

A background image showing the Earth from space, with a bright sun in the upper right corner creating a lens flare effect. The Earth's blue atmosphere and white clouds are visible against the blackness of space.

A TIME FOR...

**“Preparing for Spiritual
Pressure”**



1. Getting our perspective right

Deuteronomy 6:23 (NIV)

²³ But he brought us out from Egypt to bring us in and give us the land he promised on oath to our ancestors.

Romans 7:21-23 (NLT)

²¹ I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. ²² I love God’s law with all my heart. ²³ But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me.

2. Understand the wiles of the enemy

Proverbs 25:28 (NIV)

²⁸ Like a city whose walls are broken through is a person who lacks self-control.



1 Peter 5:8 (NLT)

⁸ Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

1 John 2:15-16 (KJV)

¹⁵ Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. ¹⁶ For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

Lust of the flesh

- any sinful desire that is without regard to the will of God
- anything that dominates our senses, extravagant gratification of material desires
- anything that fights against the things of God in our lives
- living for our own convenience

Romans 13:11-14 “...put on the Lord Jesus Christ and make no provision for the flesh.”

Lust of the eyes

The eyes are the primary organ of perception and often the principal avenue of temptation.

David saw Bathsheba

Psalm 73:7 (TNK)

⁷ Their eyes stand forth from fatness; they are gone beyond the imaginations of their heart.
(the imaginations of their heart run riot)

When we have no self-control over what we see our heart can have no limit on what it imagines.

Pride of Life

- the boasting about what one does for a living and the abundance of the things one has because of it
- feeling more important than others
- being glory seeking

Buckle up

Ephesians 6:11-14 (KJV)

¹¹ Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. ¹² For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. ¹³ Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. ¹⁴ Stand therefore, having your loins girt about with truth

The most important part of a soldier's armour



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How did Nehemiah rebuild the walls?

1. He stayed focussed

Nehemiah 6:3-4 (NLT) ³ So I replied by sending this message to them: “I am engaged in a great work, so I can’t come. Why should I stop working to come and meet with you?” ⁴ Four times they sent the same message, and each time I gave the same reply.

How did Nehemiah rebuild the walls?

2. He prayed

Nehemiah 4:4, 9 (NLT)

⁴ Then I prayed, “Hear us, our God, for we are being mocked.”

⁹ Nevertheless we made our prayer unto our God,

How did Nehemiah rebuild the walls?

3. They worked together

Nehemiah 4:13-14 (KJV)

¹³ Therefore set I in the lower places behind the wall, and on the higher places, I even set the people after their families with their swords, their spears, and their bows.

How did Nehemiah rebuild the walls?

4. He encouraged the fearful

Nehemiah 4:20 (NLT)

²⁰ When you hear the blast of the trumpet, rush to wherever it is sounding. Then our God will fight for us!”

How did Nehemiah rebuild the walls?

5. He endured

Nehemiah 4:21, 23 (NLT)

²¹ We worked early and late, from sunrise to sunset..... ²³ We carried our weapons with us at all times, even when we went for water.

How did Nehemiah rebuild the walls?

6. He re-established them in the truth

Nehemiah 8:1 and 3 (KJV)

¹ And all the people gathered themselves together as one man into the street that was before the water gate; and they spake unto Ezra the scribe to bring the book of the law of Moses, which the LORD had commanded to Israel. ³ Then he read from it in the open square that was in front of the Water Gate from morning until midday, before the men and women and those who could understand; and the ears of all the people were attentive to the Book of the Law.

There is a pattern here to help us

1. He stayed focussed
2. He prayed
3. They worked together
4. He encouraged the fearful
5. He didn't give up
6. He re-established them in the truth

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