

# ***STRENGTHENING YOURSELF IN THE LORD***

***BY CHRISTELLE BALDOVINOS***

---

## **I. BE STRONG**

***“So be strong and courageous! Do not be afraid and do not panic before them. For the LORD your God will personally go ahead of you. He will neither fail you nor abandon you.” (Deut. 31:6)***

***“Be strong in the Lord and in His mighty power”. (Eph. 6)***

Day by day I am learning to strengthen myself in the Lord. How to not get caught up in an emotional roller coaster based on circumstances. This is not always easy.

1. The Lord commands us to be strong several times throughout the Bible. He promises that He will personally go before us, and never abandon us, if we strengthen ourselves. Wow... what a promise!
2. We **MUST** learn how to strengthen ourselves in the Lord or we will be blown around by every emotion or trial that comes.

## **II. DURING HARDSHIP MAKE LEVEL PATHS**

***“Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father? If you are not disciplined and everyone undergoes discipline, then you are not legitimate, not true sons and daughters at all....No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees. “Make level paths for your feet,” so that the lame may not be disabled, but rather healed. (Hebrews 12:7-12)***

1. We must learn to endure hardship as discipline. When we do this with a right heart we will inevitably be better because of any situation.
2. We are commanded here once again to “**strengthen** your feeble arms and weak knees.” We must use the hardship we are in to strengthen our weak areas. How we do that is by the next instruction: “**Make level Paths for your feet**”.
3. I will unfold on how to make a level path throughout this study.

## **III. STRENGTH COMES FROM HIM**

***“For the eyes of the Lord roam throughout the earth looking to STRENGTHEN those whose hearts are fully committed to Him.” (2 Chronicles 16:9)***

***“Do not fear, for I am with you...I will strengthen you and help you.” (Isaiah 41:10)***

1. What amazing promises! God promises physical, emotional and moral strength. We must draw from it.

# **STRENGTHENING YOURSELF IN THE LORD**

**BY CHRISTELLE BALDOVINOS**

---

2. Are our hearts fully committed to Him? The Lord is looking throughout the entire earth for those people. God will do His part, strengthen us, help us, but we must do our part; fully commit to Him!

## **IV. WHAT IS OUR HOPE IN?**

*“But those whose hope is in the Lord shall renew their strength.” (Isaiah 40:31)*

*“He is a source of strength to those who turn back the battle at the gate” (Isaiah 28:6)*

1. So often when we are desperate or need strength we go to everything or everyone, but the Lord. We look to ourselves, doctors, medications, and relationships for answers while all the while the answer is with Him. That is a lack of trust and really the sin of unbelief. We must repent of it and turn to Him only He has the true answers. We must “Hope” in Him and in return we get strength.
2. Turning back the battle at the gate means right at the **entry point; (our thoughts, our speech, our eyes, our ears)**, we must turn the enemy away, take every thought captive and make it obedient to Christ (2 Corinthians 10:5), the result - *supernatural strength*.

## **V. HE IS THE TRUE SOURCE**

*“It is God who arms me with strength and keeps my way secure. He makes my feet like the feet of a deer and makes me stand on mountain heights. He trains my arms for battle, my arms can bend a bronze bow...you provide a broad path for my feet so my ankles do not give way. (Psalm 18: 32-36)*

*“My grace is sufficient for you, for my power is made perfect in weakness, therefore I will boast all the more gladly in my weakness, so that Christ’s power may rest on me. That is why for Christ’s sake, I delight in weakness, in insults, in hardships and difficulties, for when I am weak then I am strong”! (2 Corinthians. 12: 9-10)*

1. I have found it to be our PRIDE that keeps us from drawing strength from the Lord. Saying to ourselves that we have the answers or can get them elsewhere in our own strength.
2. If we do not strengthen ourselves in the Lord we are wide open to the enemy.
3. We are also told to count it all joy when we face trials of many kinds (James 1). How can we count it all joy? The only way we can do that is because He will give us what we need and along with the strength we get the supernatural joy! Wow!

# **STRENGTHENING YOURSELF IN THE LORD**

**BY CHRISTELLE BALDOVINOS**

---

## **VI. STRATEGIES OF THE ENEMY**

*“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.” (Ephesians 6:10-17)*

1. When we clothe ourselves with His strength, we then able to “stand firm”. We need to get a reality check that we are not fighting flesh and blood enemies, so therefore **we have to use supernatural God strategies, not earthly ones to gain true victory.**
2. The strategies of the Devil are very real. The prescription for this reality is to strengthen ourselves with the truth of His Word.
3. Putting on the whole armor of God is not a religious exercise we did in Sunday school. When I begin to meditate on this armor it blows my mind. Paul actually tells us “put on **every piece** so you will be able to resist the enemy and stand firm”. God repeats standing firm several times. Our position is to stand firm, not to waver in unbelief or fear, but stand on His promises that come from the Word of God.
  - a) “First, stand your ground by putting on the **Belt of truth**”. Truth is not just an action, but the very person of Jesus. So pray “*God, I clothe myself with your truth and the person of truth which is your son Jesus.*”
  - b) Next, we must cover our bodies with **Righteousness**. “*Lord, help me to be clothed with righteousness today, teach me what it is to be righteous, teach me how to wash myself with your Word and meditate on it, show me anything that it not in line with you. Give me a revelation of your righteousness, clothe me in it.*”
  - c) Next we are supposed to put on “the **Shoes of the readiness of the gospel of peace**”. “*Lord, help me to be ready to share your gospel of peace at any moment with “readiness”. We are to be ready in season and out of season (2 Timothy 4)*
  - d) Next, take the **Shield of faith** that blocks the flaming arrows the enemy throws at us all day. “*Lord, give me an increased measure of faith and help me to line up to your word of faith which is true.*”
  - e) Then put on your **Helmut of salvation**, which protects our mind. The hope of salvation is for the head. It covers our minds, intellect or reasoning. “*God I thank you for your salvation, the hope that sustains my life that guards my heart and mind today.*”
  - f) Lastly, use the **Sword of the Spirit**; which is the Word of God against your enemies. Say it out

# ***STRENGTHENING YOURSELF IN THE LORD***

***BY CHRISTELLE BALDOVINOS***

---

loud! The Word of God is meant to be spoken, that is how we wield its power into existence of our natural world. Jesus and Satan embarked in a battle using the “Word of God”.

After all these instructions Paul says “Pray in the spirit at ALL times and on EVERY occasion. Stay alert and be persistent in your prayers.!.... Don’t give up”!

## **V. PRACTICAL WAYS TO STRENGTHEN YOURSELF**

1. Get in the Word. Make time, find time your whole life depends on it. It is great to even put on note cards specific verses to meditate on all day. Sing the Word and say it. (Joshua 1:8)
2. Keep yourself separate “Unto Him”. When we separate ourselves from things that distract we can hear Him so much more clearly.
3. Ask the Holy Spirit to increase His presence in your life. Thank Him for His presence. Let Him gently reveal to you anything that is hindering you.

**The Lord wants us to know that the battle over our, hearts, minds, emotions, families and marriages is so real, but he already provided the real strength we need!**

We know longer have to be people swayed by what is happening today. Draw your strength from the Lord! Humble yourself to Him today, ask him to strengthen you. Read his word, out loud and then pray it over your spirit man, life and circumstances. Soon you will find you just strengthened yourself in the Lord! He will meet you more than you can imagine!