

Series: **Stronger**

Topic: **Stronger than Adversity**

Date: **Sunday, 14<sup>th</sup> January, 2018**

It takes strength to go through adversity and stand strong; adversity is the measure/gauge for our strength. You don't know your capacity for unforgiveness until you're badly hurt. If you fall to pieces in crisis, there wasn't much to you in the first place – Proverbs 24:10 (MSG).

The question is: What is the degree to which I can survive problems? We must prepare for every stage of our lives; winds and storms are a part of life.

*“Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock. “But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand.*

– **Matthew 7:24-26 (NKJV)**

There is nothing we can do against adversity. Jesus only promised that we will come out of it. He (Jesus) did not promise us a problem free life but that problems will not overcome us. What kind of foundation are you building? How are you fortifying yourself?

The word ‘foundation’ has a critical component of strength. How are you building the foundation of your life? From Luke 11:21-22, we see that when a strong man, fully armed, guards his own palace, his goods are in peace; but when a stronger than he comes upon him and overcomes him, he takes from him all his armour in which he trusted, and divides his spoils. There is a strong man and there's a stronger man. Under God, we are supposed to be the stronger people.

In 1 Corinthians 16:9, the Apostle Paul acknowledged that a door was opened to him but there were many adversaries. It is our duty to deal with every adversary that confronts us! Paul fought with beasts (1 Corinthians 15:32). You cannot measure your strength if you are not using it for anything. On this planet, we wrought victory by confronting adversities and winning.

*“These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”*

– **John 16:33 (NKJV)**

There are three main areas of our lives that the devil loves to attack:

1. Wealth
2. Health
3. Marriage/relationships

Adversity will surely come but we can overcome through God as captured succinctly in Romans 8:35-39 (NKJV): *Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written: “For Your sake we are killed all day long; We are accounted as sheep for the slaughter.” Yet in all these things we are more than conquerors through Him who loved us. For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.*

There are no big problems anywhere, only people with small hearts! We need to trust God to strengthen and enlarge our hearts because the rain and storm will definitely come.

How we view adversity is directly proportional to our understanding of the source of our strength. God is not just the source of our strength, He is our strength.

There are different kinds of strengths:

1. Emotional strength,
2. Financial strength,
3. Intellectual strength, and
4. Spiritual strength, which is the most important.

When adversity comes in an area where your natural strength cannot measure up, failure becomes a possibility and that is where the God factor comes in. To build strength; have a revelation of God as your strength.

*'The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold. I will call upon the Lord, who is worthy to be praised; So shall I be saved from my enemies.*

– **Psalms 18:2-3 (NKJV)**

David suffered but His revelation of God's strength sustained him. His choice of words shows us the depth of his knowledge of God. For instance, he acknowledged God as His deliverer in Psalm 18 verse 2. David was able to walk with God and thus, gained strength in the process.

### **How to Build Strength like David:**

1. To build strength like David, you must walk in revelation knowledge of God as your strength. *'Those who do wickedly against the covenant he shall corrupt with flattery; but the people who know their God shall be strong, and carry out great exploits.'* – Daniel 11:32 (NKJV). David trusted in God and was preserved. We cannot trust in riches or wealth but in God! *'Israel also came into Egypt, And Jacob dwelt in the land of Ham. He increased His people greatly, and made them stronger than their enemies.'* – Psalms 105:23-24 (NKJV). God makes us stronger than our enemies.
2. Honour the covenant above all else and make God's Word the final authority in your life. Some important questions to ask are: How do I make decisions? Am I trusting in God's strength? David lived his life based on instructions from God; he didn't go to battles until after he had inquired from God.
3. Trust God in all things and for all things.
4. Be vulnerable before God especially about your weaknesses. David was open with God. There is nothing about you that God does not know. Also, you need to be vulnerable with at least one person you can trust – iron sharpens iron!
5. Become an unceasing worshipper. Praise is a critical weapon of warfare when dealing with adversity. When you lift a praise to God, you acknowledge Him as your strength. David was always praising God. David did so well in adversity such that God said the sceptre will not depart from his (David's) household. David won the heart of God with how he managed adversity.