

WARM UP | I was preparing a sermon the other day and I saw King David's dying words to his son Solomon. He told him to be strong and prove himself a man. I was interested to see what other people had written about this verse, only to find that nobody had. It seemed no one wanted to say what it is to be strong and a man. So let's try.



READ | 1 Kings 2:1-4, 2 Corinthians 10:3-6

BACKGROUND |

"Be strong" here refers to our mental strength rather than our physical strength. If you want to be a leader you have to be strong mentally. In fact Paul makes it plain in his writing that the battleground with Satan is often in our minds. The weapons that we have been given are to pull down strongholds in our minds. It is our wrong thinking that gets us into trouble. If we have a wrong impression of God or a wrong doctrine then it will affect the way we live and relate with God and those around us. Sometimes being strong mentally is simply about resisting the devil and submitting to God. We are constantly faced with temptations and have to be strong. Any sports team knows that we give up in our minds first.

QUESTIONS |

- 1 How do you "be strong" in your mind? Can you give an example?
- 2 Each one of us has areas of strength and areas of weakness. What would you say are areas where you are strong in your mind and what areas are harder for you?

INSTRUMENT PANEL

3 Is there an area that you are struggling with that your group could pray for and pull down the stronghold?

4 In your family, workplace or relationships, where do you need to be strong and what can you do to be stronger in these areas?

1 HUD Combiner Glass
2 Reticle Center
3 Alt. Strong/GWS Indicator
4 HUD Control Panel
5 Standby Attitude Indicator
6 Fuel/GOV Indicator
7 DUAL FC FAIL Warning Light (Red)
8 FWD/OIL PRESS Warning Light (Red)
9 CANOPY Warning Light (Red)
10 Engine Warning Light (Red)
11 Radio Channel/Frequency Indicator
12 Vertical Velocity Indicator
13 Oil Pressure Indicator
14 NO2 POS Indicator

CONSIDER THIS |

Today we have skill coaches, but we also have sports psychologists to enable people to perform their best at the top.

David knew what it was to be discouraged and discouragement is a tool from the enemy. David knew how to encourage himself in the Lord. He knew how to come into the presence of the Lord and pour it all out before God. David knew that God would surround him.

Developing these skills in our lives is crucial to being a man and being strong in a world that is full of discouragement and words of death and entrapment. We need to have victory.

MY RESPONSE AS A PROMISE KEEPER |

What do I need to apply from what I have learned from this study?

WRAP UP |

Share a victory that you have had where you feel you managed to conquer a negative feeling, discouragement or temptation and how you went about getting your mind lined up with the will of God.

IT'S TIME FOR PRAYER |