

Soul Strong Study – Week 1 “STRONG”

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Introduction to the Soul Strong Life

“I love you, LORD; you are my strength.

The LORD is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. But in my distress I cried out to the LORD; yes, I prayed to my God for help. He heard me from his sanctuary; my cry to him reached his ears. You light a lamp for me. The LORD, my God, lights up my darkness. In your strength I can crush an army; with my God I can scale any wall. God’s way is perfect. All the LORD’s promises prove true. For who is God except the LORD? Who but our God is a solid rock? God arms me with strength, and he makes my way perfect.”

(portions of Psalm 18)

“How Do You Do It?”

- ***Live Loved***
- ***Be Authentic***
- ***Dwell Deep***
- ***Pray Always***
- ***Overcome Pain***
- ***Extend Kindness***
- ***Share Stories***

S – Surrender Your Plans.

“Give all your worries and cares to God, for He cares about you.” 1 Peter 5.7

“One thing God has spoken. Two things I have heard: that you, O God, are strong, and that you, O Lord, are loving.” Psalm 62.11

T – Trust God’s Presence, Peace, and Power.

“For I hold you by the right hand – I, the Lord your God. And I say to you, ‘Don’t be afraid. I am here to help you.’” Isaiah 41.13

“What a joy for those whose strength comes from the Lord, who have set their minds on a pilgrimage to Jerusalem. When they walk through the Valley of Weeping, it will become a place of refreshing springs. The autumn rain will clothe it with blessings. They will continue to grow stronger.” Psalm 84.5-7

R – Reach Out with Kindness.

“Be kind and compassionate to one another.” Ephesians 4.32

“Powerful is Your arm! Strong is Your hand! Your right hand is lifted high in glorious strength. You are their glorious strength. It pleases You to make us strong.” Psalm 89.13, 17

O – Observe a Daily Routine.

“Let me hear of Your unfailing love each morning, for I am trusting You. Show me where to walk, for I give myself to You.” Psalm 143.8

“He gives strength to the weary, and increases the power of the weak.” Isaiah 40.29

N – Nurture Your Inner Life.

“Guard your heart above all else, for it determines the course of your life.” Proverbs 4.23

“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”
Psalm 73.26

G – Give Thanks Daily.

“Let the peace of Christ rule in your hearts. And be thankful.” Colossians 3.15

“Proclaim the power of God whose majesty is over Israel, whose power is in the skies. You are awesome, O God, in Your sanctuaries. The God of Israel gives power and strength to His people. Praise be to God!” Psalm 68.34-35

Wholehearted Strength

Caleb & Joshua: *“We should go up and take possession of the land, for we can certainly do it.”* Numbers 13.30

Other 10 Spies: *“We can’t attack those people; they are stronger than we are.”* Numbers 13.31

Caleb and Joshua: *“The Lord is with us, do not be afraid of them.”* Numbers 14.9

God: *“My servant Caleb has a different spirit and **follows me wholeheartedly.**”* Numbers 14.24

Caleb, 40 years later at age 85: *“Give me the Hill Country!”* Joshua 14.12

*“Joshua blessed Caleb and gave him Hebron as his inheritance **because he followed the Lord wholeheartedly...** Then there was peace in that land.”* Joshua 14.13-15

Soul Strength

"I see in your eyes the same fear that would take the heart of me... A day may come when the courage of all men fails, when we forsake our friends and break all bonds of fellowship... But it is not *this* day! This day we fight! By all you hold dear on this good earth – I bid you *stand!*" "Lord of the Rings, Return of the King" J.R.R.Tolkien

Closing Prayer – singing over you

*Guide me, O thou great Jehovah,
pilgrim through this barren land.
I am weak, but thou art mighty;
Hold me with thy powerful hand.
Bread of heaven, bread of heaven,
Feed me till I want no more.*

*When I tread the verge of Jordan,
Bid my anxious fears subside;
Death of death and hell's Destruction,
Land me safe on Canaan's side.
Songs of praises, songs of praises,
I will ever give to Thee;* William Williams (1717-1791)

Small Group Discussion

1. Give your name, town, and answer
"My constant companion these days is _____" (i.e. hand sanitizer, coffee, fear, etc.)
2. Where do you most need strength?
3. What is the hardest thing you have had to let go of/surrender during the past year?
4. Can you share a recent time you experienced God's peace, presence, or provision?
5. What part did trust play in dispelling your fears?
6. Can you think of one tangible way to reach out in kindness this week? Go!
7. What's one quirky thing in your daily routine?
8. How are you feeding your soul these days?
9. Each person fill in this gratitude: "Thank you, Lord, for _____."

HOMEWORK – Please try to complete chapter 1 "Live Loved" before we gather again next week. Pray for those in your group. *Don't be overwhelmed! I'm praying for you....*