

Lesson 10 – Spiritual Stamina

Introduction

The Christian life is a marathon, not a sprint. Spiritual stamina is the ability to remain steadfast, consistent, and fruitful in every season of life. It is developed by being deeply rooted in God's Word, grounded in Christ, and strengthened by the Spirit. Trials will come, storms will rage, but the disciple who builds on the right foundation will endure. This lesson teaches the importance of stamina in faith and how to cultivate a life that remains unshaken.

Teaching Session

1. Rooted Like a Tree

Psalm 1:1–3 (NIV)

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither, whatever they do prospers.

- Stamina comes from being rooted in God's Word.
 - A deeply rooted life produces fruit in every season.
 - Endurance is not about circumstances but about foundations.
-

2. Built on the Rock

Matthew 7:24–27 (NIV)

Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.

- Stamina is tested in storms.
 - Obedience to God's Word builds a life that cannot be shaken.
 - Discipleship is not hearing only, but practicing.
-

3. Endurance in the Race

Hebrews 12:1–2 (NIV)

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

- The Christian life is a race of endurance, not speed.
 - Stamina requires letting go of sin and distractions.
 - Jesus is both example and source of our endurance.
-

4. Do Not Grow Weary

Galatians 6:9 (NIV)

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

- Weariness is a threat to spiritual stamina.
 - Perseverance leads to fruit and reward.
 - Every act of faithfulness matters in God’s timing.
-

5. Persevering Faith

Colossians 2:6–7 (NIV)

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

- Stamina is rooted in Christ, not self-effort.
 - Growth and stability come from being “rooted and built up.”
 - Gratitude fuels perseverance.
-

Study & Discussion Questions

1. How does Psalm 1 describe the secret to a life that endures?
2. What does it mean in practice to “build your house on the rock”?
3. How can we “run with perseverance” when life gets discouraging or tiring?

4. What are some “wearying” factors in your own walk with Christ, and how can Galatians 6:9 encourage you?
 5. How does being “rooted and built up in Christ” produce stamina for the long haul?
-

Application & Reflection

- **Memory Verse:** *“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”* (Galatians 6:9, NIV)
- **Personal Reflection:** Identify one area of your spiritual life where you tend to lose stamina (prayer, Bible reading, service, evangelism). Write a plan to stay rooted and ask the Spirit for endurance.
- **Group Activity:** Break into pairs. Share one way you feel weary in your walk with God. Pray for one another’s perseverance and ask God to strengthen your roots in His Word.