

## Salt n Light Reflections

### Podcast Episode # 5

#### Strength

For Today's Bible Study on this Podcast Episode # 5 Salt n light Reflections, Read the below material and answer the questions at the end

When we think about the things we have to face, the things we do face, and everyday life, what do we usually need? Strength. The only way we can truly get genuine strength is from YAHUVEH GOD, and YAHUSHUA(JESUS). We know as believers we cannot do anything on our own but need HIM to help us. This includes trusting in HIM and leaning on HIM & asking HIM to give you the strength you need.

Each day, even when we aren't facing challenges, we still can get weary, tired, fatigued, right? YAHUSHUA(JESUS) is there to give us the strength to sustain us whenever we need it. I also want to share that asking HIM for strength and knowing that we can't do anything by ourselves, is staying and being humble.

No matter how strong we think we are, the flesh is weak. (Mark 13:48)

The Word Strength is mentioned 360 times in the Bible

"The Sovereign LORD is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights" ([Habakkuk 3:19](#)).

Philippians 4:13, which states, "I can do all things through him who strengthens me."

2 Corinthians "My grace is sufficient for you, for my power is made perfect in weakness."

Psalms 73:26 "My Flesh and my heart may fail, but GOD is the strength of my heart and my portion forever."

Let's take a look at some Biblical examples of those who relied on YAHUVEH GODS strength:

1. YAHUVEH gives strength to HIS children, to be able to minister to others.

In 1 Timothy 1:12 it says, " I thank him who has given me strength, YAHUSHUA our LORD, because HE judged me faithful, appointing me to his service."

In 1 Peter 4:11 it says "whoever speaks, as one who speaks oracles of YAHUVEH GOD, whoever serves, as one who serves by the strength that YAHUVEH GOD supplies- in order that in everything YAHUVEH GOD may be glorified through YAHUSHUA. To him belong Glory and dominion forever and ever Amen."

strength to face persecution

In 2 Timothy 1:8 it says" Therefore do not be ashamed of the testimony about our LORD , nor of me his prisoner, but share in suffering for the gospel by the power of YAHUVEH."

And strength to overcome death ,

In 1 Corinthians 15:57 it says "But thanks be to YAHUVEH GOD, who gives us the victory through our LORD YAHUSHUA".

We see in Ephesians 6:10-11, that it states to " Be strong in YAHUVEH and in HIS mighty power. Put on the full armor of YAHUVEH GOD that that you can take your stand against the devil's schemes."

When we submit to YAHUVEH GOD, and resist the devil he will flee from us ( which it says in James 4:7). When we rely on YAHUVEH strength every single day, we will have the strength to do all things, as HE is the one who truly sustains us. So when you are feeling weak, and weary remember what YAHUVEH word says, one of my favorite verses I want to share on this is from Isaiah 40:31.

“those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint” ([Isaiah 40:31](#)).

Samson in the book of Judges 13-16, had strength from YAHUVEH GOD, HE was to fight Israel's enemy. Samson didn't always obey YAHUVEH GOD and had to learn hard lessons, but YAHUVEH did work through him and used Him, to accomplish much. Samson had to learn to trust in YAHUVEH GOD, on what HE could do through him.

Samson had to learn not to do things in his own way, with physical strength.

Another example, is Gideon in Judges 6-8, YAHUVEH GOD used him to overthrow their oppressors, Israel had disobeyed, in rebellion, which brought judgement. Gideon needed YAHUVEH to reassure him that he was the one who was to lead the people. YAHUVEH GOD proved himself to him and Gideon had victories, to help him to be prepared for the battle. Gideon had to do several things, but YAHUVEH helped him and gave him strength to do so. In this YAHUVEH helped Gideon learn to trust in HIM. Gideon was to assemble his army to fight the Midianites. He had 3000 men but went down to 300 only before this battle. Through this happening, it helped the people of Israel to acknowledge that it was YAHUVEH who delivered them not the strength of men.

So through some of these examples and talking about strength, we can be encouraged that, no matter what we have to face, or are facing right now, it is YAHUVEH GOD who gives us the strength and helps us to have the Victory. Through HIM we can do all things, and HE is the one who sustains you.

#### Bible Study Questions:

1. Find a Verse on Strength, write it down and hang it where you can easily read it, especially when you feel weary etc.
2. What example(s) in the Bible help encourage you regarding strength and how YAHUVEH GOD, strengthens you?

3. How does Trust play a part in, asking YAHUVEH GOD for strength when we need it?

4. Being H\_\_\_\_\_ed. Can help us, when we pray to HIM for strength

5. Realizing we cannot do anything on our own, without HIS \_\_\_\_\_.

6. How has HE helped you in times when you felt weak and weary?

7. How can we apply the concept of strength in our daily lives? (Ephesians 6:10)

8. How does the story of David and Goliath illustrate strength and faith? 1 Samuel 17?

9. How can prayer enhance our spiritual strength? James 5:16?

**Assignment:**

- 1. *Study Ephesians 6:10-18 about the armor of GOD and its role in spiritual strength.*