



How To Be Strong in the End Times—Part 3

PASTORS GEORGE & TERRI PEARSONS

DAY II—Indicators of a Strong Spirit (Part I)

A. Why Do We Need a Strong Spirit? Take a Look Around!

1. The world's troubles are increasing—fast! Jesus, Paul, Peter and John all said they would.
2. We are surrounded by pressure from external circumstances, personal circumstances.
3. Paul said, “in the last days will come...perilous times of great stress and trouble...*hard* to bear” (2 Timothy 3:1, AMPC).
4. Yet Jesus said we are supposed to be overcomers, full of joy, preaching, teaching, healing and having all our needs met! How?
5. Our foundation scripture is Proverbs 18:14 (AMPC): “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?”
6. “A strong spirit can get you through anything.” —Keith Moore
7. Proverbs 24:10 (AMPC): “If you faint in the day of adversity, your strength is small.”
 - a. Spiritual strength is measurable in quality and in quantity.

B. What a Weak Spirit Looks Like

1. One of the first results of a weak spirit is self-centeredness. The tale-tell signs are:
 - A lack of joy
 - Discouraged and in despair
 - Desire to quit
 - A victim mentality—it's everyone else's fault.
 - Constantly complaining
 - Depressed
2. Don't wait till the devil drags you down a hole. Learn to watch for the first signal of weakness, and respond to build back up.
3. Other indicators of a weak spirit are:
 - Being indecisive
 - Lacking conviction—double-minded
 - Being overwhelmed, even by simple things
 - From short-tempered and emotional, to out-of-control anger and rage
 - Jealous, envious
 - Fearful
 - Panicked and worried
 - Stressed out and drained
 - Full of anxiety
 - Inability to resist and receive





C. Having a Strong Spirit Is Not a Result of Human Strength or Personality!

1. Ephesians 6:10 (AMPC): "In conclusion, be strong in the Lord [be empowered through your union with Him]; draw your strength from Him [that strength which His boundless might provides]."
 - a. We draw our strength from our union with Him.
 - b. Pastor Clark Taylor said, "Drop down into Jesus."
 - c. He is in your spirit by His Spirit. Focus inward.
2. In the same way we have indicators that reveal a weak spirit, we have spiritual vital signs that reveal a strong spirit.
3. With a strong spirit, what seemed impossible before becomes the easiest thing to accomplish.
4. 2 Samuel 22:33-34—He said, "God is my strength and power: and he maketh my way perfect. He maketh my feet like hinds' feet: and setteth me upon my high places."
5. We will be like David who said, "For by thee I have run through a troop: by my God have I leaped over a wall" (2 Samuel 22:30).
6. Confession: I am strong in the Lord and in the power of His might.

D. Indicators of a Strong Spirit

1. Assured and confident
 - a. 2 Corinthians 4:8-9, 13-14: "We are troubled on every side, yet not distressed; we are perplexed, but not in despair; persecuted, but not forsaken; cast down, but not destroyed.... We having the same spirit of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak."
 - b. You can locate where you are at by what you are saying.
 - c. 1 John 5:14-15 (AMPC): "And this is the confidence (the assurance, the privilege of boldness) which we have in Him: [we are sure] that if we ask anything (make any request) according to His will (in agreement with His own plan), He listens to and hears us. And if (since) we [positively] know that He listens to us in whatever we ask, we also know [with settled and absolute knowledge] that we have [granted us as our present possessions] the requests made of Him."
2. Established and unmovable
 - a. Psalm 112:7-8: "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, until he see his desire upon his enemies."
 - b. Acts 20:24: "None of these things move me."
 - c. Hebrews 10:39: "But we are not of them who draw back."
 - d. We don't draw back. We don't quit.
 - e. Don't just wish to be this way—decide and determine it!
 - f. "A quality decision is one from which there is no retreat and about which there is no argument."—Kenneth Copeland, April 2012 *BVOV* magazine





- g. Confession: “My heart is established. None of these things move me. I am not drawing back. I am not quitting.”
- 3. Ready for anything—anything the Lord tells you to do, or anything the devil throws at you.
 - a. Philippians 4:13 (AMPC): “I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ’s sufficiency].”
 - i. The actual doing something through Christ, standing on His Word and trusting Him, strengthens you.
 - ii. Believing the Word, speaking the Word, and acting on the Word all will strengthen you for the present battle and also for the next encounter.
 - b. 1 Corinthians 16:13 (NKJV): “Watch, stand fast in the faith, be brave, be strong.”
 - c. Psalm 23:4 (NKJV): “Though I walk through the valley of the shadow of death, I will fear no evil; for You are with me.”
 - d. 1 Samuel 30:8: “And David enquired at the Lord, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake them, and without fail recover all.”
 - e. 2 Timothy 4:2—“Be instant in season, out of season...”

Notes

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How To Be Strong in the End Times—Part 3

PASTORS GEORGE & TERRI PEARSONS

DAY 12—Indicators of a Strong Spirit (Part 2)

A. It Takes Strength To Walk in Victory

1. Ephesians 6:10 (AMPC): "In conclusion, be strong in the Lord [be empowered through your union with Him]; draw your strength from Him [that strength which His boundless might provides]."
2. Strength sounds like victory.
3. Paul said, "in the last days will come...perilous times of great stress and trouble...*hard* to bear" (2 Timothy 3:1, AMPC).
4. The intensity of everything happening in our world produces pressure.
5. As believers, we have to take our stand in who we are in Christ and exercise our authority in Him, standing strong in faith on the Word of God.
6. Our Foundation Scripture is Proverbs 18:14 (AMPC): "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?"

B. What a Weak Spirit Looks Like

1. One of the first results of a weak spirit is self-centeredness. Other tell-tale signs are:
 - A lack of joy
 - Discouraged and in despair
 - Desire to quit
 - A victim mentality—it's everyone else's fault.
 - Constantly complaining
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2. Other indicators of a weak spirit are:
 - Being indecisive
 - Lacking conviction—double-minded
 - Being overwhelmed, even by simple things
 - From short-tempered and emotional, to out-of-control anger and rage
 - Jealous, envious
 - Fearful
 - Panicked and worried
 - Stressed out and drained
 - Full of anxiety
 - Inability to resist and receive





C. Having a Strong Spirit Is Not a Result of Human Strength or Personality!

1. Ephesians 6:10 (NKJV): "Finally, my brethren, be strong in the Lord and in the power of His might."
2. We will be like David who said, "For by thee I have run through a troop: by my God have I leaped over a wall" (2 Samuel 22:30).
3. The source of our strength is God Himself—the Word of God.

D. Indicators of a Strong Spirit

1. Assured and confident
 - a. 2 Corinthians 4:8-9, 13-14: "We are troubled on every side, yet not distressed; we are perplexed, but not in despair; persecuted, but not forsaken; cast down, but not destroyed.... We having the same spirit of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak."
2. Established and unmovable
 - a. Psalm 112:7-8: "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, until he see his desire upon his enemies."
 - b. Acts 20:24: "None of these things move me."
 - c. Like a gas gauge, your conversation indicates where your faith is.
 - i. If you are not strong in an area, speak in faith over yourself, standing on the Word.
 - ii. In that moment, you have to make a decision—which way are you going to go?
 - a) "I will not be moved" vs. yielding to the circumstances and the flesh.
 - iii. Practice trusting the Lord! "No, I'm not going to fear. I trust the Lord."
 - a) It takes strength to say that—but in saying that, there is strength.
3. Ready for anything the Lord tells you to do, or anything the devil throws at you.
 - a. Philippians 4:13 (AMPC): "I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ's sufficiency]."
 - b. Mark 9:23 (NKJV): "Jesus said to him, 'If you can believe, all things are possible to him who believes.'"
 - c. 1 Samuel 30:8: "And David enquired at the Lord, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake them, and without fail recover all."
 - d. 2 Timothy 4:2: "Be instant in season, out of season...."
4. An overcomer's attitude
 - a. 1 John 5:4-5: "For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. Who is he that overcometh the world, but he that believeth that Jesus is the Son of God?"
 - b. 2 Corinthians 4:13 (NKJV): "Since we have the same spirit of faith, according to what is written, 'I believed and therefore I spoke,' we also believe and therefore speak."
 - c. Romans 8:37: "Nay, in all these things we are more than conquerors through him that loved us."





- d. Knowing that God loves you is foundational and will give you that overcoming attitude. Tell the opposition: "Do you know who my Father is?! You don't want to mess with Him!"
- e. 2 Corinthians 12:9-10 (NKJV): "And He said to me, 'My grace is sufficient for you, for My strength is made perfect in weakness.' Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong."
- 5. Stays calm, cool and steady
 - a. 2 Timothy 4:5 (AMPC): "As for you, be calm and cool and steady, accept and suffer unflinchingly every hardship, do the work of an evangelist, fully perform all the duties of your ministry."
 - b. Proverbs 17:27 (NASB1995): "He who restrains his words has knowledge, and he who has a cool spirit is a man of understanding."
- 6. Doesn't give up and quit
 - a. Galatians 6:9 (AMPC): "And let us not lose heart and grow weary and faint in acting nobly and doing right, for in due time and at the appointed season we shall reap, if we do not loosen and relax our courage and faint."
 - b. Hebrews 10:32 (NIV-84): "Remember those earlier days after you had received the light, when you stood your ground in a great contest in the face of suffering."
 - c. Ephesians 6:13-14: "...having done all, to stand. Stand!"
 - d. Stand in what you know, and let the Lord teach you what you don't know—all while continuing to stand.
- 7. Full of joy and peace
 - a. Joy and peace are indicators of strong faith.
 - b. Nehemiah 8:10: "...The joy of the Lord is your strength."
 - c. Philippians 4:6-7: "Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."
 - d. "Peace is the masterful constraint of chaos." —Pastor Terri

E. Galatians 5—Those With a Strong Spirit Exhibit the Fruit of the Spirit

- 1. Verses 16-18: "This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. But if ye be led of the Spirit, ye are not under the law."
- 2. Verses 22-23: "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law."
- 3. Verse 24: "And they that are Christ's have crucified the flesh with the affections and lusts."
- 4. Verse 25: "If we live in the Spirit, let us also walk in the Spirit." = fellowship, following
- 5. A desire to be strong is a great place to start—but desire doesn't develop your spirit.
- 6. Developing your spirit comes from a life invested in the Word of God and fellowship with Him—so much so that it is your daily delight to hear, trust and respond to Him.





How To Be Strong in the End Times—Part 3

PASTORS GEORGE & TERRI PEARSONS

DAY 13—Enemies of a Strong Spirit (Part I)

A. We Must Be Aware That There Are Enemies of a Strong Spirit

1. They are counterproductive. We don't want that.
2. Satan is the troublemaker.
3. 1 Peter 5:8-9 (NKJV): "Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith."
4. God is not your problem; He is your Help.
5. 2 Peter 1:3 (NKJV): "His divine power has *given to us all things that pertain to life and godliness*, through the knowledge of Him who called us by glory and virtue."
6. Hebrews 12:1-2—It's time to streamline!
 - a. Verse 1 (TLB): "Let us strip off anything that slows us down or holds us back, and especially those sins that wrap themselves so tightly around our feet and trip us up...."
 - b. Verse 1 (AMPC): "Let us strip off and throw aside every encumbrance, (unnecessary weight) and that sin which so readily (deftly and cleverly) clings to and entangles us, and let us run with patient endurance and steady and active persistence the appointed course of the race that is set before us."
7. You can feed on the Word, exercise your faith and rest in the Lord, yet still be weak because of things that deplete your spirit.
 - a. Trying to fill a gas tank with a hole in it
 - b. Trying to use a flashlight when it needs to be recharged
 - c. Trying to run a marathon loaded down with heavy clothes
 - d. All of these things work against you.
8. It is possible to accomplish more spiritually by eliminating all the unnecessary weights—not just sin.
9. Hebrews 12:1 (AMPC): "Let us strip off and throw aside every encumbrance (unnecessary weight) and that sin which so readily (deftly and cleverly) clings to and entangles us, and let us run with patient endurance and steady and active persistence the appointed course of the race that is set before us."
 - a. Notice there are two different things that hold you back: weights and sins. Both deplete your spiritual strength.
 - b. Weights left unchecked will lead to sin.
 - c. God doesn't want you to sin, because sin leads to death (Romans 6:23).





B. What Are Some of These Weights and Sins?

1. One of the most common “unnecessary weights” in today’s society...
2. An Overloaded Life
 - a. Luke 10:40 (AMPC): “But Martha [overly occupied and too busy] was distracted with much serving.”
 - b. The problem for many:
 - i. Too many irons in the fire
 - ii. Too many projects
 - iii. Overcommitted
 - iv. Calendar full all the time
 - c. Be selective as to how you expend spiritual energy. This takes faith and fellowship with the Father and following the Holy Spirit.
 - d. Ask Him and be led by Him.
 - e. Romans 8:12-14 (NKJV): “Brethren, we are debtors—not to the flesh, to live according to the flesh. For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live. For as many as are led by the Spirit of God, these are sons of God.”
 - i. We are not debtors to our flesh. The flesh shouldn’t get to lead.
 - ii. Those maturing in God are learning to be led by the Spirit.
 - f. This is the purpose of the Sabbath—keep it holy.
3. Left unchecked, an overloaded life can weaken you and lead to *sin*. What sin? Worry, care and dread.
4. Worry, care and dread are all rooted in fear.
 - a. Fear and anxiety will drain you.
 - b. Some are champion worriers, and they don’t realize that it is draining spiritual strength from them.
 - c. More than 300 times there is some form of the *command* “Fear not!” in the Bible.
 - i. Worry and dread are forms of fear.
 - ii. Worry for a Christian is a sin!
 - d. You are not designed by God to carry care.
 - e. 1 Peter 5:6-7 (AMPC): “Therefore humble yourselves...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.”
 - f. Confession: “In the Name of Jesus, no matter what is going on right now in my life, I refuse to carry the care. I roll all the care over onto You, Lord, for You care for me. I refuse to have anxiety. On the contrary, I walk by faith and not by fear. In Jesus’ Name, I refuse to fear. I refuse the pressure and stress. I choose instead to enter the rest.”
5. Another category of weights: worldly things.
 - a. “There are things necessary to our lives that can unnecessarily weigh us down.”
—Pastor Terri





- b. If they don't add to your spiritual strength, even non-sin activities will be a drain. Eventually they will wear you down.
- c. 1 Corinthians 10:31 (NKJV): "Whatever you do, do all to the glory of God."
- d. Things that tend to be integrated as a normal part of our lives can become great obstacles:
 - TV
 - Magazines
 - Video games
 - Shopping/Buying
 - Recreation
 - Sports
 - Hobbies
 - Exercise
 - Food
 - Social media
- e. Prioritizing physical, intellectual or emotional activities at the expense of spiritual ones will weaken your spirit and give your flesh preeminence. Activities such as exercise, shopping, eating or playing in excess all become counterproductive.
- f. Dr. Don Colbert asked Pastor Terri if she liked chocolate. The answer was yes! He said, "It has great things in it not found elsewhere. It makes you have good feelings, be relaxed, relieved from stress, even happy—but Terri! It is a *lousy* Holy Ghost substitute!"
- g. The moment anything is offensive to the cross of Jesus—cut it off! (Matthew 5:30)
- h. Be ever vigilant that nothing has control of your life except Jesus.
 - What do you want more than Him?
 - What do you go to with spare minutes more than Him?
 - What glorifies the flesh more than Jesus?

Notes





How To Be Strong in the End Times—Part 3

PASTORS GEORGE & TERRI PEARSONS

DAY 14—Enemies of a Strong Spirit (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. No Matter What Comes, We Operate From a Place of Victory in Christ

1. When you know who your enemy is and how he operates, then you can deal with him.
2. There are certain things that can deplete our spiritual strength.
3. Hebrews 12:1-2
 - a. Verse 1 (TLB): “Let us strip off anything that slows us down or holds us back, and especially those sins that wrap themselves so tightly around our feet and trip us up....”
 - b. Verse 1 (AMPC): “Let us strip off and throw aside every encumbrance, (unnecessary weight) and that sin which so readily (deftly and cleverly) clings to and entangles us, and let us run with patient endurance and steady and active persistence the appointed course of the race that is set before us.”
4. Notice there are two different things that hold you back: weights and sins.
5. “There are things necessary to our lives that can unnecessarily weigh us down.”
—Pastor Terri
6. If you engage in those weights unchecked, they can lead to sin.

B. What Are Some of These Weights and Sins?

1. An Overloaded Life
 - a. The problem for many
 - i. Too many irons in the fire
 - ii. Too many projects
 - iii. Overcommitted
 - iv. Calendar full all the time
 - b. Be selective as to how you expend spiritual energy. This takes faith and fellowship with the Father and following the Holy Spirit.
 - c. Feeding your faith will allow you to have a spiritual ear to hear the Lord.
 - d. Ask Him and be led by Him on how to keep from being overloaded.
 - e. Romans 8:13 (NKJV): “For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.”
2. Left unchecked, an overloaded life can weaken you and lead to *sin*. What sin? Worry, care and dread.
3. Worry, care and dread are all rooted in fear.





- a. 1 Peter 5:6-7 (AMPC): "Therefore humble yourselves...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."
- b. When we are in fear, we are not looking to the Lord.
- c. *Cast* means to throw off, to throw away.
- d. Cast all your cares over onto the Lord. This can be a moment-by-moment exercise.
- e. If we hold onto something, then the Lord doesn't have it. We do.
4. Another category of weights is worldly things.
 - a. Take time to look at what is encroaching on your life. What has taken up too much time and is unnecessary?
 - b. 1 Corinthians 10:31 (NKJV): "Whatever you do, do all to the glory of God."
 - c. What you put in your eyes and ears will find its way into your heart and mouth, and then come out in your actions.
 - d. Things that tend to be integrated as a normal part of our lives can become great obstacles:
 - TV
 - Magazines
 - Video games
 - Shopping/Buying
 - Recreation
 - Sports
 - Hobbies
 - Exercise
 - Food
 - Social media
 - e. What is speaking to you louder than the Lord?
 - f. You can make an artificial god out of recreation, hobbies or sports.
 - g. The moment anything doesn't bring glory to God and is offensive to the cross of Jesus—cut it off! (Matthew 5:30)
 - h. Be ever vigilant that nothing has control of your life except Jesus.
5. Why cut it off? Because left unchecked, worldly things can weaken you and lead to *sin*. What sin?
6. Yielding to the works of the flesh
 - a. Psalm 31:10 (NLT): "Sin has drained my strength."
 - b. Sin will take you farther than you ever wanted to go, keep you longer than you ever wanted to stay, and make you pay a higher price than you ever wanted to pay.
 - c. Samson became weak because he was sleeping with the Philistines (Judges 16).
 - d. Lot became weak because he camped near Sodom. He started out nearby and finally wound up in Sodom (Genesis 13:12; Genesis 19).
 - e. 1 Peter 2:11: "Abstain from fleshly lusts, which war against the soul."





- f. The works of the flesh according to Galatians 5:19-21 (NKJV): "Now the works of the flesh are evident, which are:
 - *Adultery* = sex between a married person and someone not their spouse. Jesus said even looking with lust produces the same result in the heart. (Matthew 5:27-28).
 - *Fornication* (GK *porniah* = pornography) = prostitution, incest, sexual encounters outside marriage
 - *Uncleanness* = physically unclean, but also thoughts, language
 - *Lewdness* = showing no restraint, doing wrong even if we know it is wrong
 - *Idolatry* = giving complete attention, devotion, commitment to something in place of God
 - *Sorcery* = witchcraft, drug usage, manipulating others
 - *Hatred* = great dislike, ill will, also disregard
 - *Contentions* = argumentative by habit or nature
 - *Jealousies* = resent others who are favored
 - *Outbursts of wrath* = short fuse, touchy, tantrums
 - *Selfish ambitions* = getting your own way regardless of God or others
 - *Dissensions* = angry quarrels
 - *Heresies* = false teachings, sects, that deny the Lord
 - *Envy* = discontentment, complainers
 - *Murders* = premediated attack
 - *Drunkenness* = uncontrolled binges of any kind
 - *Revelries* = parties with excesses
 - "And the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God."
 - g. Run to the Lord and receive forgiveness by the blood of Jesus.
 - h. 1 John 1:9 (NKJV): "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."
7. Relationship problems
- a. 2 Corinthians 6:14 (NKJV): "Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness?"
 - i. If you are not married, do not go and marry an unbeliever. You cannot walk in agreement with them and there will be struggles.
 - ii. Do not go into business with someone you cannot be in agreement with.
 - b. Genesis 26:34-35 (NLT): "At the age of forty, Esau married two Hittite wives.... But Esau's wives made life miserable for Isaac and Rebekah."
 - i. Genesis 27:46 (NLT): "I'm sick and tired of these local Hittite women! I would rather die than to see Jacob marry one of them."
8. Faith working by love will get you through anything, and can change anything.
- a. 1 Corinthians 13:4-8 (NLT)
"Love is patient and kind.





Love is not jealous or boastful or proud or rude.

It does not demand its own way.

It is not irritable, and it keeps no record of being wronged.

It does not rejoice about injustice but rejoices whenever the truth wins out.

Love never gives up, never loses faith, is always hopeful, and endures through every circumstance...love will last forever!"

- b. "Love never fails"—love never fails to love (verse 8, NKJV).
- c. Love never stops loving!

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How To Be Strong in the End Times—Part 3

PASTORS GEORGE & TERRI PEARSONS

DAY 15—Habits of Strong Believers

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. The Secret to Our Futures Is Hidden in Our Daily Routines

1. You cannot take a vacation from your faith or back off of the Word.
2. “Blessed is the man that heareth me, watching DAILY at my gates, waiting at the posts of my doors. For whoso findeth me findeth life, and shall obtain favour of the Lord” (Proverbs 8:34-35).
3. An anointed, daily routine produces glorious results.
 - a. Galatians 6:8 (NKJV): “He who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.”
 - b. The more we sow to the Spirit, the stronger our spirits will become. We will confidently stand our ground, resist the enemy, and receive more from God.

B. Habits of Strong Believers

1. **They feed their spirits by making a habit of reading God’s Word every day.**
 - a. Matthew 4:4: “Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”
 - b. Matthew 6:11: “Give us this day our daily bread.”
 - c. Proverbs 4:20 (NKJV): “My son, give attention to my words; incline your ear to my sayings.”
 - d. “Arrange your schedule around the Word instead of trying to make the Word fit into your busy schedule.”—Gloria Copeland, *God’s Will for You*
 - e. Intentions don’t count. Do whatever you have to do.
 - f. We are challenging you: What are you going to change?
2. **They build up their faith by listening to God’s Word every day.**
 - a. Romans 10:17: “So then faith cometh by hearing, and hearing by the word of God.”
 - b. Proverbs 4:20-22: “My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh.”
 - c. Put the Word of God in your eyes and in your ears—it will get down in your heart and in your mouth and renew your mind.
 - d. Faith comes by hearing, but doubt also comes by hearing. That’s why Jesus said, “Be careful what you are hearing...” (Mark 4:24, AMPC).





- e. Look for opportunities throughout the day to listen to the Word. You will be built up by hearing the Word.
 - f. It is important for your children to read and hear the Word so their faith develops, and they know how to stand in faith as they grow up. (Deuteronomy 6:6-7; Proverbs 22:6)
 - g. Make a quality decision to sow the Word of God into your life every day. Your faith will be built up.
- 3. They strengthen and encourage themselves daily by speaking God's Word over their lives.**
- a. Matthew 8:8: "...Speak the word only."
 - b. Proverbs 18:21: "Death and life are in the power of the tongue...."
 - c. Joshua 1:8 (NKJV): "This Book of the Law 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."
 - d. If you don't talk God's Word, you will not do God's Word.
 - e. "Put God's Word in your heart and you will speak it with your mouth. God's Word in your mouth will cause good things to happen in your life."—Gloria Copeland, *God's Will for You*
 - f. "If your mouth puts God's Word in your heart when you don't need it, your heart will put God's Word in your mouth when you do!" —Pastor Terri
 - g. So speak the Word of God to deposit it in your heart.
 - i. That's where confession comes in.
 - ii. Kenneth E. Hagin said:
"You can school yourself into faith. You confess the Word to feed your heart and renew your mind. Faith comes as you hear and keep on hearing the Word (Romans 10:17). You speak and confess the Word as a result of what you already believe, releasing the force of faith from your spirit. Both sides of confession are important."
 - h. When your heart is full of the Word, as pressure comes and trials arise, the Word will come out—even before your mind can think about how to respond. Your heart and mouth will connect and overflow with the spoken Word.
- 4. They dominate and control their thought lives by filling their minds with God's Word.**
- a. Philippians 4:8: "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."
 - b. Strongholds that are contrary to what God says about you and all that Jesus has provided for you can build up in your mind.
 - c. Total immersion in the Word will cut new grooves, or ways of thinking, in your mind. You must renew your mind to who you are in Christ Jesus, what you have in Him, and what you can do through Christ.
 - d. The Word will flush out doubt and unbelief.





- e. 2 Corinthians 10:5: "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."
 - i. These are imaginations and thoughts that come and fight against the truth of the Word of God, and that contradict what God says about who you are in Christ Jesus.
 - ii. Casting down a thought means you refuse to think it.
 - iii. Your mind is *your* mind. You don't have to let it think whatever it wants to think. You can stop your mind from thinking wrong thoughts.
 - iv. You can't fight thoughts with thoughts. Thoughts are stopped and changed by saying something different (the Word), and then thinking on that.
- f. Start thinking the thoughts of God. How? His Word is His will. We take His Word and speak it over our life and situations.
- g. Isaiah 26:3: "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."
- h. Focus on the Word by thinking on a specific scripture—ponder it, repeat it to yourself, roll it over in your mind, allowing the Holy Spirit to speak to you. This is meditation.
- i. 3 John 2 (NKJV): "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."
 - i. God wants you to prosper in all things.
 - ii. Your soul is made up of your mind, will and emotions.
 - iii. As you take captive every thought that contradicts the Word, you tear down strongholds of doubt and unbelief.
 - iv. The result is you begin prospering in every area of life and enjoy good health.
- j. Proverbs 21:5: "The thoughts of the diligent tend only to plenteousness."
- 5. They anchor and establish their hearts by giving God continual praise and thanksgiving.**
 - a. Psalm 34:1
 - i. "I will bless the Lord at all times..." = hard times *and* good times
 - ii. "His praise shall continually be in my mouth." = always giving God credit every way you can
 - b. Habakkuk 3:17-19 (NKJV): "Though the fig tree may not blossom, nor fruit be on the vines; though the labor of the olive may fail, and the fields yield no food; though the flock may be cut off from the fold, and there be no herd in the stalls—yet I will rejoice in the Lord, I will joy in the God of my salvation. The Lord God is my strength; He will make my feet like deer's feet, and He will make me walk on my high hills."
 - c. Interrupt your thinking by praising God.
 - d. Psalms 8:2: "Out of the mouth of babes and sucklings hast thou ordained strength because of thine enemies, that thou mightest still the enemy and the avenger."
 - i. Matthew 21:16: "And Jesus saith unto them, Yea; have ye never read, Out of the mouth of babes and sucklings thou hast perfected praise?"
 - e. Praise produces spiritual strength because it is spiritual exercise.
- 6. They edify themselves and "charge their batteries" by praying much in other tongues.**





- a. Mark 16:17—Jesus said, “These signs shall follow them that believe; In my name...they shall speak with new tongues.”
 - b. 1 Corinthians 14:4: “He that speaketh in an unknown tongue edifieth himself.”
 - i. *Edify* means to charge up, to build up like a battery.
 - c. 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.”
 - d. “So we could paraphrase 1 Corinthians 14:4 like this: ‘He that speaketh in an unknown tongue edifies himself, builds himself up, or charges himself up like a battery.’ In other words, as we pray in tongues, we are charging up our spirits by the power of the Holy Spirit.”—Kenneth E. Hagin, *Tongues: Beyond the Upper Room*, page 160.
- 7. They become streamlined by getting rid of excess baggage.**
- a. Hebrews 12:1: “Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us.”
 - b. 1 Peter 5:6-7 (AMPC): “Therefore humble yourselves...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.”
 - c. It is possible to accomplish more spiritually by shaving off all the unnecessary things. You don’t need more power. You just need to get rid of the drain, hindrances and excess weight.
- 8. They become stronger as they exercise their faith in giving.**
- a. Giving is a spiritual exercise. Hear from the Lord what to give and respond, sowing your seed in faith, expecting a harvest to come.
 - b. The law of seedtime and harvest is at work (Genesis 8:22).
 - c. Luke 6:38 (NKJV)—Jesus said, “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[ment] that you use, it will be measured back to you.”
 - d. People who are strong are generous.
 - e. Purpose to grow stronger in your giving and stronger in your receiving.

Go to **kcm.org/watch** to watch or listen to
the whole series, “How To Be Strong in the End Times”
and develop a strong spirit for these end times.

