



## Spiritual Strength – Week 3

### DISCUSSION GUIDE

#### Overview

In the third message of our *Fearless* series, we discuss the power of spiritual strength and how we can use this strength to live an overcoming, supernatural life.

#### Discussion Questions

The Holy Spirit gives us the strength we need to live the Christian life, even when we are surrounded by immorality and activities that do not align with God's Word. **Psalm 28:7** says, **"The Lord is my strength and my shield; My heart trusted in Him, and I am helped; Therefore my heart greatly rejoices, And with my song I will praise Him."** We walk not according to our strength, but in the power of the Holy Spirit.

- Share a time when you had to rely on the strength of the Lord to get through a challenging situation.

Just like we gain physical strength by going to a gym, exercising, and eating certain foods, there are steps we can take to increase and maintain our spiritual strength.

- What are some ways that you "workout" spiritually?

#### Three Keys to Living Strong

1. Enduring perseverance.

**1 Thessalonians 3:3** says, **"that no one should be shaken by these afflictions; for you yourselves know that we are appointed to this."** An affliction is something that causes pain or suffering. Paul is saying in this verse that we should not get shaken by challenging situations. We have the strength of the Lord to walk through and endure. Paul is encouraging Christians to not get discouraged and keep moving forward. Instead of focusing on our problems, we should focus on our problem solver, Jesus.

- Do you ever feel your faith weaken? What can you do to strengthen your faith during these times?

- How can we persevere through hard times?
2. Radiant holiness.
- 1 Thessalonians 4:7-8** says, “**For God did not call us to uncleanness, but in holiness. Therefore he who rejects *this* does not reject man, but God, who has also given us His Holy Spirit.**” Paul reminds us that we are called to live holy, and it is the Holy Spirit Who gives us the strength to walk in holiness.
- What are some areas of your life that you struggle and need the Holy Spirit’s help?
3. Brotherly love.
- 1 Thessalonians 4:9-10** says, “**But concerning brotherly love you have no need that I should write to you, for you yourselves are taught by God to love one another; and indeed you do so toward all the brethren who are in all Macedonia. But we urge you, brethren, that you increase more and more.**” Paul tells us to increase in brotherly love more and more. Allow the love of God to flow through you as you love others. The way we love others will show the world that we are different.
- How can we show love to others when it is difficult to love them?

## Life Challenge

Paul clearly shows us how to live spiritually strong in difficult times. We need the power of the Holy Spirit. Ask the Holy Spirit to give you the strength that you need. Endure perseverance, radiant holiness, and show brotherly love. Spend time with God this week and ask for His power and strength.

## Prayer

*Lord, we thank You for all that You have done for us. Help us to examine our lives for any unclean or unholy activities or thoughts. Give us the spiritual strength that we need to live a clean and holy life. Amen.* Pray for the specific needs of the group.