

# CHRISTIAN FOUNDATIONS

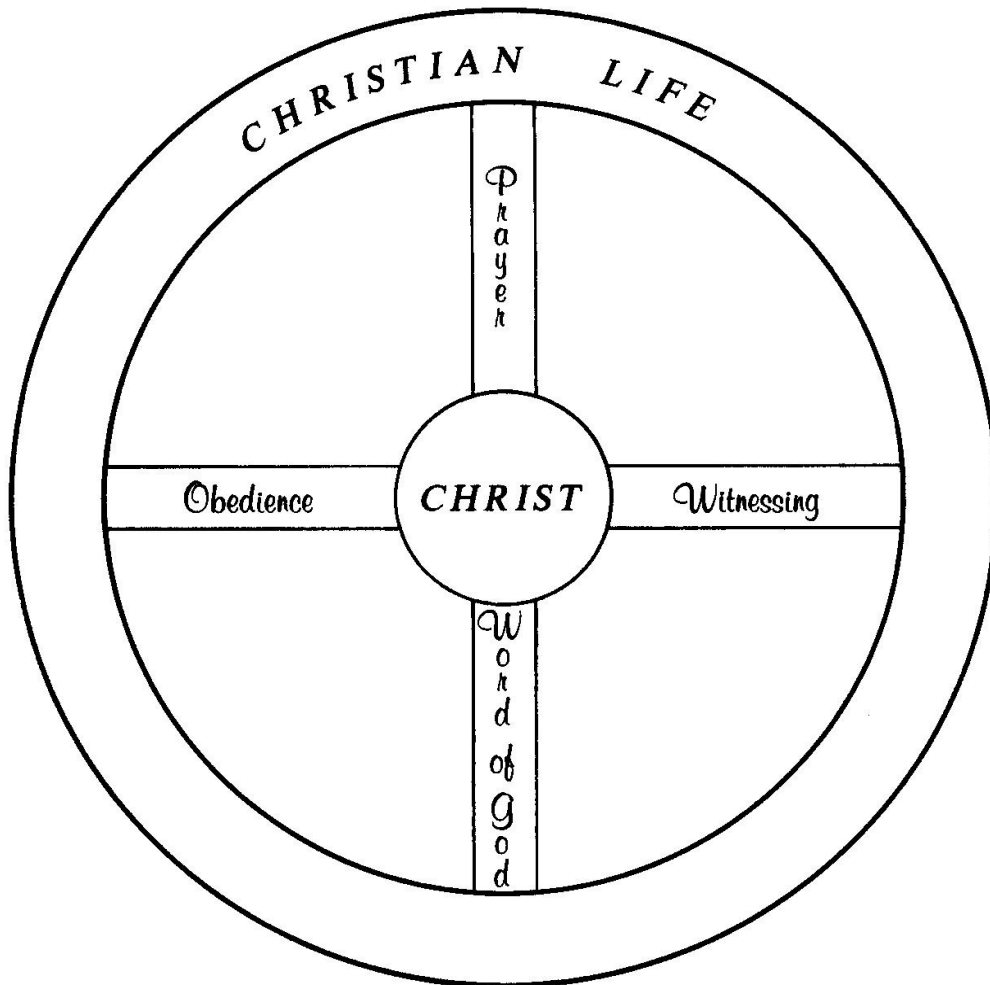
## LESSON 9

### WHERE DOES OUR STRENGTH COME FROM?

There are two things we must never forget. These two important things in your spiritual life are:

We can do all things through Jesus Christ.  
Jesus Christ must be in the center of our life.

One thing is found in Philippians 4:13. What is it?



We can do all things because Christ gives us strength. The other thing is that Jesus Christ must be the very center of our life.

Our life can be pictured like a wheel. Jesus Christ is the center of our life just as the hub is the center of the wheel. Our life is the outside or rim of the wheel. Then there are the parts that fasten the rim to the hub. These are called spokes. There are four of them in the Christian's life:

- the Word of God
- prayer
- obedience
- witnessing

Each spoke is needed to hold the wheel together. If one breaks, the whole wheel will break. We need to use all the spokes together if we are going to receive the power of Christ in our life. Jesus Christ, the hub, gives us power, Philippians 4:13. Jesus Christ, the hub, guides our life. He turns us in the direction He wants us to go. Read Psalm 32:8. It is through the spokes that He can keep us on a straight trail. He always leads us as we read the Word of God, as we pray, as we obey and as we witness.

What two things are important in your spiritual life?

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Through what four things does God give us the power of Christ?

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## **1. GOD'S WORD**

### **A. God's Word gives us life.**

The Word of God is called \_\_\_\_\_ in Luke 8:11. If we plant a seed it grows. If we sow the Word of God in the hearts of people it will grow. We sow the Word of God when we tell them of Jesus Christ, Romans 10:13,14. The Word of God shows them the way to Jesus Christ. Jesus Christ gives life to those who believe in Him. Therefore, we need to use the Word of God when we tell others about Jesus Christ.

The Word of God is the most important spoke in the wheel. It tells us how to pray. It tells us to obey God. It tells us how to witness.

### **B. God's Word feeds us.**

We get our spiritual food from the Word of God.

What kind of food do we read about in 1 Peter 2:2?

What does this food do for us?

Read Psalm 119:103. David wrote these words. What is the Word of God like?

David also tells us about a person who thinks of God's Word.

Now read Psalm 1:2,3. What is the person like who thinks much about the Word of God?

What will happen to him?

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What did Jeremiah think about the Word of God? Jeremiah 15:16

We need the Word of God to grow. We need the Word of God to have strength.

God's Word is like milk and honey. It is wonderful. The one who thinks about God's Word is like a tree planted by a river.

What does the Word of God do for us?

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- Protects us against sin.
- Teaches and guides us.

### **C. God's Word protects us against sin.**

What does the Word of God do for us when we learn it? Psalm 119:11

What is the Word of God like? Ephesians 6:17

It can be used to fight against sin and the devil. See how Jesus used it to fight against the devil when He was tempted in the wilderness, Matthew 4:11.

### **D. God's Word teaches and guides us.**

What does the Word of God do for us? 2 Timothy 3:16

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It is through the Word of God that the Holy Spirit can teach us and guide us, John 14:26. The Word of God tells us what is sin and what is not sin.

What does the Word of God do for us?

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## **2. PRAYER**

God wants to talk to us through His Word. He also wants us to talk to Him through prayer.

There are five kinds of prayer. Do you remember them? (Lesson 6).

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### **A. Prayer gives strength and help.**

What was David able to do because he called out to the Lord when he had trouble? Psalm 3:4-6

What did God do for the children of Israel when they called out to Him? Psalm 107:6,13,19

How does the prayer of a righteous man work? James 5:16

What was Elijah able to do? James 5:17,18

As we pray, we are given strength and help. The prayer of a righteous man has much power.

### **B. Prayer gives wisdom.**

How do we get wisdom? James 1:5

What did Solomon pray for when he became king? 1 Kings 3:9

Did God give him this understanding? 1 Kings 4:29-34

What is given to us when we pray?

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- guidance.

### **C. Prayer brings guidance.**

What kind of guidance did David ask for in Psalm 31:3,4?

Where did David ask God to lead him? Psalm 25:5

Where do we ask God to lead us? Psalm 139:23,24

There is one thing we want God to lead us away from. What is this thing? Matthew 6:13

We are to ask God to lead us in the way everlasting. David asked God to guide him out of danger and in God's truth. We are also to ask God to lead us away from temptation. We are to ask God to show us His path for our Christian life. As we pray to Him, He will guide us from His Word, or through the Holy Spirit or even through the things that happen around us.

Prayer is needed to give us strength, wisdom and guidance. Prayer is the thing that fastens us to Christ. It is one spoke in the wheel between Christ and the Christian.

Write the four things we are given when we pray.

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### **3. OBEDIENCE**

#### **A. If we love, we obey.**

We have learned that our strength comes from Jesus Christ, Philippians 4:13. Christ gives us the strength to obey God. We should love Christ because He loves us and has done so much for us.

If we love Christ, what will we do? John 14:21

If we love Christ, what will we do? John 14:23

Why should we obey Christ?

#### **B. If we obey, Christ can guide us.**

Christ will not tell us what to do next until we obey what He has already told us to do. When we disobey Christ, we drift away from Him. We drift away like an empty boat drifts down the river. When we are far away from Him He cannot guide us, Isaiah 40:31.

If we obey, how will Christ help us?

#### **C. If we obey, Christ gives us strength.**

Who is working in our life? Philippians 2:13

What does He help us to do?

If we do not let Him help us, then we cannot be strong in our spiritual life. God wants to help us do what is pleasing to Him.

Jesus Christ has given us the Holy Spirit. The Holy Spirit lives in Christians. The Holy Spirit is called the "Comforter". The word "Comforter" really means, "One called beside to help", John 14:26. He tells us what God wants us to do. He gives us strength to obey. This makes us strong in our spiritual life.

Why should we obey Christ?

If we obey, how will Christ help us?

If we obey, what will Christ give us?

## **4. WITNESSING**

### **A. Witnessing makes Christians strong.**

If we sit around all day for many days, we will become weak and sick. We must go out and work to keep strong and well. So it is with our spiritual life. We must do something for God to become strong Christians.

What are we told to do in Matthew 28:18-20; Acts 1:8?

God wants us to tell others how Jesus Christ saved us. He wants us to tell them, "Jesus can save you, too." This is called witnessing for Christ. A Christian witness is a person who tells others what God has done for him, 1 John 1:1-3. As we witness for Christ, we will be strong in our spiritual life.

Why should we witness for Christ?

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- To keep us fresh and pure.
- To obey God's command.

### **B. Witnessing keeps Christians fresh and pure.**

We need to study the Word of God and then tell others what we have learned. If we never tell others, we become like a man who eats too much and never works. Then we will not enjoy reading God's Word. If we tell others what we have learned from the Bible, we will need to study more of the Bible. Then we can answer people's questions.

This is like a river flowing through a lake. The water in the lake stays fresh and pure. However, where a river runs into a lake and cannot get out, the water becomes old and stale. Nothing can live in such a lake. If we do not witness to others, we become like old stale water. We

cannot help others. May God help us to have a pure and fresh life so we can help others find Jesus.

Why should we witness for Christ?

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- To obey God's command.

### **C. Witnessing is commanded by God.**

Read 2 Corinthians 5:18-20. What does God want us to do?

Now read Matthew 5:13-16. Tell in your own words why we should witness.

Look at these four spokes:

- the Word of God
- prayer
- **obedience**
- witnessing

We see that every one of them must work in our life. When the four spokes are working, others can see that we are Christians. We will be strong enough for God to use us to bring others to Him.

Why should we witness for Christ?

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### **MEMORY VERSE**

**Memorize:** Philippians 4:13.



## DO YOU REMEMBER?

1. What two things are important in your spiritual life?

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2. Through what four things does God give us the power of Christ?

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3. What does the Word of God do for us?

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4. Write the four things we are given when we pray.

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5. Why should we obey Christ?

If we obey, how will Christ help us?

If we obey, what will Christ give us?

6. Why should we witness for Christ?

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### **WORDS TO LEARN**

1. Comforter - 1) one who gives relief or rest in sorrow or trouble. 2) one called beside to help.
2. fasten - to tie together.
3. hub - center of the wheel.
4. rim - the outside part of the wheel; the part that goes on the ground.
5. stale - not fresh; old, too bad to be used.
6. wisdom - using what we know in the right way.
7. witness - to tell what we know or have seen or heard.

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