

## BE STRONG IN THE LORD

**Eph. 6:10--*"Finally, my brethren, be strong in the Lord, and in the power of his might."***

1. BE STRONG AND OF A GOOD COURAGE. *"Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest."* (Jos. 1:9).
2. REAL HEROES--MIGHTY MEN OF VALOUR.
  1. David's three mightiest men.
    1. *"And David said, Whosoever smitteth the Jebusites first shall be chief and captain. So Joab the son of Zeruiah went first up, and was chief."* (I Chrn. 11:6).
    2. *"...Jashobeam, an Hachmonite, the chief of the captains: he lifted up his spear against three hundred slain by him at one time."* (v. 11).
    3. And after him was Eleazar the son of Dodo, the Ahohite, who was one the three mighties. He was with David at Pasdammim, and there the Philistines were gathered together to battle, where was a parcel of ground full of barley; and the people fled from before the Philistines. And they set themselves in the midst of that parcel, and delivered it, and slew the Philistines; and the LORD saved them by a great deliverance." (vv. 12-13).
    4. These three broke through the host of the Philistines, to get David a drink of water from the well of Bethlehem.
  2. The next three mighty men.
    1. *"And Abishai the brother of Joab, he was chief of the three: for lifting up his spear against three hundred, he slew them, and had a name among the three. Of the three, he was more honourable than the two; for he was their captain: howbeit he attained not to the first three. (I Chrn. 11:20-21).*
    2. Benaiah the son of Jehoiada, the son of a valiant man of Kabzeel, who had done many acts; he slew two lionlike men of Moab: also he went down and slew a lion in a pit in a snowy day. And he slew an Egyptian, a man of great stature, five cubits high; and in the Egyptian's hand was a spear like a weaver's beam, and he went down to him with a staff, and plucked the spear out of the Egyptian's hand, and slew him with his own spear. These things did Benaiah the son of Jehoiada, and had the name among the three mighties. Behold, he was honourable among the thirty, but attained not to the first three: and David set him over his guard." (vv. 22-25).
3. OUR TRUST IS IN THE LORD.
  1. Jonathan and armour bearer - *"...there is no restraint to the LORD to save*

*by many or by few." (I Sam. 14:6).*

2. *"Woe to them that go down to Egypt for help; and stay on horses, and trust in chariots, because they are many; and in horsemen, because they are very strong; but they look not unto the Holy One of Israel, neither seek the LORD!" (Is. 31:1).*
3. Not by might, nor by power, but by my Spirit saith the Lord.
4. *"Some trust in chariots, and some in horses: but we will remember the name of the LORD our God." (Ps. 20:7).*
5. *"I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD, which made heaven and earth." (Ps. 121:1-2).*

#### 4. HOW DO WE MEASURE STRENGTH AND MIGHT?

1. How do you prove you are a man?
  1. It takes a man to say no.
  2. Takes a man to walk away.
  3. Takes a man to admit he was wrong--that he missed it; to say, "I'm sorry;" "please forgive me."
  4. Takes a man to humble himself before Almighty God--to cry out in repentance--to shed a tear.
  5. Takes a man to lay aside male ego--to say, "I love you."
2. It takes a strong person to stand up in the face of adversity.
  1. To say, "I will overcome; I will prevail; I will win; I will not give up; I will not give in; I will not be defeated, and I will not quit."
  2. It takes a strong person to get back up when you get knocked down.
3. Strength of character.

#### 5. AS FOR ME AND MY HOUSE---WE WILL SERVE THE LORD.

Men's Breakfast - July 16, 1994