

The Restoration of Strength

Strength in Weakness

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February 2, 2021



God is our refuge and strength, a very present help in times of trouble. Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth. The Lord Almighty is with us; the God of Jacob is our fortress.

Psalm 46:1,10-11



II Corinthians 12:8-10



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**Life has a way of teaching
us some things.**



**Weakness is not a liability;
weakness is an asset when
you are in Christ.**



**My grace is sufficient for
you, for my power is made
perfect in weakness.**



**Strength may not be
readily apparent to you,
but it is readily available.**



Finally, my brothers and sisters be strong in the Lord and in his mighty power.

Ephesians 6:10



Joshua 1:6, 7-9



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I Chronicles 28:20



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**You then, my son,
be strong in the grace
that is in Christ Jesus.**

II Timothy 2:1



Be strong and courageous.



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**Courage is not the absence
of fear. Courage is the
ability to press on,
in spite of your fear.**



**So, do not fear for I am with you;
do not be dismayed, for I am your
God. I will strengthen you and help
you; I will uphold you with my
righteous right hand.**

Isaiah 41:10



Discussion:

What assignment, challenge or situation are you faced with at this moment that you feel inadequate to handle?



STAND



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- **Verse 11, Put on the full armor of God so you can take your stand against the devil's schemes.**
- **Verse 13, 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 having done everything, to stand,**
- **Verse 14, Stand firm then...**



**And having disarmed the powers
and authorities, he made a public
spectacle of them, triumphing over
them by the cross.**

Colossians 2:15



**Now that we are in Christ,
we have the victory over
Satan, sin, death and hell.**



**In all these things we are
more than conquerors,
through Christ who loves us.**

Romans 8:37



**But thanks be to God who
gives us the victory through
our Lord Jesus Christ.**

I Corinthians 15:57



**Now thanks be to God
who always leads us in
triumph in Christ.**

II Corinthians 2:14



**We just have to be strong so
that we can stand in the
victory that is already ours.**



Positionally in Christ we are strong, practically; because we are still in the flesh, we have to choose to stand every day of our lives and in every situation.



**We are in the flesh and
we are in the Spirit.**



Discussion:

When are you most tempted to operate in the flesh rather than the Spirit, to fight rather than stand in God's mighty power?



**When you are attacked in
a way that exposes your
weakness, what will you do?
What have you been doing?
Is it working for you?**



- **If you have been fighting, it isn't because Satan is stronger than you are.**
- **If you have been running, it isn't because Satan is faster than you are.**
- **If you have been trying to endure, it isn't because he is more patient than you are.**



**God is the
source of our strength.**



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Psalm 68:35
Isaiah 26:4 (KJV)
Psalm 73:26
Psalm 81:1
Psalm 89:21



**Since God is your strength,
but you are still experiencing
weakness, then what do you need
to do to activate or access
God's strength in your life?**



Isaiah 40:28-27



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Philippians 4:13



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**We gain access to God's strength
in the following ways:**

**Admitting our weakness to God –
In II Corinthians 12, we discover that
Paul had a weakness that he referred
to as a “thorn in the flesh”.**



**Rather than deny his
weakness, he took it
to God in prayer.**



**My grace is sufficient for you,
for my power is made perfect
in weakness.**



**Grace is God's power
for our every need
whenever we need it.**



God permits us to become weak so that we might receive his strength.

Paul learned in his weakness the nature of God's power. He discovered that God's power finds its full scope and strength in weakness.



**He turned his liabilities
into assets.**



**We gain access to God's
strength through his Word!
Psalm 119:28 - My soul is weary
with sorrow; strengthen me
according to your word.**



**We gain access to the power of God
through worship – Psalm 59:17,
You are my strength, I sing praise
to you; you, God are my fortress,
my God on whom I rely.**



**The joy of the Lord is
our strength.**

Nehemiah 8:10



Psalm 84:4



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**We gain God's strength by
waiting on him.**

Psalm 27:14



**Wait on the Lord; be of
good courage and he will
strengthen your heart.
Wait, I say, on the Lord.**



Isaiah 40:31



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- **We will need to slow down.**
- **We have to get quiet, be still and pray – Isaiah 30:15**



**The word “quiet” for Isaiah
means “ceasing activity”
rather than the cessation
of noise.**



**Go somewhere
and sit down!**



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**Be still and know that
I am God.**

Psalm 46:10



**Now to him who is able to
do exceedingly abundantly more
than we can ask for or imagine
according to his mighty power
that is at work within us.**

Ephesians 3:20



Discussion Questions:

1. What assignment, challenge or situation are you faced with at this moment that you feel inadequate to handle?
2. When are you most tempted to operate in the flesh rather than the Spirit; to fight rather than stand in God's mighty power?

