND THROUGH US!

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If it did not help your walk with the Lord, please let us know why not!!

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