

Solid Rock Christian Church Manassas, Virginia

Bible Study – March 25, 2021

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Title: “Five Things To Do Every Day To Keep Yourself Strong”

Scripture Reference: Philippians 4:6

“Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.”

I. Introduction

A. Over the course of many years and through numerous experiences, it became evident that being proactive is the key to keeping my spiritual life strong and healthy.

B. We cannot ignore our spiritual life and expect to remain strong. Just as our bodies need regular care and attention, our spiritual lives need a maintenance schedule in order to remain healthy.

C. In this study session, I want to provide you with five principles or elements to keep your spiritual life strong and vibrant.

D. I believe that if you make these principles applicable in your daily life, you will become continually strengthened to accomplish the tasks that God through the Holy Spirit is leading you to do.

II. Exposition [Part I] – Principle #1 –

Every day spend time with God in the Morning

- A. In Psalm 5:3, David wrote of his commitment to spend time with God every morning. Here is what he said: “My voice shalt thou hear in the morning, O Lord, in the morning will I direct my prayer unto thee, and will look up.”
- B. Please pay particular attention to the phrase: “... **and will look**

up. If we don't begin our day by "looking up," our natural tendency is to start looking **down**.

c. By the time you read your text messages on your mobile

devices each morning, read your emails, answer a few phone calls, listen to the morning news, or simply contemplate everything that is on your "to do" list for that day, your emotions can pull you into a downward spiral before the day has even started.

d. David clearly understood the environment in which he lived. He

was surrounded with enemies outside of his home and even among his own family members.

e. David knew that he needed to start each morning "**looking up**"

before his flesh had an opportunity to take him down.

f. Similarly, we need to start every day with the Lord, "looking

up." This is accomplished by focusing your attention on the Word of God each morning and by spending some concentrated time in prayer.

g. Making the Lord and His Word your **first priority** each day will

be a lifeline for your spiritual strength.

h. If you ignore this vital element of your spiritual walk, you will

end up troubled, worried, and lacking spiritual power in your life.

Making the Lord and His Word a daily habit in your life will cause you to be at peace!

i. You will be infused with confidence, and you will experience

power to overcome the daily problems you face in life.

Comment: Making a commitment to do this may require you to get up earlier or that you go to bed earlier. But, making the Lord your **first focus every day** will absolutely change your life!

A9. Become a daily Bible reader. It is crucial that you hold

yourself as an alert watchman on the walls of your heart, carefully guarding what comes in its "gates." (Let's read Proverbs 4:20-23 together.)

AA. While you are sitting and reading or listening to an audio

recording of the Bible, you should also take time to pray! That is a crucial part of "looking up" to get your heart set on the Lord at the beginning of each day.

AB. Philippians 4:6 says, "Be careful for nothing; but in every thing

by prayer and supplication with thanksgiving let your requests be made known unto God.”

AC. The word “everything” is from the Greek *panti*, and it

embraces **everything!** It is an all-inclusive word – including the finest, most minute details.

Here are a few suggestions that you may find helpful:

- ☒ Pray before you read your Bible and ask the Holy Spirit to speak to you.
- ☒ Pray as you read your Bible and ask the Holy Spirit to plant what you are reading deep into your heart and soul.
- ☒ After having read or listened to the Word of God, don't just become a hearer but become a doer, putting what you have read or heard into action in your life.

AD. In First Thessalonians 5:17, the Apostle Paul tells us to “**pray**

without ceasing.” The words “without ceasing” come from the Greek word *adialeptos*, which means **without interruption, without taking a break, or continually.**

AE. The only way you can do this is to develop a lifestyle of prayer.

III. Exposition [Part II] – Principle #2 –

Every day spend time feeding your spirit on other godly sources

A. When Paul was in prison writing his very last letter, here is

what he told Timothy – “**The cloak that I left at Troas with Carpus, when thou comest, bring with thee, and the books, but especially the parchments.**” (2 Timothy 4:13)

B. Paul asked for books – books he could read to strengthen his own spirit as he waited in prison for his execution.

C. Even as Paul waited, he still longed to grow in the Lord. He understood that as long as he was alive, he needed to feed his spirit.

Remember this – growing people are reading people!

D. It has been said that reading is like fertilizer to a garden. The

more you read books (of course the best book of ALL TIME is the Bible), the more your mind and spirit expand, and your inward capacity grows.

E. The point is to make a deliberate effort to read on a regular basis in order to bring growth to your spirit and mind.

F. If you are an auditory learner more than a reader, you can do the same thing by taking some time each day to listen to an audio series or audio books.

What you put into your mind will determine what you think and what you believe.

G. This principle can work both negatively and positively, so apply

it to your advantage by regularly reading or listening to words that lift your spirit and help change your perspective so that you may be conformed to the will of God.

H. If you say that you don't have time to do this, here is a

suggestion: record/log it down or just assess the amount of time that you spend watching television programs, tweeting, texting, Skyping, or otherwise being engaged with your mobile device(s) in a given week with things that do nothing to nurture and grow your spiritual life. You will see that you really do have time to invest in your spirit by feeding on other godly sources.

IV. Exposition [Part III] – Principle #3 –

Spend time every day in Quietness

Proverbs 27:19 says – **“As in water face answereth to face, so the heart of man to man.”**

A. Just as you see your reflection when you look into a pool of water, you can see and hear your own heart when you are quiet enough to listen.

B. Perhaps the failure to do this is a contributing factor as to why some people are so confused in life.

C. We all need times of deep contemplation in order to reflect and stay in touch with our own hearts.

D. In Psalm 37:4 David wrote, **“Delight thyself also in the Lord; and he shall give thee the desires of thine heart.”**

E. When and where can you find the time and a place for quiet contemplation? If you don't have a place where you can find quietness and also be quiet, consider these possibilities:

- ☒ Take a walk to let the quietness of the outdoors become a sanctuary for your spirit.

Comment: I realize that some may live in an area where taking a walk is not practical. Therefore, use discretion and be safe as you continue to trust the Lord.

- ☒ If there are others living in your home, get up before the others awake and let that time of quietness fill your soul with peace.
- ☒ Go into a room and if necessary, shut the door and enjoy some quiet time with the Lord.

F. Spending some quiet time will help chase away inner turbulence and bring the peace of God to the forefront of your mind.

G. To get started spending time in quietness each day as a habit, consider setting aside even as little as ten minutes each day to be alone, and allow God to minister strength to you, through a concentrated time of quietness.

V. Exposition [Part IV] – Principle #4 –

If possible, every day, spend time with those who

Strengthen You

- A. Hebrews 10:25 says – “Not forsaking the assembling of ourselves together, as the manner of some is, but exhorting one another:”
- B. The immediate context of this passage has to do with corporate gathering for worship and fellowship and we certainly need to do this. Your Church family needs you, and you need what others who are in Christ have to give you.
- C. In the Body of Christ, there is a mutual exchange of strength that occurs in fellowshiping with other believers.
- D. I want to stress this point - corporate worship time is essential, whether it is face-to-face or by some other means.

Comment: Thank you Lord for our corporate time together via the weekly conference call during this pandemic!

E. Corporate worship and fellowship is also beneficial for

encouragement. However, when we cannot come together in person (as the current circumstances dictate), we can still fellowship by telephone, email, Skype, or by a number of means that are available today.

VI. Exposition [Part V] – Principle #5 –

Every day take time to stop throughout the day to Acknowledge God

A. Psalm 119:164 says – “Seven times a day do I praise thee

because of thy righteous judgments.” This is something you can stop and do several times a day that requires truly little but a determined effort.

If you do this – watch how radically your life will change!

B. Do you pause throughout each day to recognize God’s presence

in your life?

C. When things seem to be getting beyond your control, it’s good

to pause and acknowledge that God is on the throne and He is righteous in all His judgments – regardless of what you see, what you feel, or what others are doing or are failing to do.

D. There is nothing more important than your relationship with

God. Please prayerfully consider how you can implement these five life-changing principles into your every day life.

It is once again interactive time. Please fill in the blank spaces to the Scriptures passages that follow. As always, each passage has been taken from the King James Version (KJV) of the Holy Bible.

“But thou, when thou _____, enter into thy _____, and when thou has _____ thy _____, _____ to thy Father which is in secret; and thy Father which seeth in _____ shall reward thee _____.”

[Matthew 6:6]

“Be _____, and know that I am God; I will be _____ among the heathen, I will be _____ in the earth.”

[Psalm 46:10]

“ _____, and _____, and at _____, will I pray, and cry aloud: and he _____ my voice.”

[Psalm 55:17]

“But unto thee have I _____, O Lord; and in the _____ shall my _____ prevent ((come before)) thee.”

[Psalm 88:13]

“Then cometh Jesus with them unto a place call _____, and saith unto the disciples, _____ ye here, while I go and _____ yonder.”

[Matthew 26:36]

“Before the _____ were brought forth, or even thou hadst _____ the earth and the _____, even from _____ to _____, thou art God.”

[Psalm 90:2]

“Behold, how _____ and how _____ if is for brethren to _____ _____ in unity.”

[Psalm 133:1]

QUESTIONS FOR YOU TO CONSIDER

1. What did you honestly think after you read through this lesson? Did you feel overwhelmed by the list of five things to do, or do you believe that these are elements that you can apply to your life?
2. Perhaps you are doing some of these things in your daily life.
Which ones are already essential elements in your life? Which one(s) do you need to implement immediately?
3. To implement these suggestions, or even some of them, what changes will you have to make in your daily schedule?

Thank you once again for joining in this study session and my prayer is that you have been blessed. Remember, these suggestions are offered to assist and encourage you to stay Strong in the Lord.

As always, fell free to share what you have gleaned.

Jude 3

Pastor Austin