

Training in Righteousness

Part 3

2 Timothy 3v16

All Scripture is God-breathed and is useful for teaching, for reproof, for correction, and for training in righteousness,

Strength Training

Strength Training

- What does the Bible say about strength
- How can we become stronger in God

Strength Training

- Physical Strength

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- Physical Strength

Physical strength has always been admired even in Biblical times

Proverbs 20v29 – The glory (ornament) of young men is their strength;

Strength Training

- Physical Strength

Exploits of OT warriors such as David and his “elite” forces (**2 Samuel 23**)

- defeating other nations best warriors (Goliath)
- one man defeating hundreds of men in hand to hand combat
- David’s men risking their lives for him

Strength Training

- Physical Strength

Exploits of the Samson (from the Book of Judges)

- Tore a lion apart with his bare hands
- Killed 1000 men with a donkey's jawbone
- Tore off city gates and carried them away (70 kms)
- Pushed over supporting pillars holding up a temple

Strength Training

- Physical Strength is not enough

But the Bible is very clear that human strength has its limits.

- Samson lost his strength
- David won many battles but eventually became weak and feeble

Strength Training

- Physical Strength is not enough

But the Bible is very clear that human strength has its limits.

Isaiah 40v30 - Even boys grow tired and weary, and young men collapse and fall,

Strength Training

- Physical Strength is not enough

But the Bible is very clear that human strength has its limits

Jeremiah 17v5 - This is what the LORD says: "Cursed is the person who trusts in mankind, who makes flesh his strength, and whose heart turns away from the LORD.

Strength in God

- Physical Strength is powerless against the ultimate enemy
 - That enemy (curse) is sin and death
 - Sin is described as having it's own strength

1 Corinthians 15v56 - The sting of death *is* sin; and the strength of sin *is* the law.

Strength in God

- Physical Strength is powerless against the ultimate enemy
 - The law of God was not the problem
 - Human strength (effort) only strengthens sin (lack of faith)
 - The law couldn't save, it could only point out error

Romans 8v3 - For what the Law was powerless to do in that it was weakened by the flesh, God did by sending his own son...

Strength in God

- However we have a source of strength that is stronger than sin
 - To defeat sin we need God's spiritual strength

Zechariah 4v6 - 'It's not by might nor by strength, but only by my Spirit,' says the LORD.

Strength in God

- However we have a source of strength that is stronger than sin

Isa 40:28-31 - Don't you know? Haven't you heard? The LORD is the eternal God, the Creator of the ends of the earth. He does not grow tired or weary; and his understanding cannot be fathomed.

He's the one who gives might to the faint, renewing strength for the powerless.

Even boys grow tired and weary, and young men collapse and fall, but those who keep waiting for the LORD will renew their strength. Then they'll soar on wings like eagles; they'll run and not grow weary; they'll walk and not grow tired."

Strength in God

- However we have a source of strength that is stronger than sin

2 Corinthians 12v9-10 - The Lord told me, "My grace is all you need, because my strength is perfected in weakness." Therefore, I will most happily boast about my weaknesses, so that the Messiah's power may rest on me.

That is why I take such pleasure in weaknesses, insults, hardships, persecutions, and difficulties for the Messiah's sake, for when I am weak, then I am strong.

Strength in God

- However we have a source of strength that is stronger than sin

Philippians 4v13 - I can do all things through Christ who strengthens me.

Strength in God

- However we have a source of strength that is stronger than sin

Ephesians 6:10 - Finally, be strong in the Lord, relying on his mighty strength.