

# **BUILDING STRENGTH FOR LIFE**

## **LIFE REQUIRES STRENGTH**

- Strength in different areas
  1. Physical - no fun if there is no function
  2. Mental strength - to focus and concentrate
  3. Emotional strength - life is not easy
- There is also spiritual strength
  1. Not something to ignore (***Proverbs 18:14 AMP Classic***)
  2. Spiritual strength impacts all the other aspects of life (***Proverbs 15:15 AMP Classic***)
  3. Spiritual strength can be changed / controlled

## **JESUS SPOKE ABOUT BUILDING STRENGTH FOR LIFE**

***(Matthew 7:24-27 CSB) (Luke 6:46-49 CSB)***

- Building a house = building a life
  1. The one who hears and acts on Jesus's words is called wise
  2. The wise one dug deep and built on a strong foundation
  3. Strength is achieved by hearing and acting on Jesus' words
  4. The one house / life was stronger than the storms

## **BUILDING STRENGTH FOR LIFE - STRONGER THAN WORRY AND ANXIETY**

- The worry free process (***Philippians 4:4-7 CSB***)
  1. Rejoice in the Lord always
  2. Be gracious to people
  3. Don't worry / be anxious - pray
  4. There is a peace beyond our understanding