



# Grace Fellowship of Morehead, KY

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## **BE** *Don't Be Overwhelmed* **STRONG**

*Series preached between October 10 thru November 14, 2021.*

### Joel 2:1-7

- 1 **Blow ye the trumpet in Zion**, and sound an alarm in my holy mountain: let all the inhabitants of the land tremble: for the day of the LORD cometh, for it is nigh at hand;
- 2 A day of darkness and of gloominess, a day of clouds and of thick darkness, as the morning spread upon the mountains: **a great people and a strong; there hath not been ever the like, neither shall be any more after it**, even to the years of many generations.
- 3 A fire devoureth before them; and behind them a flame burneth: the land is as **the garden of Eden before them**, and behind them a desolate wilderness; yea, and nothing shall escape them.
- 4 The appearance of them is as the appearance of horses; and as horsemen, so shall they run.
- 5 Like the noise of chariots on the tops of mountains shall they leap, like the noise of a flame of fire that devoureth the stubble, **as a strong people set in battle array**.
- 6 Before their face the people shall be much pained: all faces shall gather blackness.
- 7 **They shall run like mighty men**; they shall climb the wall like men of war; and they shall march every one on his ways, **and they shall not break their ranks**:

Of course we know Joel is a book that is describing the end times.  
“Zion” is talking about the church!

**NOTICE:** One of the descriptions of ZION at the end times is STRONG!  
Powerful, not feeble, not backing away, mighty!

**ILLUSTRATION:** “Strong like has never been seen”...I got to thinking of the Avengers, the Justice League and other superheroes!

When evil runs amuck...they rise up and fight evil and win.

That is EXACTLY what Joel 2 sounds like...a bunch of superheroes will arise!

**EXCEPT it has NOTHING** to do with a comic book or movie screen hero...He is talking about you and I...the church! We are the superheroes that are going to defeat evil!  
We are the superheroes that are going to introduce peace to the world!

Joel 3:16 – “The **LORD also shall roar out of Zion**, and utter his voice from Jerusalem; and the heavens and the earth shall shake: but the LORD will be the hope of his people, **and the strength of the children of Israel.**”

This is NOT to be our weakest time...but our strongest.

This is NOT to be a time of drawing back...but taking ground!

**This is NOT a time** to be feeble and drained and overwhelmed...but a time to stand strong and be a force!

**BELOVED:** God wants His church STRONG!

There is NO DOUBT that this is talking about revival and the church being at its finest point in history!

A lot of time when people are feeling overwhelmed they disguise it with commotion... excitement...distractions.

**EXAMPLE:** Something happens that rocks a church or a ministry...something major! Instead of dealing with root issues (heart, overwhelmed, etc.) they immediately start going after exciting, riveting things (revival, etc.)...not necessarily bad, but just high emotionally!

**THEREFORE:** They have covered up the overwhelming hurt and frustration caused by the event that rocked the church or ministry.

**So,** you have a lot of OVERWHELMED people...drained...trying to move into revival, but masking their overwhelmed and drained emotions...trying to move forward!

**BELOVED:** What they don't understand is that it will be close to impossible to move forward because they are still broken! Which makes what they are trying to build, being built on a broken foundation.

**THINK ABOUT** the children of Israel...the strength of Almighty God brought them out of Egypt...but they were unable to move into the PROMISED LAND until the brokenness of 400 years of Egypt was dealt with.

This isn't talking about a church that is strong in earthly or natural strength...sure it will manifest in the natural, but He wants them strong in the Lord, in the things of God, by God.

Isaiah 31:1 – “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!”

There is nothing wrong with good music, good speaking, light shows, etc...but when that is what makes you successful...you are in trouble!

**QUESTION:** How did the Israelites get out of Egypt?

Exodus 13:3,14-16

- 3 And Moses said unto the people, Remember this day, in which ye came out from Egypt, out of the house of bondage; for by strength of hand the LORD brought you out from this place: there shall no leavened bread be eaten.
- 14 And it shall be when thy son asketh thee in time to come, saying, What is this? that thou shalt say unto him, By strength of hand the LORD brought us out from Egypt, from the house of bondage:
- 15 And it came to pass, when Pharaoh would hardly let us go, that the LORD slew all the firstborn in the land of Egypt, both the firstborn of man, and the firstborn of beast: therefore I sacrifice to the LORD all that openeth the matrix, being males; but all the first born of my children I redeem.
- 16 And it shall be for a token upon thine hand, and for frontlets between thine eyes: for by strength of hand the LORD brought us forth out of Egypt.

Numbers 23:22 – “God brought them out of Egypt; he hath as it were the strength of an unicorn.”

Numbers 24:8 – “God brought him forth out of Egypt; he hath as it were the strength of an unicorn: he shall eat up the nations his enemies, and shall break their bones, and pierce them through with his arrows.”

**“Unicorn”** – either a rhino or a wild bull, the now extinct Aurochs, formidable for its size, strength, speed, and ferocity.

Habakkuk 3:19 – ***“The LORD God is my strength, and he will make my feet like hinds' feet, and he will make me to walk upon mine high places.”*** To the chief singer on my stringed instruments.

Psalms 29:11 – “The LORD will give strength unto his people; the LORD will bless his people with peace.”

Strength is connected to peace! Shalom!

A lot of people don't have peace...because you are running out of strength.

Psalms 30:7 – “LORD, by thy favour thou hast made my mountain to stand strong: thou didst hide thy face, and I was troubled.”

**NOTE:** God's strength is a part of the favor of God.

1 Corinthians 16:13 – “Watch ye, stand fast in the faith, quit you like men, be strong.”  
**(NASB)** – “Be on the alert, stand firm in the faith, act like men, be strong.”

God wants His people strong, so He can be who He needs to be.

***It is even more so in the end times!***

**ILLUSTRATION:** Running a marathon. You can start out good, but if you get drained towards the end or if you quit...you will not win! You will not finish!  
(1 Corinthians 9:24 – run to obtain the prize.)

Galatians 6:9 – “And let us not be weary in well doing: for in due season we shall reap, if we faint not.”

Even more so in this time period...the enemy is trying to get us to quit...we **MUST** stay strong!

**ILLUSTRATION:** The World's Strongest Man competition. Some very LARGE men competing to see who is the strongest.

The last competition is usually what is called the Atlas Stones. It is five stones that range between 220 to 350 pounds and the men have to lift the stones from the ground onto a four foot pedestal...who can do it fastest...who can do it at all!

Here is the thing...it is the last competition of several they have done! They are already tired. The first stone is “somewhat light” and they struggle to get it up...the second one is heavier, but seems a lot heavier and they struggle more...the third, fourth and fifth most of the men are zapped completely and the things they could have done easily at ONE POINT, they now struggle to do or cannot do at all!

## Be Strong and of Good Courage

We know that this is big at the beginning of Joshua and we are familiar with the understanding of being obstinate...standing strong...not moving!

Don't let the enemy convince you of something that you are not.

Don't let the enemy move you.

Don't let the enemy discourage you.

When the people of God were ready to do something big...God would give this direction...exact same direction.

- ~ When Joshua is put in charge. Can he do what Moses did? Deuteronomy 31 (3 times)
- ~ When the children of Israel were ready to move into the promised land? Can we really do it? (4 times)
- ~ As Joshua was taking out the five kings of the Amorites.
- ~ When Solomon was being charged with building the temple.
- ~ When Solomon was becoming king and taking over.

**INTERESTING:** David was always feeling drained.

Psalm 22:14,15

14 I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels.

15 My strength is dried up like a potsherd; and my tongue cleaveth to my jaws; and thou hast brought me into the dust of death.

Psalm 39:13 – “O spare me, that I may recover strength, before I go hence, and be no more.”

Psalm 88:4 – “I am counted with them that go down into the pit: I am as a man that hath no strength.”

**We know that** David didn't STOP WITH these feelings...because he knew this...

Psalm 31:24 – “Be of good courage, and he shall strengthen your heart, all ye that hope in the LORD.”

If HIS EXPECTANCY was in the Lord...he could stand strong and watch things change!

**BELOVED:** God is wanting His church to be strong...but so many Christians are getting drained...overwhelmed...anxiety ridden...stressed!

Proverbs 24:10 – “If thou faint in the day of adversity, thy strength is small.”

When the battle comes at you...and you faint or quit...you know your strength is small.

**PERHAPS:** Talk about the difference between Kentucky and Florida players back 20 years ago versus today!

Kentucky was big, they were NOT as strong!

The enemy brings battles and trials to weaken you.

Just like the world's strongest man! **Who can keep going when they have taken every shot the opposition could throw at you.**

**ILLUSTRATION:** When I was a kid, one of my favorite football players was Kellen Winslow, San Diego Chargers. He was a tight end...probably the best in the league at that time and the main target for his quarterback (Dan Fouts). In 1981 they were playing Dan Marino and the Miami Dolphins in the wildcard round of the playoffs (first round); and it was going to be a shootout and if San Diego was going to win they would need their main man.

Through out the game Kellen Winslow would suffer injury after injury:

- ~ Pinched nerve
- ~ Dehydration
- ~ Severe cramps
- ~ Busted lip (had to get stitches mid game)
- ~ Got a couple IV's to help with the dehydration and cramps.
- ~ At the end of the game he had to be helped off the field by two of his teammates.

Yet, during that game he caught 13 passes for over 160 yards...a touchdown...and as time expired in regulation he busted through the line and blocked a field goal that would have won Miami the game.

***He won the victory because he wouldn't stop!***

1 Kings 19:1-4 (after defeating the prophets of baal)

- 1 And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword.
- 2 Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by tomorrow about this time.
- 3 And when he saw that, ***he arose, and went for his life***, and came to Beersheba, which belongeth to Judah, and left his servant there.
- 4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: ***and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers.***

Elijah had just done something HUGE against the enemy.

He gets word that Jezebel is going to kill him.

He gets overwhelmed (drained) and wants to die!

God had many things left for him to do...but the enemy wanted him to quit.

That is the way it is with the end time church...so many things to do, but an attack on the church to quit!

Too many are feeling overwhelmed...becoming overly acquainted with your weakness! You are drained!

## Quick Insert

You may still be saying, "Pastor Thad, I get it! We need to be strong!"

You have taken five weeks (on week 6) talking about being strong!

**BUT**, how important is it really?

Genesis 25:29-34

29 And Jacob sod pottage: and Esau came from the field, and he was faint:

30 And Esau said to Jacob, Feed me, I pray thee, with that same red pottage; for I am faint: therefore was his name called Edom.

*"Faint"* - drooping; hence, feeble; weak; heavy; dull; indisposed to exertion.

Had nothing! Was ready to drop! He had lost ALL strength!

31 And Jacob said, Sell me this day thy birthright.

32 And Esau said, Behold, I am at the point to die: and what profit shall this birthright do to me?

33 And Jacob said, Swear to me this day; and he sware unto him: and he sold his birthright unto Jacob.

34 Then Jacob gave Esau bread and pottage of lentiles; and he did eat and drink, and rose up, and went his way: thus Esau despised his birthright.

Because of lack of strength...he was willing to give up his inheritance!

Joshua 1:6 – "Be strong and of a good courage: for unto this people shalt thou divide for an inheritance the land, which I sware unto their fathers to give them."

The first thing that God tells Joshua to be STRONG and of GOOD COURAGE about is HIS INHERITANCE! Don't give up on it! Don't let up!

All authority! Power! All the blessings are yours!

But when you lose your strength...you will be ALL TO QUICK to give up on fighting for those things!

Keep standing, keep fighting, keep moving!

## Become Strong

God isn't going to just tell to TRY HARDER...QUIT BEING A BABY!

Many people just knock on people who are drained and overwhelmed...that isn't how God is...

He is going to give you ways to be strengthened...and be with you in it all!

Psalm 84:5-7 (This Psalm was written during Absalom's rebellion to the throne)

**5** *Blessed is the man whose strength is in thee; in whose heart are the ways of them.*

*"Blessed"* – empowered to prosper

**6** *Who passing through the valley of Baca make it a well; the rain also filleth the pools.*

*“Valley of Baca”* – means weeping, valley in Palestine where there was no water and very gloomy; however they had to pass through it on the way to worship.

**THEREFORE:** It represents situations in life that are dry!

**QUESTION:** What do you need when you are going through the dry (drained) areas of life?

**ANSWER:** The strength of God! Doing things His ways!

**QUESTION:** What happens when God is their strength?

**(AMP)** – “Passing through the Valley of Weeping (Baca), they make it a place of springs; the early rain also fills [the pools] with blessings.”

**(PASSION)** – “Even when their paths wind through the dark valley of tears, they dig deep to find a pleasant pool where others find only pain. He gives to them a brook of blessing filled from the rain of an outpouring.”

**NOTICE:** The children of Israel in the wilderness, when they made God their strength... enjoyed benefits...while in the wilderness!

**7** *They go from strength to strength, every one of them in Zion appeareth before God.*

God will not let up on you! You will go from strength to strength!

**(PASSION)** – “They grow stronger and stronger with every step forward, and the God of all gods will appear before them in Zion.”

**BELOVED:** When you find yourself drained...keep doing what you know to do and you will get stronger and stronger!

**ILLUSTRATION:** A while back I was frustrated with my iPad. It has a little bit of age on it and it has been used A LOT! One of the things that happens with them the longer you use it is the battery goes bad...therefore, it drains easier!

Very frustrating, when you need 100% to get through a two hour church service (music, sermon, etc.)...then I would get done it would be VERY LOW.

I felt like I needed to get used to it, until I got a brand new iPad...I had no choice. **HOWEVER:** One day while scrolling through the internet I found a quick fix to refresh a battery. So, I did the simple fix! GUESS WHAT? It worked. It didn't drain as slowly...It charged quicker!

So, now when I notice my iPad draining quicker...I run that simple fix and it refreshes the battery.

**UNDERSTAND:** Too many Christians are so used to living run down and drained! Overwhelmed by life! They just feel they need to get used to it!

But God gives us several things that we can do to refresh ourselves and strengthen ourselves, so we can keep going and become stronger!

**POSSIBLE ILLUSTRATION:** Charging your phone. Most of us would not think about going out of the house without charging our phone.

Well, what about ourselves?

God gives us the tools to be stronger!

**We love to pray...** "Lord, make me stronger." But he gives you the tools!

We are going to take a look at several areas that will take you from being drained to being strong!

That will keep you strong in the middle of battles.

### 1.) **Watch what you say!**

Joel 3:10 – "Beat your plowshares into swords, and your pruninghooks into spears: let the weak say, I am strong."

When you are preparing for war...and you feel weak and drained!

Change what you say...don't talk about what you feel!

Don't talk about your mountains...talk to your mountains.

Don't talk about what you see...talk about what you are believing for!

Ezekiel 37:3,4 – Valley of Dry bones!

3 And he said unto me, Son of man, can these bones live? And I answered, **O Lord GOD, thou knowest.**

4 Again he **said unto me, Prophecy upon these bones**, and say unto them, O ye dry bones, hear the word of the LORD.

Don't say something that you know God doesn't agree with!

He was commanded to do one thing...speak to the boned!

**BELOVED:** So often we think that it is a suggestion when God tells us to watch our mouths. That we can or we don't have to...but beloved God says it is the only way you can go from drained to strong!

It is not a choice...it is a command for us to speak to our situation!

**THINK ABOUT IT:** Once the bones came together...the muscles came on them!

Psalms 19:14 – "Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer."

Psalms 77:14 – "Thou art the God that doest wonders: thou hast declared thy strength among the people."

**NOTE:** We need to speak what God speaks...strength!

If you keep speaking what you see...you will keep getting what you have!

### 2.) **Look to the Mountain! Look to God!**

Again, we have seen time and again...we are not looking at just natural remedies...we want to get our help from the Lord.



Psalm 121:1-4

- 1 I will ***lift up mine eyes unto the hills***, from whence cometh my help.  
JERUSALEM is on a hill...that is where the ark was! The presence!  
It could also be a type of heaven!
- 2 ***My help cometh from the LORD***, which made heaven and earth.
- 3 ***He will not suffer thy foot to be moved***: he that keepeth thee will not slumber.
- 4 Behold, he that keepeth Israel shall neither slumber nor sleep.

**THINK ABOUT SAMSON:** His strength took down the enemy in their depravity!  
(Judges 16)

He had been DRAINED of his strength...but got recharged by looking to God!

Judges 16:28 – “And Samson called unto the LORD, and said, O Lord GOD, remember me, I pray thee, and strengthen me, I pray thee, only this once, O God, that I may be at once avenged of the Philistines for my two eyes.”

Psalm 105:4 – “Seek the LORD, and his strength: seek his face evermore.”

When the ark of the covenant was brought back into Jerusalem...David sang a song of thanksgiving!

1 Chronicles 16:11 – “Seek the LORD and his strength, seek his face continually.”

1 Chronicles 16:27 – “Glory and honour are in his presence; strength and gladness are in his place.”

**BELOVED:** Get your attention on God and His system...not on the thing that is in front of you!

### 3.) **Wait on Him!**

Isaiah 40:28-31

- 28 Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, ***fainteth not***, neither is weary? there is no searching of his understanding.
- 29 ***He giveth power to the faint***, and to ***them that have no might he increaseth strength***.
- 30 Even the youths shall faint and be weary, and the young men shall utterly fall:
- 31 ***But they that wait upon the LORD shall renew their strength***; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

**UNDERSTAND:** This does NOT mean to also sit around and do nothing...but it does mean to let Him do His thing!

Sometimes the hardest time for us is the point between AMEN and THERE IT IS! When the growing is happening!

Psalm 59:9 – “Because of his strength will I wait upon thee: for God is my defence.”

Psalm 27:14 – “Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.”

**NOTICE:** How much STRENGTH is connected to waiting!

Think about how much waiting David had to do in his pursuit of the throne! But the throne came!

Matthew 26:41 – “Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.”

Watch and pray...your flesh is weak...watch and pray!

#### 4.) **Correct what is wrong!**

Psalm 31:10 – “For my life is spent with grief, and my years with sighing: *my strength faileth because of mine iniquity*, and my bones are consumed.”

We know that David wasn't a heathen sinner, horrible person!

**HOWEVER:** He knew his heart and He knew there were things in there that shouldn't be.

If you are doing some horrible, sinful thing...STOP!

That is what is draining you!

You may be just doing things that you know are wrong, but you have been doing them anyway...

~ Skipping church!

~ Not tithing!

~ Not prioritizing things of God!

...STOP! Correct what is wrong!

**BELOVED:** You cannot assume that when the Bible tells us to do something that it applies to everyone except for you...that it applies to everyone's situation except for yours!

**REMEMBER:** How much the children of Israel, in the OT, decided to do things their own ways and prioritize their comfort and pleasures and brought themselves under bondage!

There was an easy way out...STOP and change course!

#### 5.) **Walk by Faith!**

**NOW...**you are going to notice that a lot of these points flow together. Many could be sub points of other main points, but I want to note each one of them individually.

And this is one of those points!

Much of what we are talking about would describe faith...but I want faith to stand alone and say...

2 Corinthians 5:7 – “For we walk by faith, not by sight:”

Hebrews 11:33-35a

33 Who through faith subdued kingdoms, wrought righteousness, obtained promises, stopped the mouths of lions,

34 Quenched the violence of fire, escaped the edge of the sword, *out of weakness were made strong*, waxed valiant in fight, turned to flight the armies of the aliens.

35 Women received their dead raised to life again:

In the Old Testament, during the Exodus out of Egypt...there were two men who showed us how to stand up to over 2 to 3 million people. That is some strength!

Numbers 13 (just refer to it) – Joshua and Caleb!

**UNDERSTAND:** Caleb didn't deny what he saw with his human eyes...but he set his focus on what God saw!

Numbers 13:30 – “And Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it.”

(Numbers 14:6-9)

Numbers 14:24 – “But my servant Caleb, because he had another spirit with him, and hath followed me fully, him will I bring into the land whereinto he went; and his seed shall possess it.”

A spirit of faith!

Joshua 14:6-12

6 Then the children of Judah came unto Joshua in Gilgal: and Caleb the son of Jephunneh the Kenezite said unto him, Thou knowest the thing that the LORD said unto Moses the man of God concerning me and thee in Kadeshbarnea.

7 Forty years old was I when Moses the servant of the LORD sent me from Kadeshbarnea to espy out the land; and I brought him word again as it was in mine heart.

8 Nevertheless my brethren that went up with me made the heart of the people melt: ***but I wholly followed the LORD my God.***

9 And Moses sware on that day, saying, Surely the land whereon thy feet have trodden shall be thine inheritance, and thy children's for ever, because thou hast wholly followed the LORD my God.

10 And now, behold, the LORD hath kept me alive, as he said, these forty and five years, even since the LORD spake this word unto Moses, while the children of Israel wandered in the wilderness: and now, lo, I am this day fourscore and five years old.

11 ***As yet I am as strong this day as I was in the day that Moses sent me: as my strength was then, even so is my strength now, for war, both to go out, and to come in.***

12 ***Now therefore give me this mountain,*** whereof the LORD spake in that day; for thou heardest in that day how the Anakims were there, and that the cities were great and fenced: if so be the LORD will be with me, then I shall be able to drive them out, as the LORD said.

85 years old and hasn't lost any strength! Ready to rumble!

Why? Because of the spirit of faith...he walked by faith!

Abraham was too old to have kids, but

Romans 4:19,20

19 And being not weak in faith, he considered not his own body now dead, when he was about an hundred years old, neither yet the deadness of Sara's womb:

20 He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God;

**NOTE:** It didn't just take Abraham's strength in faith...

Hebrews 11:11 – “Through faith also Sara herself received strength to conceive seed, and was delivered of a child when she was past age, because she judged him faithful who had promised.”

**QUESTION:** What is the main way you grow in faith?

Romans 10:17 – “So then faith cometh by hearing, and hearing by the word of God.”

**6.) Get in the Word!**

Whether it be through reading the Bible...listening to anointed messages...reading anointed books...get the Word inside of you!

Psalms 119:28 – “My soul melteth for heaviness: strengthen thou me according unto thy word.”

**(MSG)** – “My sad life's dilapidated, a falling-down barn; build me up again by your Word.”

**(PASSION)** – “My life's strength melts away with grief and sadness; come strengthen me and encourage me with your words.”

The more you get in the Word...the stronger you will become!

In 1 Samuel 28...Samuel is dead...the Philistines set to go to war against Israel and Saul. Saul wants to hear from God, but God is not answering him. So, Saul gets frustrated and goes to a medium to bring up the ghost of Samuel.

Samuel gets upset with Saul and tells him his kingship is over...the Philistines will win the battle and Saul and his sons will die!

1 Samuel 28:20 – “Then Saul fell straightway all along on the earth, and was sore afraid, because of the words of Samuel: ***and there was no strength in him; for he had eaten no bread all the day, nor all the night.***”

1 Samuel 21, David is on the run! He goes by to see the priest! He and his men are tired and David immediately asks for BREAD!

He knew where his strength came from!

**LISTEN:** You are not drained because you've gotten too much Word in you! You are drained because you don't run to the Word, you run to Face Book or the internet, or Twitter, etc.

**EXTRA THOUGHT:** Think about the ARMOR OF GOD...given to us to make us stronger! But each of those things (salvation, faith, righteousness, etc.) comes from the Word! You will have no more armor on, then you have Word in you!

Ephesians 6:10 – “Finally, my brethren, be strong in the Lord, and in the power of his might.”

**7.) Joy of the Lord!**

Nehemiah 8:10 – “Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; ***for the joy of the LORD is your strength.***”

**BELOVED:** Perhaps what you need to do when you are feeling drained is to simply laugh!

Psalm 16:11 – “Thou wilt shew me the path of life: *in thy presence is fulness of joy*, at thy right hand there are pleasures for evermore.”

Psalm 96:6 – “Honour and majesty are before him: *strength and beauty are in his sanctuary.*”

So, the FULNESS of JOY and STRENGTH are in His presence!

**QUESTION:** How do we enter into His presence?

Psalm 100:4 – “Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.”

## 8.) Praise & Worship

**BELOVED:** Do you want to move out of your drained, overwhelmed feelings? *Put your worship on!*

**WE KNOW** that praise and worship is more than a song! It is simply the identifying of ALL that God is and being overwhelmed by it! It is ascribing His worth!

**HOWEVER:** There are clear cut ways that the Bible shows us to worship.

Psalm 59:17 – “Unto thee, *O my strength, will I sing: for God is my defence*, and the God of my mercy.”

Because God is my strength...I will sing!

*“Sing” – zamar* – to make music in song with instruments!

Psalm 81:1 – “*Sing aloud unto God our strength*: make a joyful noise unto the God of Jacob.”

*“Sing” – ranan* – singing/shouting for joy...ringing (loud)

**THINK ABOUT** the freedom you have in your car...jamming to your music...singing loudly! Now, think about doing that being overcome by the presence and majesty of God.

**YOU MAY SAY**, “Well, I would never!” Hmmm...well...

**BELOVED:** There is value in cooperate worship! We know that and should do that! Absolutely! But you always need to put your garment on!

Isaiah 52:1 – “Awake, awake; *put on thy strength, O Zion; put on thy beautiful garments, O Jerusalem*, the holy city: for henceforth there shall no more come into thee the uncircumcised and the unclean.

**NOTICE:** His strength is found in his garments!

**BACKGROUND:** Jerusalem is there represented as down-trodden in the dust before her enemies. Here she is described under the image of a female that had been clad in the garments of mourning, and she is now called on to arise from this condition, and to put on the garments that would be indicative of gladness and of joy.

Isaiah 61:3 – “To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, *the garment of praise for the spirit of heaviness*; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified.”

**BELOVED:** The thing that has you drained and down...take it off and put on praise!  
We must be in a continual state of creating God's atmosphere on the earth...changing every atmosphere around us! We do that with being in a continual state of praise and worship!

Exodus 15:1,2

- 1 Then sang Moses and the children of Israel this song unto the LORD, and spake, saying, I will sing unto the LORD, for he hath triumphed gloriously: the horse and his rider hath he thrown into the sea.
- 2 The LORD is my ***strength and song***, and he is become my salvation: he is my God, and I will prepare him an habitation; my father's God, and I will exalt him.

God is NOT just our strength...He is our song!

**REMEMBER:** The children of Israel got through the wilderness with God's strength... therefore, the song was essential.

**PROBLEM:** Here is where most people miss is when the praise and worship for strength or for the victory (healing, etc.).

They get caught up trying to get healed.

**IN OTHER WORDS:** They praise from the place of the victim.

**BELOVED:** God has already done the work! He has already given us the victory! The work is done!

So we are praising from the place of victory! The game has already been decided! The enemy is trying to get you to forfeit!

2 Chronicles 20

- 3 ***And Jehoshaphat feared***, and set himself to seek the LORD, and proclaimed a fast throughout all Judah.

**NOTICE:** the enemy had attacked his strength! He seeks the Lord!  
vs. 12 – "We have no might..."

***Then speaks and gives us some key pointers in our battles:***

- 15 And he said, Hearken ye, all Judah, and ye inhabitants of Jerusalem, and thou king Jehoshaphat, Thus saith the LORD unto you, Be not afraid nor dismayed by reason of this great multitude; ***for the battle is not yours, but God's.***
  - 1.) The battle is the Lords!
- 16 To morrow go ye down against them: behold, ***they come up by the cliff of Ziz***, and ye shall find them at the end of the brook, before the wilderness of Jeruel.
  - 2.) He already has the details against the devils schemes.
- 17 ***Ye shall not need to fight in this battle:*** set yourselves, ***stand ye still, and see the salvation of the LORD with you***, O Judah and Jerusalem: fear not, nor be dismayed; to morrow go out against them: for the LORD will be with you.
  - 3.) We don't have to actually do the fighting. We stand in victory! We just can't run out of strength.
  - 4.) We can stand confident and watch God move!

- 18 And Jehoshaphat bowed his head with his face to the ground: and all Judah and the inhabitants of Jerusalem fell before the LORD, **worshipping the LORD**.
- 19 And the Levites, of the children of the Kohathites, and of the children of the Korhites, stood up to **praise the LORD God** of Israel with a loud voice on high.
- 20 And they rose early in the morning, and went forth into the wilderness of Tekoa: and as they went forth, Jehoshaphat stood and said, Hear me, O Judah, and ye inhabitants of Jerusalem; Believe in the LORD your God, so shall ye be established; believe his prophets, so shall ye prosper.
- 21 And when he had consulted with the people, **he appointed singers** unto the LORD, and that should **praise the beauty of holiness**, as they went out before the army, and to say, Praise the LORD; for his mercy endureth for ever.
- 22 And when they began to **sing and to praise**, the LORD set ambushments against the children of Ammon, Moab, and mount Seir, which were come against Judah; and they were smitten.
- 5.) Praise came from the position of victory, not victim! God had already given them the victory...so praise!
- ~ *halal* – openly shine and celebrate...clamorously foolish
  - ~ *yadah* – hold out hands, thanksgiving
  - ~ *rinnah* – sing, ringing cry (loud)
  - ~ *tehilla* – song of praise and thanks
- 25 And when Jehoshaphat and his people came to take away the spoil of them, they found among them in abundance both riches with the dead bodies, and precious jewels, which they stripped off for themselves, more than they could carry away: and they were three days in gathering of the spoil, it was so much.
- 6.) WE GET the spoils!

**LET ME TELL YOU ABOUT ONE GROUP** that knows how to worship!

### 9.) **Angels**

Angels are our servants (heirs of salvation) who help us to EXCEL at strength!

Psalm 103:20, 21

- 20 Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word.
- 21 Bless ye the LORD, all ye his hosts; ye ministers of his, that do his pleasure.

In the Word...there are several things that we see angels doing (we are not going to go into each of these deeply), but the things they do for us...

- ~ They are messengers from God.
- ~ They prepare the way before us.
- ~ They fight for us.
- ~ They protect us.
- ~ They bring in the harvest.

**BELOVED:** So what is that thing that is weighing you down...that you are needing break through on? ***Well, put your angels to work.***

**ILLUSTRATION:** There is a story I heard of a man who had a dream (God given dream) of him sitting around watching television. He looked around him and saw several angels sitting around with him watching television.

He thought, this is weird...why would they be watching tv?

The Lord spoke to him, "You haven't put them to work, so they have nothing to do!"

Psalm 103:20,21 (NLT)

20 Praise the LORD, you angels, you mighty ones who carry out his plans, *listening for each of his commands*.

21 Yes, praise the LORD, you armies of angels who serve him **and do his will!**

**UNDERSTAND:** They are listening to your words...if you have the Word of God in your mouth...then they will be busy doing what you say! If you have doubt and complaining in your mouth...they will sit and watch tv with you!

### 10.) Holy Ghost

Jude 1:20 – "But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost,"

**BELOVED:** When you are feeling drained and tired and overwhelmed, you probably feel like it is impossible to pray. You end up complaining! You end up rehearsing everything that is going wrong!

That is the power of your heavenly language! You are praying perfect AND you are strengthening yourself!

### 11.) Increase Your Love

1 Corinthians 11:28-30

28 But let a man examine himself, and so let him eat of that bread, and drink of that cup.

29 For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, *not discerning the Lord's body*.

30 For this cause *many are weak* and sickly among you, and many sleep.

**BELOVED:** The Word is clear that they will KNOW that you are disciples because of your LOVE (John 13:35).

**UNDERSTAND:** If you are going to be a part of the end-time move of God and operate in strength and power...your life will be marked by the LOVE of God!

**It is NO WONDER:** In the last days the LOVE OF MANY will wax cold!

(Matthew 24:12)...they will get weaker, but the people of God will get stronger!

**BELOVED:** When you are feeling overwhelmed, drained, frustrated...one of the best things you can do is to get caught up in loving and helping and praying for others! Get your eyes off of yourself and get your eyes on others.

Genesis 2:18 – It is NOT GOOD that a man be alone!

**QUESTION:** Why?

**ANSWER:** Because his focus will always be on himself and his stuff!



Romans 13:8 – “Owe no man any thing, but to love one another: for he that loveth another hath fulfilled the law.”

**UNDERSTAND:** The one thing we owe to all men is to love them.

**NOTE:** Have you ever felt drained and overwhelmed and you find yourself being SHORT with everyone?

**Ya! Change your perspective from the mirror to the window!**

**One more point under love:**

Forgive! Don't let your heart get polluted with Unforgiveness!

**FACT:** Unforgiveness WEAKENS your immune system and makes it easier to get sick!

When you operate in love...it will demand one more thing from you...

## 12.) Give!

1 Corinthians 15:43 – “It is sown in dishonour; it is raised in glory: it is sown in weakness; it is raised in power:”

**YES**...this is talking specifically about the resurrection of the body...but it gives us spiritual rules regarding sowing.

**WHEN** you sow a good seed (willing heart) when you are weak...it will increase you in power.

Psalms 126:5 – “They that sow in tears shall reap in joy.”

**REMEMBER:** The Lord turned the captivity of Zion!

**BELOVED:** This seed can be financial! This seed can be physical!

Go help someone else succeed! Sow strength! Don't stay to yourself!

Galatians 6:7 – “Be not deceived; God is not mocked: **for whatsoever** a man soweth, that shall he also reap.”

**BELOVED:** Think about the work you have to do to get good seed to grow and mature!

Pastor Mike had described to us his failed venture the first time he tried a garden...without even trying he grew a weed garden!

It is interesting...when bad things are sown they grow without much work. But to get the good seed to grow, you gotta work!

**ZIG ZIGLAR:** You can have anything in life that you want, if you help enough other people get what they want!