



Part 2: I'm Getting Stronger

Big Idea

This week, Pastor Dino Rizzo shares a message about the importance of growing stronger. Psalm 84 is about the sweetness of the journey, recognizing that there are both peaks and valleys along the way. God promises us we will see trouble in this world, but our character is grown as we choose to draw our strength from the Lord. We can even experience mountains and valleys simultaneously, struggling in the midst of great things going on in our lives. But there is purpose in the pain, a reason for the valleys. It's easy to enjoy God when we're on top of the mountain, but valleys grab our attention and force us to examine our lives and our hearts. Valleys offer us an opportunity to draw close to God and strengthen our faith.

According to Psalm 84:5, those whose strength is in the Lord are blessed, and Pastor Dino provides three declarations that can help us grow stronger in the Lord: "I'm getting stronger in the Lord." The devil wants to drain our strength, so it's important that we make God our priority and our sole source of strength. "I'm getting stronger as I take steps forward." It's easy to be overwhelmed by looking at the long journey and obstacles ahead. As we travel through valleys, we grow stronger by taking one step after another the entire way. "I'm getting stronger in my personal faith." It's essential to know and understand that God sees us and that He created us for a purpose. It helps us put our faith in Him rather than the world. Everyone's journey is different, but we all need strength beyond ourselves.

They go from strength to strength, till each one appears before God in Zion. (Psalm 84:7)

Discuss

- Consider some of your past struggles. How did the devil attempt to drain your strength? Discuss the ways you grew stronger in the Lord in these areas.
- What are some areas in which you find yourself continually struggling? Identify a small, practical next step you can take to grow stronger in that area.
- Read Psalm 84:5-7. Discuss how struggles or valleys are experienced differently by those whose strength comes from the Lord.

Prayer Focus

Thank God for His presence and strength during difficult times. Repent of areas in which you are leaning on your own strength and submit those areas to Him. Ask God to increase your faith and open your eyes to His presence in your life.

Next Steps

Serving others is a great way to build your faith. Consider participating in a First Saturday Serve Day or performing a random act of kindness each day.

Leader Tip

Be prepared to share your own area of struggle and how you are overcoming it by relying on God. If possible, have the New Living Translation in hand for reading Psalm 84:5-7.