



GROWING – My Inner Strength 17th May 2020 Deborah Holman

This Study Guide provides a summarised study with additional discussion questions based on the scriptures mentioned in the sermon.

Connect:

“The ultimate freedom we have as human beings is the power to select what we will allow or require our minds to dwell upon.”

Dallas Willard

1. What are some of the positive things that have come out of lockdown for you?
2. You have the freedom to decide what you will think about and where you will place your mind. This time has provided you with a great opportunity to linger in His presence and purposefully select what you will think about.
3. Write down below what you would like to purposefully focus on:
 - _____
 - _____
 - _____
 - _____
 - _____

Engage:

4. How can you grow your inner strength?

“Anything worth finding is worth looking for and scripture encourages us to seek and assures us we will find. So if we want to grow in our inner strength we need to search The Word for how to do this.”

Deborah Holman

5. Read and discuss Ephesians 3: 14-21
6. Paul begins this passage with, “When I think of all this” – What was Paul thinking about?
7. What is Paul praying for?

- He is praying that from God’s glorious, unlimited resources He will empower you with inner strength through His Spirit
 - That you might have the power to understand
 - That you might have the power to experience
 - That you would be made complete
8. To understand and experience what?

Framework:

- *To understand and experience God’s love in all its depth. To experience strength through being rooted in God’s love. The fullness of life and the power that comes from Gods unlimited resources. Paul was asking in his prayer that our relationship with God who is our foundation be authentic, the real thing, in knowledge, understanding, in power and in experience. That is, we need the power to understand the width, length, height and depth of God’s love and the strength that comes from being deeply rooted in His love.*
9. How does God express His love to us?
10. Read 1 John 4:9
11. What does it mean to live through Him?
- “Live” = be made alive
 - “Through” = denoting the channel of our action
 - “Him” = being akin to the base of
12. Remember that at the point of salvation, God calls us out of something in order to bring us into something. What have you been called ‘out of’ that God is trying to bring you ‘into’?

We are called out of	Darkness	To bring us into	Light
We are called out of	Bondage	To bring us into	Freedom
We are called out of	Worry	To bring us into	Peace
We are called out of	Hopelessness	To bring us into	Hope
We are called out of	Mourning	To bring us into	Joy
We are called out of	Lies	To bring us into	Truth
We are called out of	Unrighteousness	To bring us into	Righteousness
We are called out of	Egypt	To bring us into	Canaan

13. God has called us out in order to bring us in. But the problem that most of us have, is that we don’t want to forsake one for the other. We don’t completely allow ourselves to be called out in order to be brought in. We want to live somewhere between the two, but Jesus only ever lived in one place; in the realm of His Kingdom.
14. He said His ways were not our ways. He said we are in this world but not of it. If we want to live with Him as our base, living life through Him, then we need to allow Him to bring us out in order to bring us in. The new instead of the old (we are a new creation scripture tells us). New wine in new wineskins.
15. Read and discuss Jeremiah 17:5-8
16. How do we become “rooted”?
17. How can we have our roots deeply planted?



➤ **Solitude**

- Jesus spent time in solitude, communing with the father
- Read and discuss Mark 1:35

➤ **Hearing and Doing**

- Jesus taught that to have strong foundations, we need to listen to His teachings and follow them
- Read and discuss Matthew 7:24-25

➤ **Prayer**

- In all the recorded conversations between Jesus and His disciples there is only one thing they asked Him to teach them – How to pray!
- Read and discuss Luke 11:1

“Blessed is the man that heareth me, watching daily at my gates, waiting at the posts of my doors.”

Proverbs 8:34

18. What is this scripture saying?

- **Conclusion:** If we want to grow a strong inner life there are no short cuts. Jesus didn't ask us to mimic Him, He called us to be like Him. This time that we are in is truly exceptional, we have time to linger in His presence, we have time to listen, we have time read, we have time to pray, and we can have time in solitude. Don't let this time pass you by without taking advantage of it.

Prayer:

Heavenly Father I pray that when this time of lockdown is over, we will not be the same, but that we will use this time to linger in Your presence, behold Your face and desire You more.
In Jesus Name Amen

Task:

Today we are asking you to complete one simple task – Contact someone that you haven't already contacted since this lockdown began.