



Strength is both a grace and a choice. It is a gift from God, and it is a pursuit of those who live in fellowship with God. The Bible tells us to be strong in the Lord, and this series will explore how we can receive the gift and make the choice.

These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family and/or with a group.

1 Rick began by reminding us that “Following Jesus for a lifetime is like running a marathon: long, demanding, and requiring an enormous amount of strength.” How has that been your experience? Follow up: Reflecting back on last week’s message, share one way you’ve been intentionally pursuing inner strength.

2 STRENGTH SAPPERS. Rick mentioned a few things that sap our strength (**fear and worry, bitterness and resentment, and sin and guilt**). Which of those have impacted you the most recently? Follow up: **Read Isaiah 41:10, Hebrews 12:15, and Psalm 32:3-4.** What are some things that stand out from these verses to help you deal with those strength sappers and how has that helped you find strength?

3 STRENGTH BUILDERS: God’s Word & Teaching and testimonies. Weakness is repelled when God’s truth is received. **Read Matthew 4:1-11.** What does the example of Jesus show us and how does the truth found in **1 John 2:14** encourage you? Follow up: *Jesus gives his church scripture and teachers.* **Read 1 Corinthians 14:3, Colossians 2:7, and 1 Thessalonians 3:2.** What stands out to you the most from these verses about the power of teaching and testimonies? How have these 2 given you strength?

4 STRENGTH BUILDERS: Obedience & Committed spiritual relationships. *If sin spills our strength tank, obedience fills our strength tank.* **Read Deuteronomy 11:8 and Acts 16:4-5.** What can we learn and apply from those verses? Follow up: *Mutual strengthening is every*

Christian’s need, and every Christian’s responsibility.

Read 1 Samuel 23:16, Luke 22:32, and Isaiah 35:3-4.

How has leaning on others helped you find strength and who have you been pouring into lately?

5 STRENGTH BUILDERS: Sabbath & Worship.

The enemy wants you to believe you have too much to do to create margin to be with God in stillness and quiet. **Read Isaiah 30:15.** Share an example of a time you found strength by intentionally taking time to rest. Follow up: *Weakness is expelled when God is exalted.* **Read Psalm 59:16-17.** How does worshipping regularly give you strength?

6 STRENGTH BUILDERS: Divine boosters & The Gospel of grace. *Sometimes God just supernaturally infuses His children with strength (see Daniel 10:18-19, 2 Timothy 4:17, and Ephesians 3:16).* How have you experienced this recently? Follow up: *Nothing is more exhausting than legalism.* How has the gospel of grace helped you find strength in the face of legalism?

7 Rick closed by reminding us that **Strength is both a grace and a choice.** *God gives strength for the race, but you have to decide to run.* With that in mind, what is your next step to avail yourself of the strength God offers? Follow up: Spend some time praying for each other (that you will stay in the race and finish strong).

