

STRENGTH FOR STRESSFUL TIMES

Part 2: Plugging Into God's Power

Where I Usually Need God's Help

- Power to _____
"...the evil I do not want to do --this I keep on doing." Rom. 7:19
- Power to _____
"I often find that I have the will to do good, but not the power!" Romans 7:18 (Ph)
- Power to _____
"I am worn out, O Lord . . . Give me strength; I am completely exhausted, and my whole being is deeply troubled." Ps. 6:2-3 (GN)

"The LORD is the Creator of the ends of the earth. He will not grow tired or weary... He gives strength to the weary and increases the power of the weak ...those who hope in the LORD will renew their strength. They will soar on wings like eagles..." Isaiah 40:28-31

How I Can Plug into God's Power

Adapted from insights in God's Outrageous Claims by Lee Strobel

1. _____ I'm in need
"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me." 2 Cor. 12:9
2. _____ God's power and presence
"Look to the LORD and his strength; seek his face always. Remember the wonders he has done, his miracles, and the judgments he pronounced" 1 Chr. 16:11

"Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go." Josh. 1:9
3. _____ myself with God's will
"I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing." John 15:5

4. _____ God for the power I need
"You do not have, because you do not ask God" James 4:2
5. _____ in obedience
"When the priests put their feet in the water, the Jordan will stop flowing..." Joshua 3:13

Daily Meditations

Here's a chance to spend some time each day this week meditating on today's topic!

This week's memory verse: "Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40:30, 31

Monday

One major cause of stress is the feeling of being out of control-- feeling powerless. In what area of your life do you feel powerless?

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|------------------------|------------------------|---------------------------|
| ___ A rebellious child | ___ A bad habit or sin | ___ A sinful relationship |
| ___ A hurtful person | ___ World events | ___ Health |
| ___ Career | ___ Finances | ___ Debt |
| ___ Guilt | ___ Depression | ___ Other: |

Read back over your notes and the verses from this weekend's message. Which of the three kinds of power-- starting power, stopping power, staying power -- do you need right now?

Look at the five "A's": Admit, Affirm, Align, Ask, and Act. Which is easiest for you?

Which is hardest?

Ask God for help in the "A" you're weakest in. Remember, God's power is really available to you right now, but it's not automatic-- these five principles from Scripture are the way you open your life to the power He wants to pour into you! Ask God for His power and peace specifically in the area you feel powerless.

Tuesday

Read Psalm 29. What impresses you about this Psalm?

What are the most impressive displays of nature's power you have ever witnessed?

What do these displays teach you about God's power?

What do the final verses of this Psalm teach about the availability of this power to you?

Why do you think you -- and other believers -- are not experiencing God's power as frequently as He seems to wish to provide it?

Today meditate on this Psalm. Thank God for His power-- be specific! Ask Him to give you power for specific issues you are dealing with right now. Pray for others you know-- that they may also experience God's power. Pray for the church to know His power as well!

Wednesday

Read 1 Chronicles 16:7-12; 28-36. The emphasis in most of this song is on God's power. Then in verse 35 the focus shifts... to what?

What does this pattern teach you about how to pray?

This pattern encompasses three points in this weekend's message: Affirm God's power, and then (in verse 35) admit I need His power and ask for it! Practice this pattern today...

In prayer, affirm God's power-- thank Him specifically for His acts of creation, for His answers to your prayers in your past. Then admit you need his power in a specific area right now, and ask for it!

Thursday

The third point this weekend is to align myself with God's will-- to abide in Him. Sometimes when I'm in need of God's power, it's because I'm spending energy in ways God doesn't want me to -- deliberately sinning, foolishly overworking, or in some other way not abiding in Christ.

Read John 15:1-11. What does this teach you about abiding in Jesus?

Where do you struggle to "remain in the vine"?

- Busy: No time for cultivation
- Distracted: Work/School/Family/Errands
- Tired: Too exhausted to bear fruit!
- Disappointed: I tried to abide but God lied
- Defeated: It's hard to be obedient
- Lonely: I feel like I'm the only branch on the vine

How do you suppose God "prunes" the vines?

Read verse 12. Do you feel more like Jesus' servant or His friend?

How does abiding in Him make a difference?

Ask God specifically to show you areas you need to prune so that you can more fully abide in the true vine. Just spend some time "abiding", plugged in, meditating, with Jesus today!

Friday

Early in the book of Joshua, the Israelites need to cross the flooded Jordan River. Read Joshua 3:12-17 to see what happens next. This is a great example of the fifth point in last weekend's message -- act in faith. What principle of faith do you see in this account?

How have you seen this to be true in your own life?

Where are you delaying action, when you should be moving forward in faith?

- | | |
|---|---|
| <input type="checkbox"/> Getting counseling | <input type="checkbox"/> Getting involved in an area of service |
| <input type="checkbox"/> Acting on a dream | <input type="checkbox"/> Talking to a friend about Jesus |
| <input type="checkbox"/> Forgiving someone | <input type="checkbox"/> Other: |

Ask God to help you act in faith in the area you indicated today!

Saturday

Today please finish any meditations you might have missed, and please pray for the services this weekend. Thanks!! Thank God today for His amazing power available for you.