

**LESSON 3**  
**STRENGTHENED WITH POWER**  
**IN THE INWARD MAN**  
**EPHESIANS 3:16**

**I. INTRODUCTION.**

**A. People with Mental Weakness.**

1. Many people focus on the strength of their body, but not their mind.
2. Many people are not growing up from youth conditioning their mind to handle problems. They are mentally weak (not a mental illness). They have been told to eat right and exercise for their body, but not for their mind.
3. While some people experience true trauma or crisis, many others see the common, ordinary events in their life as a “trauma,” a “crisis”, etc., when it is actually not the case. They believe (or they are told) that they are having a “mental breakdown” or “mental meltdown”.
4. Often the “trauma” or “crisis” are problems common to all people such as job change or job loss, failed grade or test, breakup, unkind words (including social media), bullying, tough job or schooling, rebuke, disappointment, failure, rejection, being ignored, loneliness, low self-esteem, corrected behavior, divorce, unfaithful spouse, serious illness (cancer), old age challenges, death, etc.
5. We have to be careful not to describe everything in life as a “trauma” or a “crisis” because (1) if everything is a crisis, then nothing is truly a crisis anymore; (2) this approach to life can cause us to make excuses for our improper behavior; and, (3) people who speak this way will often give up (literally by taking their life or mentally “checking out” of life).

**B. Is Mental Weakness New? No.**

1. I’m not to blame for my poor thinking.
2. Our language (“anxiety”, “disease”, “condition”, “issues”, “trauma”, “crisis”, “triggered”, “privilege”, “broken”) is giving us a way to act the way we want. “I’m nervous ... about what?” “I have anxiety ... Oh, you have a condition.”
3. “You make me mad.” No, “You are doing something and I chose to get mad.”

**C. How Strong Is Your Mind?**

1. Do you know that the Bible talks about how you can have mental strength and mental fortitude? “Be strong and very courageous” (Josh. 1:7, 9), is not talking about physical strength only, but mental strength! Much of what the Bible says about the word “strength”, “strong”, and “power” has to do with the mind and not the body.
2. Why is mental strength and mental fortitude important? When you are weak physically you fall (neuropathy = weak legs). When you are weak mentally, you fall too.

**II. MENTAL STRENGTH.**

**A. OT Principle.**

1. Psa. 23:4-5; 27:14; 31:24; 73:26; 84:5-7.
2. Prov. 24:5, 10.

3. Isa. 35:4; 40:29-31

#### B. NT Principle.

1. Eph. 1:19; 3:16-18, 20; 6:10.
2. 1 Cor. 4:10; 16:13; 2 Cor. 12:10; 13:9.
3. Phil. 4:13 – learning to go through this
4. Col. 1:11.
5. 2 Thess. 1:11; 2:2.
6. 2 Tim. 1:7; 2:1; 4:17.
7. 1 Pet. 1:13.

#### C. What If...

1. Abraham was not strong (Rom. 4:20).
2. Joseph was not strong (Gen. 37-50).
3. Daniel was not strong (Dan. 1:8).
4. John the Baptist did not have the mental fortitude and strength to confront the Jews (Lk. 1:80).
5. Paul did not have the mental strength and fortitude to suffer for Christ (Acts 9:22; 2 Cor. 4:8ff; 6:6ff; 11:21ff; 12:10).
6. Jesus did have the mental fortitude and strength to endure the cross (Lk. 2:40).

#### D. Mental Strength Is Found in Becoming and Remaining a Christian (Ezek. 11:19-21; 18:31; 36:25-27).

1. Degeneration (Eph. 2:3).
  - a) We use our mind to sin (Rom. 3:23; 6:23). The Devil appealed to Eve's mind (2 Cor. 11:3).
  - b) The mind becomes open to more sin (Rom. 1:28).
  - c) The mind becomes rebellious or proud.
  - d) The mind seeks to blame.
  - e) The mind becomes doubled minded (Psa. 119:113) and wicked (Prov. 21:27).
  - f) The mind becomes hardened (2 Cor. 3:14), blinded (2 Cor. 4:4), corrupted (2 Cor. 11:3; 1 Tim. 6:5; 2 Tim. 3:8), and defiled (Tit. 1:15).
  - g) The mind becomes vain and empty (Eph. 4:17).
  - h) The mind has enemies in the mind (Col. 1:21).
  - i) The mind experiences a sense of guilt.
2. Conversion / Justification / Adoption (2 Thess. 2:14).
  - a) God controls all things and does the calling through the gospel. Will we have a mind that responds or not to that calling? Will I submit to his control (his will) and call, or not?
  - b) There is a convicting process by the H.S. (Jn. 16:8), and the mind responds one way or the other to that convicting process.
  - c) Mental strength is needed to hear God's call and be conscious of our sin; to make a choice to obey or not; to make a change or not (Mt. 21:29-32).

- d) Mental strength is needed to believe new things.
  - e) Mental strength is needed to deal with guilt and shame, admitting wrong (Acts 2:36-37) and then repent of sin (Acts 2:38; 2 Cor. 7:10).
  - f) Mental strength is needed to confess Jesus.
  - g) Mental strength is needed to be baptized.
  - h) The mind changes when we realized that we are no longer guilty of sin – a conscience void of offense (2 Pet. 3:1); we have a good conscience (1 Pet. 3:21) and a clean conscience (Heb. 9:14).
  - i) The mind changes when we realize that we have been adopted by a heavenly Father (Eph. 1:5).
3. Regeneration / Transformation / Sanctification (2 Cor. 3:18).
- a) Mental strength is needed to learn new things and practice new habits; to continue to make changes for the better; to grow and mature in Christ (1 Cor. 14:20).
  - b) Mental strength is needed to walk by the Spirit and not by the flesh (Rom. 8:5ff); to be more Christ-like each day (Phil. 2:5; 1 Pet. 4:1); to be renewed in mind (Rom. 12:2; Eph. 4:23).
  - c) Mental strength is needed to put off the old man and put on the new man (Eph. 4; Col. 3).
  - d) Mental strength is needed to come back after sinning and not quit (Acts 8:20-24).
  - e) Mental strength is needed for endurance, perseverance, suffering, and to avoid apostasy.
  - f) Mental strength is needed to take on temptations, crisis, challenges, etc., that the Devil will throw our way (1 Cor. 10:13).
4. Glorification.
- a) Mental strength to see beyond this life.
  - b) Mental strength to hope in the unseen.

### III. APPLICATIONS FOR TODAY.

A. Become a Christian.

B. Return to Jesus.

C. Parents, Let Your Children Experience the Negative.

1. We don't purposely try to get them to suffer, but neither do we try to shield them for all that is negative. You literally cannot shield them from everything. It is good for them to ...
  - a) Get hurt from time-to-time.
  - b) Receive rebuke and corporal punishment.
  - c) Receive constructive criticism.
  - d) Feel shame, remorse, and guilt.
  - e) Fail at school or be on the losing team and not get an award all the time. **LEARN TO LOSE!** These things make you try harder the next time.
2. Let them do strenuous, outdoor work or exercise.
3. Let them play a sport.

4. Parents need to say “Stop it!” more.
- D. Christians Need to Experience the Negative (Heb. 12:11).
1. Suffering and hardship is good for you.
  2. Church discipline of the erring Christian is good for them (Mt. 18; Rom. 16; 1 Cor. 5; 2 Thess. 3; Tit. 3).
- E. Do Mental Weight Lifting (1 Tim. 4:7; Heb. 5:15; 12:11; Gr. *gumnazo* = lit. to train or exercise naked or with very little on; proficiency through practice).
- F. Have A Healthy Self-Esteem (Gen. 1:27).
- G. Practice Self-control (Prov. 16:32; 25:28).
- H. What Are Christians Told to Do in Hard Times?
1. Pray (Jas. 5:13).
  2. Have a genuine faith in the Lord (Psa. 27:1; Isa. 40:31; 41:10) and faith in “the faith” (Acts 16:5).
- I. You Can Be Strong by the Word of God – Read, Study, Meditate (1 Jn. 2:14).
- J. God Wants You to Be Strong (1 Pet. 4:11; 5:10).

#### **IV. CONCLUSION.**

- A. Physically and Mentally Weak – You Will Fall.
- B. Physically and Mentally Strong – You Will Stand.

6/19/23  
Jere Whitson Rd.  
Chris Reeves  
[www.thegoodteacher.com](http://www.thegoodteacher.com)