

Berean Christian Church
Dr. Kerwin B. Lee, Senior Pastor

Counseling Ministry

June's Conversation: Strength Training
"Staying Strong as You Walk With God"

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*"He gives strength to the weary and increases the power of the weak. 30) Even youths grow tired and weary, and young men stumble and fall; 31) 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 40:29-31 (NIV)***

Fitness is a key component of maintaining a good long life and is often equated to physical health. God is concerned about our spiritual, mental and physical health; in his word we find, *"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."* (I Tim 4:8). This passage reminds us that while physical exercise is good, spiritual exercise is also important. Our conversation today will remind us that spiritual exercise benefits our spirit, our soul (includes our mental health or level of joy and happiness) and our body.

Fitness Assessment:

Rate yourself in each area from 1 to 5 (1 being the lowest-5 being the highest)

Spiritual: ___

Mental: ___

Physical: ___

Strength Training Is Vital to God

*He gives strength to the weary and increases the power of the weak. **Isaiah 40:29 (NIV)***

1. God's strength will keep you from becoming **weary**_____.
2. God's strength will cause you to **increase**_____ in power.
3. God's strength will keep you from becoming **weak**_____.

The Physical Difference Between Weary and Weak?

Weary: Feeling or showing tiredness; exhausted in strength, endurance, vigor or freshness.

Weak: Lacking the power to perform physical task; lacking physical strength and energy.

Physical Signs of Weariness

*Even youths grow tired and weary, and young men stumble and fall; **Isaiah 40:30 (NIV)***

1. Weariness can cause you to grow **tired**_____.
2. Weariness can cause you to **stumble**_____.
3. Weariness can cause you to **fall**_____.

Renewed Spiritual Vitality

*“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 40:29 (NIV)***

1. Putting your **hope** in God will cause your strength to be **renewed**_____.
2. Putting your **hope** in God will cause you to **soar**_____.
3. Putting your **hope** in God will cause you to **run**_____.
4. Putting your **hope** in God will cause you to **walk**_____.
5. Putting your **hope** in God will cause you to avoid becoming **faint**_____.

Closing Q & A

1. What can you do to become more spiritually fit?
2. What can you do to become more physically fit?
3. What can you do to become more mentally fit?