DESTINY TRAINING LEVEL 1
MODULE 1
CLASS 04

STRENGTHENED IN GOD

Biblical Reference: He restores my soul. He guides me in paths of righteousness for His name's sake (Psalm 23:3).

I. CLASS OBJECTIVES

1. To know who I am in Christ.
2. To understand the spiritual forces at work in the "old man" (the old nature).
3. To understand that the transformation of our lives depends on the grace and power of God.

II. INTRODUCTION

A. We Need to Learn How to Place Our Burdens in God's Hands

1. Many people experience serious internal conflicts. One of the greatest enemies that we face is guilt-memories from our past. Those feelings come to assault our thoughts and errors that we have made causing us to believe that we are stuck and cannot go on.

2. David knew he needed to be free from his fears so he made prayer a constant refuge.

   Psalm 34:4-5 (NKJV)
   4 I sought the Lord, and He heard me, And delivered me from all my fears. **5** They looked to Him and were radiant, and their faces were not ashamed.

B. If the Adversary Brings Thoughts of Guilt and Condemnation, We Must Learn to Declare that We are Free from the Influence of the Enemy by the Power of the Blood of Jesus.

III. LESSON: STRENGTHENED IN GOD

A. Who Am I?

1. The greatest blessing in our life was when we received Jesus Christ as our personal Lord and Savior. From that moment on we thought that life would be much easier. But we discovered something very important. The Bible calls it the old nature or the old self.

Romans 7:15-17 (NKJV)
15 For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do. **16** If, then, I do what I will not to do, I agree with the law that *it is* good. **17** But now, *it is* no longer I who do it, but sin that dwells in me.

2. Paul was able to recognize the two natures that were living inside of him. One was the result of sin and the other had received life through faith in Jesus Christ.

Romans 7:22-25a (NKJV)
22 For I delight in the law of God according to the inward man. **23** But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. **24** O wretched man that I am! Who will deliver me from this body of death? **25** I thank God—through Jesus Christ our Lord!

B. What Should We Do With The Old Self?

Ephesians 4:22 (NKJV)
That you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts.

1. The goal of the enemy is to obstruct people's understanding in order to stop them from receiving the revelation of the Word of God as this is the only means available to set them free from oppression.

2. How do we deal with the old self?

   a. Put off your old self, which is corrupted.

   Ephesians 4:22 (NKJV)
   That you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts.

   b. Put off falsehood and speak truthfully to his neighbor.

   Ephesians 4:25 (NKVJ)
   Therefore each of you must put off falsehood and speak truthfully to your neighbor.

   c. Do not let the sun to down while you are still angry.

   Ephesians 4:25 (NKJV)
   Do not let the sun go down while you are still angry.

   d. Do not give the devil a foothold.

   Ephesians 4:27 (NKJV)
   Do not give the devil a foothold.

e. Do not steal any longer; work instead.

Ephesians 4:28 (NKJV)
Anyone who has been stealing must steal no longer, but must work.

f. Do not let any unwholesome talk come out of your mouths.

Ephesians 4:29 (NKJV)
Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

g. Do not grieve the Holy Spirit of God.

Ephesians 4:30 (NKJV)
And do not grieve the Holy Spirit of God.

h. Get rid of all bitterness, rate and anger.

Ephesians 4:31 (NKJV)
Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

3. We no longer live but the new life is in Christ.

Galatians 2:20 (NIV)
I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

C. Put On The New Self

Ephesians 2:4-5 (NIV)
4 But because of his great love for us, God, who is rich in mercy, **5** made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.

1. How do we put on the new self?

   a. We are new creations.

   2 Corinthians 5:17 (NKJV)
   Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

   b. We are born of God.

   John 1:13 (NKJV)

Who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.

c. God gives us the Spirit of wisdom and revelation.

Ephesians 1:17 (NKJV)
That the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him.

d. By the renewing of our mind.

Romans 12:2 (NKJV)
And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

e. We are doers of the Word.

James 1:22 (NKJV)
But be doers of the word, and not hearers only, deceiving yourselves.

f. The Holy Spirit testifies who we are.

Romans 8:16 (NKJV)
The Spirit Himself bears witness with our spirit that we are children of God.

g. We are heirs of God.

Romans 8:17 (NKJV)
And if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with *Him,* that we may also be glorified together.

D. Transformed By His Power

2 Corinthians 3:18 (NKJV)
But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

The word “transformed” in this passage means “metamorphosed” and refers to an event similar to that of a caterpillar’s transformation into a butterfly.

1. We are more than conquerors.

    a. In temptation God gives us a way out.

1 Corinthians 10:13 (NKJV)
No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it.*

b. Treasure the Word of God in your heart.

Psalm 119:11 (NKJV)
Your word I have hidden in my heart, that I might not sin against You.

c. Keep watch in prayer.

Matthew 26:41 (NKJV)
"Watch and pray, lest you enter into temptation. The spirit indeed *is* willing, but the flesh *is* weak."

d. Submit to God and resist the devil.

James 4:7 (NKJV)
Therefore submit to God. Resist the devil and he will flee from you.

e. Overcome by faith.

1 John 5:4 (NKJV)
For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith.

V. CONCLUSION

Although the enemy wanted to permanently rob mankind of both the image of God that we had and the authority that God had given us, through the death and resurrection of Jesus, we were able to recover God's likeness and our lost authority.

This powerful truth established us in our purpose, because without those two aspects, all of man's efforts to improve himself are in vain.