



How To Be Strong in the End Times—Part 2

PASTORS GEORGE & TERRI PEARSONS

DAY 6—How to Develop a Strong Spirit: Diet (Part I)

Foundation Scripture: “The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?” (Proverbs 18:14, AMPC).

A. We Need to Have a Strong Spirit

1. Having a strong spirit will sustain you in any kind of trouble.
2. Proverbs 20:27: “The spirit of man is the candle of the Lord, searching all the inward parts of the belly.”
 - a. Revelation comes to your heart first, not your head.
 - b. Strength is in the inner man.
3. Paul told Timothy that we live in “perilous times,” difficult and “hard to bear” (2 Timothy 3).
 - a. Verse 1 (AMPC): “But understand this, that in the last days will come (set in) perilous times of great stress and trouble [hard to deal with and hard to bear].”
 - b. Verses 1-5 (NKJV): “But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power. And from such people turn away!”
 - i. It’s not just the people. It’s also the fruit or effect of those types of people.
 - ii. This speaks of people who are pressing into sin and are proud they are not walking in line with the Word of God.
 - c. The result of ungodly activities and lifestyles is an increasing presence of darkness and demonic thinking.
 - d. 2 Thessalonians 2:12 (AMPC): “...all may be judged and condemned who did not believe in [who refused to adhere to, trust in, and rely on] the Truth, but [instead] took pleasure in unrighteousness.”
4. And Jesus said it would only get worse and worse.
5. Matthew 24:4-14 (NKJV):

And Jesus answered and said to them: “*Take heed that no one deceives you.* For many will come in My name, saying, ‘I am the Christ,’ and will deceive many. And you will hear of wars and rumors of wars. See that you are not troubled; for all these things must come to pass, but the end is not yet. For nation will rise against nation, and kingdom against kingdom. And there will be famines, pestilences, and earthquakes in various places. All these are the beginning of sorrows. Then they will deliver you up to tribulation and kill you, and you will be hated by all nations for My name’s sake. And then many will be offended, will betray one another, and will





hate one another. Then many false prophets will rise up and deceive many. And because lawlessness will abound, the love of many will grow cold. But *he who endures to the end shall be saved*. And this gospel (good news) of the kingdom will be preached in all the world *as a witness to all* the nations, and then the end will come.

- a. The person who stays steady and strong in the Lord will see deliverance from whatever comes in the last days.
 - b. The witness of the Gospel is the provision of God in evidence—healing while others are dying, supplies in the face of lack.
 - c. The light of the Gospel in the midst of darkness will draw people to Jesus.
7. But those who are strong in the Lord are overcomers, and like David who said, “By You (God) I can run through a troop, and by my God I can leap over a wall” (Psalm 18:29, AMPC).
 8. Let’s look further at how to develop a strong—overcoming—stalwart—established spirit.

B. 1 Timothy 4:6-9—We Must Stay Spiritually Fit

1. Verse 7 (AMPC): “Train yourself toward godliness...[keeping yourself spiritually fit].”
2. 1 Thessalonians 5:23: “And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.”
3. You are a three-part being.
 - a. You are a spirit.
 - b. You have a soul.
 - i. The soul is made up of your mind, will and emotions.
 - ii. Your mind must be renewed to the Word (Romans 12:2).
 - c. You live in a body.
4. Hebrews 4:12: “The word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit.”
 - a. The soul and spirit are separate from each other.
 - b. The Word will divide between them.
5. The spirit man provides life to the body and helps support the soul.
6. We are responsible to wholly develop spirit, soul and body.
7. A strong, healthy body requires three things: a proper diet, exercise and rest. The same three are necessary for a strong spirit and soul.
8. Your body is like a glove that covers the real you, your spirit. The spirit of man in the body brings life to the body. The body without the spirit dies.
9. We want to develop our spirit so that it gives godly direction and life to our body and mind.
10. You must feed your spirit “faith food” in order for it to be strong.
 - a. God’s Word contains the proper nutrients for building a strong spirit.
 - b. It is our primary source of strength.
11. God’s Word feeds your spirit just like natural food feeds your body.
 - a. God’s Word to your spirit is like a healthy meal to your flesh.
 - b. Your spirit has a voracious appetite for the Word.
 - c. Romans 10:17—Faith comes by eating, and eating by the Word of God.



12. 1 Timothy 4:6-9: "If thou put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ, nourished up in the words of faith and of good doctrine, whereunto thou hast attained. But refuse profane and old wives' fables, and exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come. This is a faithful saying and worthy of all acceptation."
 - a. Verse 6—"Nourished up in the words of faith"
 - i. WMS—"Feeding your own soul on the truths of faith"
 - ii. BER—"Nurturing on the messages of faith"
 - iii. TCNT—"Sustained by the precepts of the Faith and of that Good Teaching"
 - iv. GNT—"Feed yourself spiritually on the words of faith and of the true teaching which you have followed."
 - b. Verse 7 (AMPC): "Train yourself toward godliness (piety), [keeping yourself spiritually fit]."
 - c. You have to train, which comes by intentional focus and consistent patterns of behavior.
13. Psalm 119:28 (AMPC): "Raise me up and strengthen me according to [the promises of] Your word."
 - a. MSG: "My sad life's dilapidated, a falling-down barn; build me up again by your Word."
 - b. The Word of God will build up you spiritually.

Notes

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How To Be Strong in the End Times—Part 2

PASTORS GEORGE & TERRI PEARSONS

DAY 7—How to Develop a Strong Spirit: Diet (Part 2)

A. It Takes the Power of God to Deal With the End Times

1. You can't handle these times in your own strength.
2. Ephesians 6:10: "Finally, my brethren, be strong in the Lord, and in the power of his might."
3. We live in "perilous times," difficult and "hard to bear," as Paul told Timothy in 2 Timothy 3.
 - a. Verse 1 (AMPC): "But understand this, that in the last days will come (set in) perilous times of great stress and trouble [hard to deal with and hard to bear]."
4. Remember—Jesus triumphed over the kingdom of darkness!
5. Colossians 2:15 (AMPC): "[God] disarmed the principalities and powers that were ranged against us and made a bold display and public example of them, in triumphing over them in Him [Jesus] and in it [the cross]."
6. We are now living out victory in this life based on the victory that Jesus won.
7. We must build up our spiritual strength to walk in that victory in the midst of perilous times.
8. People have given such permission to ungodliness and pushed God out to such a degree that there is demonic infiltration at unprecedented levels.
9. We have to be strong in the Lord and have the power of God to deal with the times that we're in.

B. We Want to Develop a Strong Spirit

So We Are Not Shaken or Moved by What We See

1. Psalm 112:7: "He shall not be afraid of evil tidings: His heart is fixed, trusting in the LORD."
2. We train the spirit man the same way we train the physical body: through diet, exercise and rest.
3. In the gym, the body is trained to lift heavier weights. The spirit man can be trained also to lift heavy weights, moving mountains out of our lives.
4. What is *strength*?
 - a. The ability to resist a strong opposing force and not be moved
 - b. The ability to exert a strong force
5. A strong defense will resist whatever comes against it. A strong offense will go up against the opposition.
6. 1 Timothy 4:6 (NKJV): "If you instruct the brethren in these things, you will be a good minister of Jesus Christ, nourished in the words of faith and of the good doctrine which you have carefully followed."
 - a. Every opportunity you have, feed on the Word of God.
7. 1 Timothy 4:7 (AMPC): "Train yourself toward godliness (piety), [keeping yourself spiritually fit]."





C. God's Word Is Nourishment to Our Spirits

1. "If you hadn't done something about that demon, I couldn't."
1. Matthew 4:4 (AMPC): "Man shall not live and be upheld and sustained by bread alone, but by every word that comes forth from the mouth of God."
 - a. John 6:48—"I am that bread of life."
 - b. John 6:51—"I am the living bread."
 - c. John 6:58: "This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever."
2. Job 23:12 (AMPC): "I have not gone back from the commandment of His lips; I have esteemed and treasured the words of His mouth more than my necessary food."
 - a. *Esteemed* (HEB) = hide, hoard, store, lay up
 - b. Marilyn Hickey—"Can the Word." *Store it up in your heart.*
3. Job 34:3 (AMPC): "For the ear tries words as the palate tastes food."
 - a. *Tries* = tastes, distinguishes
 - b. Babies are not discerning.
 - c. Keith Moore ate dirt as a baby.
 - d. That is why we need cabinet locks for our kids.
 - e. When was the last time you ate paste?
4. Quit just snacking and only having one meal a week. Choose to feed yourself the Word each day, eating good spiritual food. As you take care of your spirit being, it will help your mental and physical being.
5. God will not do your part—you do your part. He'll help you do your part.
6. Psalm 119:103: "How sweet are thy words unto my taste! Yea, sweeter than honey to my mouth!"
 - a. MSG: "Your words are so choice, so tasty; I prefer them to the best home cooking."
 - b. Answers and provision come to those who are hungry.
 - c. What are you hungry for? The things you eat the most often.
7. Hebrews 6:4-5: "For it is impossible for those who were once enlightened, and have tasted of the heavenly gift, and were made partakers of the Holy Ghost, and have tasted the good word of God, and the powers of the world to come."

D. We Draw Strength From God's Word

1. Psalm 119:28 (AMPC): "Raise me up and strengthen me according to [the promises of] Your word."
 - a. MSG: "My sad life's dilapidated, a falling-down barn; build me up again by your Word."
 - b. You can only give out what has become real to you. You have to feed the Word into your heart for yourself first.
 - c. The Word has to become a part of you. When it becomes strength to you, then you can share that strength with others.





2. Jeremiah 15:16: "Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart."
 - a. GW: "Your words were found, and I devoured them. Your words are my joy and my heart's delight."
 - b. MSG: "When your words showed up, I ate them—swallowed them whole. What a feast! What delight I took in being yours!"
 - c. Nehemiah 8:10: "The joy of the Lord is your strength."
3. Acts 20:32: "The word of his grace...is able to build you up, and give you an inheritance."
 - a. BBE—"To make you strong"
4. Romans 15:4 (NLT): "Such things were written in the Scriptures long ago to teach us. And the Scriptures give us hope and encouragement as we wait patiently for God's promises to be fulfilled."
 - a. TCNT: "Through the encouragement drawn from the Scriptures, we might hold fast to our hope."
 - b. We draw strength from the Word.
 - c. *Hope* (GK) = Confidence and expectation
5. 1 Peter 2:2-3 (AMPC): "Like newborn babies you should crave (thirst for, earnestly desire) the pure (unadulterated) spiritual milk, that by it you may be nurtured and grow unto [completed] salvation, since you have [already] tasted the goodness and kindness of the Lord."

D. How We "Eat" the Word

1. Joshua 1:2, 5-9 (NKJV):

"Moses My servant is dead. Now therefore, arise, go over this Jordan, you and all this people, to the land which I am giving to them—the children of Israel.... No man shall be able to stand before you all the days of your life; as I was with Moses, so I will be with you. I will not leave you nor forsake you. *Be strong and of good courage*, for to this people you shall divide as an inheritance the land which I swore to their fathers to give them.

Only be strong and very courageous, that you may observe to do according to all the law which Moses My servant commanded you; do not turn from it to the right hand or to the left, that you may prosper wherever you go.

This Book of the Law [the Word] shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."

- a. Three times God said, "Be strong!"
 - b. Plus, Moses told Joshua twice before he died to "Be strong."
2. What were the keys?
 - a. Do the Word. (Don't turn from it.)
 - b. Speak the Word. (Don't let it depart from your mouth.)





- c. Meditate in it day and night. (This is “chewing” the Word.)
 - i. Let it consume your thoughts.
 - ii. Be curious.
 - iii. Quote it to yourself.
3. Read the Word with the ears of your heart open to hear, drawing on God’s love, correction and direction.
4. Listen to the preached Word in whatever format you can. Hear the Word wherever you know a good, strong faith Word is being preached.
5. And like a huge protein shake for your body, the Word will build your spiritual muscles!

Notes

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How To Be Strong in the End Times—Part 2

PASTORS GEORGE & TERRI PEARSONS

DAY 8—How to Develop a Strong Spirit: Exercise (Part I)

Foundation Scripture: “The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?” (Proverbs 18:14, AMPC).

A. Those With a Strong Spirit Respond to Pressure and Trouble With the Word

1. Matthew 24:4-6 (NKJV): “And Jesus answered and said to them: “Take heed that no one deceives you. For many will come in My name, saying, “I am the Christ,” and will deceive many. And you will hear of wars and rumors of wars. See that you are not troubled; for all *these things* must come to pass, but the end is not yet.”
2. Jesus warns us, “Be sure that no one deceives you.”
3. There’s a great power of deception at work in these end times.
4. 2 Timothy 3:1-5 (NKJV): “But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power. And from such people turn away!”
 - a. There is a strong pull in society to draw you into such things and become like those people.
 - b. That kind of mentality, abandoning godly character is deadly. It will cost you your faith.
5. A believer with a strong spirit resists the pull of the world and pushes back with the Word and power of God.
6. We refuse to be sucked into the world’s ways of thinking and doing.

B. 1 Timothy 4:6-9—We Must Stay Spiritually Fit

1. “If thou put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ, *nourished up in the words of faith* and of good doctrine, whereunto thou hast attained. But refuse profane and old wives' fables, and *exercise thyself* rather unto godliness. For bodily exercise profiteth little: but *godliness is profitable unto all things*, having promise of the life that now is, and of that which is to come. This is a faithful saying and worthy of all acceptation.”
2. Proper diet, rest and exercise are necessary for the development of a strong spirit.
3. Feeding on the Word will strengthen your spirit.
 - a. You can become so rooted and grounded in the Word that nothing moves you or shakes you.





- b. Psalm 112:1, 7-8: "Blessed is the man that feareth the LORD, that delighteth greatly in his commandments.... He shall not be afraid of evil tidings: his heart is fixed, trusting in the LORD. His heart is established, he shall not be afraid...."
 - c. Matthew 4:4 (AMPC): "Man shall not live and be upheld and sustained by bread alone, but by every word that comes forth from the mouth of God."
 - d. Psalm 119:28 (AMPC): "Raise me up and strengthen me according to [the promises of] Your word."
4. Analyze your spiritual diet to see if you have just been eating spiritual candy and snacks. Are you taking time to ingest the Word and integrate it into your life?
5. Exercising your faith will strengthen your spirit.
 - a. 1 Timothy 4:7-8 (NLT-96): "Do not waste time arguing over godless ideas and old wives' tales. Spend your time and energy in training yourself for spiritual fitness. Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward both in this life and the next."
 - b. If you try to do natural things to replace spiritual things, you will come up short every time.
6. Developing a strong spirit will come by spiritual activity: reading, studying and confessing the Word, praying, praising, rejoicing, giving, and most especially by standing in faith.
7. Actively believing God, using your faith on purpose—when it's impossible any other way—is the most effective form of spiritual exercise.
8. We live *and grow* by faith. Learn and do!

C. James 1:21-25—We Must Be Doers of the Word

1. NKJV: "Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls. But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does."
 - a. "The implanted word...is able to save your souls"—your mind and will are part of your soul.
 - b. Humble yourself before the Lord. "I'm not going to do just what my flesh or my desires are. I receive from the Word of God and do it."
2. You deceive yourself when you hear the Word and do not do it.
 - a. Hearing the Word is not doing the Word.
 - b. Just speaking the Word isn't doing the Word. Your speaking must be backed by action.
 - c. Some people can talk the Word, but their life is not a display of the things that they have learned.
3. James 1:26-27 (NKJV): "If anyone among you thinks he is religious, and does not bridle his tongue but deceives his own heart, this one's religion is useless. Pure and undefiled religion





before God and the Father is this: to visit orphans and widows in their trouble, and to keep oneself unspotted from the world.”

4. James 2:17 (AMPC): "So also faith, if it does not have works (deeds and actions of obedience to back it up), by itself is destitute of power (inoperative, dead)."
5. Faith without corresponding action does not produce results.
6. If you want to develop a stronger, more robust faith in a particular area, you must feed on the Word and then exercise your faith in that Word.

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How To Be Strong in the End Times—Part 2

PASTORS GEORGE & TERRI PEARSONS

DAY 9—How to Develop a Strong Spirit: Exercise (Part 2)

Foundation Scripture: “The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?” (Proverbs 18:14, AMPC).

A. Those Strong in the Lord Can Receive From God and Resist the World

1. 2 Timothy 3:1-5 (NKJV): “But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power. And from such people turn away!”
 - a. Verse 1 (AMPC): “But understand this, that in the last days will come (set in) perilous times of great stress and trouble [hard to deal with and hard to bear].”
 - b. We do live in “perilous times,” difficult and “hard to bear.”
2. We must be built up in faith and strong in the Lord so we can both resist the pull of the world and receive the promises of God.
3. If we are too weak in faith and in our spirit, we will not be able to take what God has provided for us.
4. Are you exercising yourself in faith or in fear? These give two very different results.
5. We are to live in a place of divine peace, grounded in the Word.

B. 1 Timothy 4:6-9—We Must Stay Spiritually Fit

1. Proper diet, rest and exercise are necessary for the development of a strong spirit.
2. Verse 6 (NKJV): “If you instruct the brethren in these things, you will be a good minister of Jesus Christ, nourished in the words of faith and of the good doctrine which you have carefully followed.”
3. Feeding on the Word will strengthen your spirit.
 - a. Matthew 4:4 (AMPC): “Man shall not live and be upheld and sustained by bread alone, but by every word that comes forth from the mouth of God.”
 - b. Romans 10:17: “So then faith cometh by hearing, and hearing by the word of God.”
 - c. Faith comes by hearing, so we hear the Word and meditate on it, and then hear the Word again—and our faith grows.

C. James 1:22-25—We Must Be Doers of the Word

1. We have the ability and the responsibility to respond to the Word.
2. James 1:22 (NKJV): “But be doers of the word, and not hearers only, deceiving yourselves.”
3. We must put into practice the Word that we hear.





4. To be a doer of the Word, faith is the most important thing to learn to exercise.
 - a. Hebrews 11:1-3: "Now faith is the substance of things hoped for, the evidence of things not seen. For by it the elders obtained a good report. Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear."
 - b. Exercising your faith will strengthen your spirit.
 - c. Hebrews 5:14: "But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil."
5. How many garages have unused workout equipment in them?
6. It is one thing to talk about exercise and another thing entirely to exercise.
 - a. James 2:17 (AMPC): "So also faith, if it does not have works (deeds and actions of obedience to back it up), by itself is destitute of power (inoperative, dead)."
 - b. Faith without corresponding action does not produce results.
 - c. Bodily strength comes the more resistance is applied against an opposing force.

D. What Does Exercising Your Faith Look Like?

1. Mark 11:22 (NKJV): Jesus "said to them, 'Have faith in God.'"
 - a. Greek = "Have the faith of God."
 - b. Have the God kind of faith.
2. Mark 11:23-24 (NKJV): "For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them."
3. *Strong* Defined
 - a. The ability to resist or push back against a strong opposing force, to withhold it, to withstand it and not be moved
 - b. The ability to exert a strong force
4. There are two sides to faith.
 - a. Faith says to the mountain, "Be removed." Faith released in words moves unwanted things out of the way.
 - b. Faith then believes that it receives. Faith released through words receives the things that are wanted or desired.
5. Say what the Word says about you and about the situation.
6. If you want to develop a stronger, more robust faith in a particular area, you must feed on the Word, and then exercise your faith in that Word.
7. This requires effort—spiritual and physical and mental.
8. Kenneth Copeland had a fear of riding glass elevators.
 - a. He went to God's Word.
 - b. 2 Timothy 1:7 (NKJV): "For God has not given us a spirit of fear, but of power and of love and of a sound mind."
 - c. He began to confess the Word.
 - d. He then acted upon the Word.





- e. The Lord instructed him to ride up and down the elevator with his toes pressed up against the glass until all the fear was flushed out.
 - f. He was a doer of the Word who exercised his faith and overcame fear.
9. Self-enacted resistance prepares you for resistance you didn't expect.

E. Mark 11:25-26—Exercising Your “Forgiveness Muscle”

1. One of the most difficult areas to exercise is forgiveness.
2. The more you exercise forgiveness, the stronger you become at forgiving others.
3. We forgive others by exercising faith in God's Word concerning forgiveness.
4. How to exercise forgiveness:
 - a. Locate the scripture that you are going to exercise.
 - b. Say, “By faith, I forgive them for what they have done to me or said about me, according to Mark 11:25-26.”
 - i. Verses 25-26: “And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses.”
 - c. “I release every feeling of hurt, animosity or anger, and do not hold anything against them.”
 - d. “I love them with the love of God in Jesus' Name.”
 - e. “I refuse to ever bring this up again.”
 - i. Isaiah 43:25 (NKJV): “I, even I, am He who blots out your transgressions for My own sake; and I will not remember your sins.”
 - ii. NLT: “I will never think of [those offenses] again.”
 - iii. Here's where exercise continues. It will likely return to your thoughts. *Resist* the thought and say, “No, I forgave them. That's not my thought.”
5. When you do not forgive, you push forgiveness away *from* you and cannot receive forgiveness *to* you.
6. It takes faith to walk in love and forgive.
 - a. Faith works by love (Galatians 5:6).
 - b. When you use your faith to walk in love, love will support your faith.
 - c. Your faith will push unforgiveness away and receive forgiveness.





Strengthen Your Spirit

Declaring *Who You Are* in Christ Jesus

"David encouraged and strengthened himself in the Lord his God" (1 Samuel 30:6, AMPC).

Whatever the Word of God says I am...I AM!

I am a new creation, created in Christ Jesus. (2 Corinthians 5:17)

I am the righteousness of God in Christ. (2 Corinthians 5:21)

I am healed by the stripes of Jesus. (1 Peter 2:24)

I am more than a conqueror through Him that loves me. (Romans 8:37)

I am strong in the Lord and in the power of His might. (Ephesians 6:10)

I am rich through Jesus. (2 Corinthians 8:9)

I am complete in Him. (Colossians 2:10)

I am His workmanship created in Christ Jesus for good works. (Ephesians 2:10)

I am a son and an heir of God. (Galatians 4:7)

I am redeemed from the curse of the Law. (Galatians 3:13)

I am walking in the blessings of Abraham. (Galatians 3:14)

I am like a tree planted by the rivers of water.

I bring forth my fruit in my season.

My leaf won't wither, and whatsoever I do shall prosper. (Psalm 1:3)

I am as bold as a lion. (Proverbs 28:1)

I am not ashamed of the gospel of Jesus Christ. (Romans 1:16)

I am free from fear. (1 John 4:18)

I am in this world just like Jesus is. (1 John 4:17)

I am a world overcomer. (1 John 5:4-5)

I am crucified with Christ, nevertheless I live; yet not I;

but Christ lives in me. The life I now live in the flesh

I live by the faith of the Son of God. (Galatians 2:20)

I am of quick understanding in the fear of the Lord. (Isaiah 11:3)

I am strong in faith, giving glory to God. (Romans 4:20)

I am not afraid of evil tidings. My heart is fixed,
established and trusting in the Lord. (Psalm 112:6-8)





Strengthen Your Spirit

Declaring What **You Have** in Christ Jesus

“David encouraged and strengthened himself in the Lord his God” (1 Samuel 30:6, AMPC).

Whatever the Word of God says I have...I HAVE!

I have the faith of God residing in me. (Mark 11:22)

I have boldness and access with confidence before God. (Ephesians 3:12)

I have the peace of God that passes understanding. (Philippians 4:7)

I have redemption through the blood of Jesus. (Colossians 1:14)

I have joy unspeakable and full of Glory. (1 Peter 1:8)

I have God's love. (1 John 4:16)

I have victory that overcomes the world. (1 John 5:4)

I have the mind of Christ. (Philippians 2:5)

I have all my need supplied according to His riches

in Glory by Christ Jesus. (Philippians 4:19)

I have godly wisdom and understanding. (Ephesians 1:17-18)

I have been given the spirit of power and of love and

of a sound mind—not the spirit of fear. (2 Timothy 1:7)

I have the right to come boldly to the throne of grace to obtain mercy

and find grace to help in time of need. (Hebrews 4:16)

I have Christ in me, the hope of glory. (Colossian 1:27)

I have the Spirit of the Lord resting upon me: the spirit of wisdom

and understanding, the spirit of council and might,

the spirit of knowledge and of the fear of the Lord. (Isaiah 11:2)

I have the tongue of the learned, so that I should know how to

speak a word to him that is weary. (Isaiah 50:4)

I have the joy of the Lord, which is my strength. (Nehemiah 8:10)





Strengthen Your Spirit

Declaring What You Can Do in Christ Jesus

“David encouraged and strengthened himself in the Lord his God” (1 Samuel 30:6, AMPC).

Whatever the Word of God says I can do...I CAN DO!

I can do all things through Christ which strengthens me. (Philippians 4:13)

I can minister with God's ability. (1 Peter 4:11)

I can always triumph in Christ. (2 Corinthians 2:14)

I can walk by faith. (2 Corinthians 5:7)

I can call those things which be not as though they were. (Romans 4:17)

I can reign in life by Jesus Christ. (Romans 5:17)

I can be led by the Spirit. (Romans 8:14)

I can lay hands on the sick and see them recover. (Mark 16:18)

I can use the authority in the Name of Jesus to overcome sin, sickness,
demons, fear, lack and death. (Philippians 2:9-11)

I can lead others to Jesus as an ambassador and a minister of
reconciliation. (2 Corinthians 5:19-20)

I can believe that all things are possible to me. (Mark 9:23)

I can mount up with wings as eagles because my strength is renewed. (Isaiah 40:31)

I can run and not be weary. (Isaiah 40:31)

I can walk and not faint. (Isaiah 40:31)

I can preach the gospel to the poor, heal the brokenhearted,
preach deliverance to the captives, recovery of sight to the blind,
set at liberty them that are bruised and preach the Year of Jubilee
because the Spirit of the Lord is upon me and has anointed me. (Luke 4:18)

I can fight the good fight of faith. (2 Timothy 4:7)





God Is My Strength

Confession From Psalm 18:29-50

"David encouraged and strengthened himself in the Lord his God" (1 Samuel 30:6, AMPC).

For by Thee have I run through a troop,
By my God have I leaped over a wall.

God is my strength and power.
He makes my way perfect.
He makes my feet like hinds' feet.
He sets me upon my high places.
He teaches my hands to war.
A bow of steel is broken by my arms.

You have given me the shield of salvation.
Your gentleness has made me great.
You have enlarged my steps under me.
My feet do not slip.

I have pursued my enemies and destroyed them.
I turned not again until I had consumed them.

You have girded me with strength for battle.
Those that rose up against me,
You have subdued under me.

The Lord lives and blessed be my Rock.
Exalted is the God of the Rock of my Salvation.

You have lifted me high above my enemy.
You have delivered me from the violent man.
I will give thanks unto Thee, O Lord, among the nations.
I will sing praises unto Thy Name.

He is the Tower of Salvation.
He shows mercy to me and to my children forevermore.





How To Be Strong in the End Times—Part 2

PASTORS GEORGE & TERRI PEARSONS

DAY 10—How to Develop a Strong Spirit: Exercise and Rest

Foundation Scripture: “The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?” (Proverbs 18:14, AMPC).

A. Opportunities to Trust God Always Come

1. Hebrews 13:5-6 (NKJV): “He Himself has said, ‘I will never leave you nor forsake you.’ So we may boldly say: ‘The Lord is my helper; I will not fear.’”
2. 2 Timothy 3:1 (AMPC): “But understand this, that in the last days will come (set in) perilous times of great stress and trouble [hard to deal with and hard to bear].”
3. You must develop a strong spirit, becoming strong in faith, strong in love, strong in peace—rooted and grounded in Him.
4. When faced with trouble, it’s an opportunity to trust God.
5. By exercising faith in God’s Word in the middle of a trial, we defeated what the devil tried to do to us, and we get stronger.

B. 1 Timothy 4:6-9—We Must Stay Spiritually Fit

1. Verse 7 (AMPC): “Train yourself toward godliness...[keeping yourself spiritually fit].”
2. Proper diet, exercise and rest are necessary for a strong spirit and soul, the same as for a strong body.
3. Ecclesiastes 4:12: “...A threefold cord is not quickly broken.”
4. It’s hard for the enemy to break down a person who is strong in spirit, strong in their soul (with their mind renewed by the Word of God), and strong in their body.

C. What Are Some Spiritual Exercises That Help You Develop a Strong Spirit?

1. Read your Bible every day.
 - a. You exercise your faith by reading the Word of God.
 - b. Every time you open your Bible, say, “Lord, I open my heart, expecting to hear You speak to me through Your Word. Whatever You want me to get from this, I am going to take it by faith and do it.”
 - c. Proverbs 4:20-22 (NKJV): “My son, give attention to my words; incline your ear to my sayings. Do not let them depart from your eyes; keep them in the midst of your heart; for they are life to those who find them, and health to all their flesh.”
 - d. You get the Word of God down in your heart by reading it and meditating on it.
2. Speaking the Word—to yourself, to others and over your circumstances—is a spiritual exercise.
 - a. You’ll believe yourself before you will anyone else.





- b. Speak the Word on purpose, full of faith.
 - c. Sow the Word down in your heart by confessing the Word.
3. Read faith-filled books that will lift you up and build your faith.
4. Praise and worship the Lord.
 - a. Praise God for all that He has done and is doing.
 - b. Praise Him for the answers in the face of hard times.
 - c. Worship Him. It is yielding to Him, giving yourself to Him, and expressing your adoration of who He is.
 - d. Releasing a song of faith during trouble is an exercise of faith.
 - e. Praise pushes back and stops the enemy.
 - f. Deuteronomy 30:19-20 (NKJV): "I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live; that you may love the Lord your God, that you may obey His voice, and that you may cling to Him, for He is your life and the length of your days."
 - g. Choose to speak life, praising God for His goodness and provision to see you through, in spite of what circumstances say.
 - h. In the face of pressure, choose to walk by faith and praise God until the victory manifests.
5. Keeping standing. Stand strong in the armor of God.
 - a. Ephesians 6:13-18 (NKJV): "Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints."
6. Pray in other tongues to strengthen your spirit.
 - a. 1 Corinthians 14:4 (NKJV): "He who speaks in a tongue edifies himself."
 - i. *Edify* means to charge up, to build up like a battery.
 - ii. As you begin to pray in tongues, direct your faith believing to be built up as you pray.
 - iii. There may not be any sense of unction, but you just continue to pray in other tongues.
 - iv. You don't feel like you're getting stronger when you're working out. The strength will show up later when you need it.
 - b. Jude 20-21 (NKJV): "But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, keep yourselves in the love of God."
 - i. Instead of yielding to pressure to be upset, by faith direct your praying in tongues to get the pressure off you.
 - ii. It will keep you in the love of God.





7. Giving is a spiritual exercise.
 - a. We have challenged each other to give more than we can easily give.
 - b. Luke 6:38 (NKJV): "Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."

D. Matthew 11:28-30 (AMPC)—I Will Give You Rest

1. Show me a person who has a strong spirit, and I will show you someone who takes the time to rest in the Lord.
 - a. Physical rest can be a part.
 - b. Sometimes we need to take time to rest and replenish in order to be effective.
2. But if you aren't resting spiritually, days and days of physical rest won't be enough. Nothing in the natural world alone will ever satisfy a spiritual need.
3. Verse 28a: "Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest."
4. Verse 28b: "I will ease and relieve and refresh your souls."
5. You must learn what spiritual rest is. It isn't a break from faith! Nor a break from the Word. That will set you back and can be very costly.
6. Verse 29a: "Take My yoke upon you and learn of Me, for I am gentle...and humble...in heart."
7. Verse 29b: "And you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls."
8. Verse 30: "For My yoke is wholesome (useful, good—not harsh, hard, sharp, or pressing, but comfortable, gracious and pleasant), and My burden is light and easy to be borne."

E. Spiritual Rest First Comes by Trusting God, Choosing to Believe He Is Faithful and Can Be Trusted, Then by Casting Every Care on Him—He Cares for You

1. 1 Peter 5:6-7 (AMPC): "Therefore humble yourselves [demote, lower yourselves in your own estimation] under the mighty hand of God, that in due time He may exalt you, casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully."
2. Hebrews 4:2-3 (NKJV): "For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it. For we who have believed do enter that rest..."
3. Hebrews 4:10-11 (AMPC): "For he who has once entered [God's] rest also has ceased from [the weariness and pain] of human labors, just as God rested from those labors peculiarly His own. Let us therefore be zealous and exert ourselves and strive diligently to enter that rest [of God, to know and experience it for ourselves]..."
4. We are to be very diligent that our works are done by Him working through us and not us of ourselves.





F. Rest by Waiting on the Lord

1. Waiting like a waiter—not like an impatient husband waiting in the car for his wife who is running behind.
2. Psalm 4:3-4: “But know that the Lord hath set apart him that is godly for himself: the Lord will hear when I call unto him. Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah.”
3. Psalm 46:10: “Be still, and know that I am God.”
4. Isaiah 40:28-30: “Hast thou not known? hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding. He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall.”
 - a. Verse 31 (AMPC): “But those who wait for the Lord [who expect, look for, and hope in Him] shall change and renew their strength and power; they shall lift their wings and mount up [close to God] as eagles [mount up to the sun]; they shall run and not be weary, they shall walk and not faint or become tired.”
5. Hebrews 4:9—“There remaineth therefore a rest to the people of God.”
6. Waiting on the Lord is resting in the Lord.
 - a. Don’t exert—take in. Let go of your misplaced works mindset.
 - b. Put your flesh down. The funny thing about the flesh—when it’s time to work, it wants to keep sitting. But when it’s time to be still with the Lord, it wants to get busy.
 - c. Get your thoughts under control.
 - d. Isaiah 26:3 “Thou wilt keep him in perfect peace, whose mind is stayed on thee...”
7. Worship and fellowship bring rest and refreshing.
8. Draw on your prayer language.
 - a. 1 Corinthians 14:17 (AMPC)—“To be sure, you may give thanks well.”

E. *Following God’s Plan for Your Life* by Kenneth E. Hagin (pages 87-89)

“As you spend time in God’s Presence, ministering to the Lord in praise and worship will quiet your mind and strengthen your spirit. That is why spending much time ministering to the Lord will greatly aid you in developing your spirit.

“What does ministering to the Lord mean? It means to linger in His Presence, loving and worshipping Him for all that He is and for all He has done for you. It means to drink in of His glory and power and to let Him saturate every part of your being.

“As you spend time just loving and worshipping the Lord, it becomes so much easier to quiet your mind and emotions and focus on Jesus.

“Take the time to let your body become quiet. Let your mind be still. Let your emotions subside, until there is no emotion at all in manifestation coloring your thoughts. Once your mind and body are quiet, listen way down deep in your innermost being to what the Holy Spirit is saying to you.”

