

Lesson 9 – Strengthened by the Spirit

Introduction

The Christian life is impossible in human strength alone. God never intended us to carry the weight of discipleship by ourselves. Instead, He gives us His Spirit to strengthen us in the inner being, to renew us when we are weary, and to empower us to endure. Trials (Lesson 8) reveal our weakness, but the Spirit meets us there with divine strength. This lesson focuses on how the Spirit strengthens believers daily for victorious living.

Teaching Session

1. Strengthened in the Inner Being

Ephesians 3:16 (NIV)

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being.

- Strength is not just physical but spiritual.
 - The Spirit fortifies our inner life to withstand pressures of the outer world.
 - God’s strength is limitless, flowing from His “glorious riches.”
-

2. Renewed Strength in Waiting

Isaiah 40:29–31 (NIV)

He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

- Human strength fails, but God’s strength renews.
 - Waiting (hoping) on the Lord brings supernatural endurance.
 - Spirit-strength enables us to run, walk, and soar through life’s demands.
-

3. Grace in Weakness

2 Corinthians 12:9 (NIV)

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

- Weakness is not a liability but an opportunity for God's strength.
 - Grace is God's empowering presence for every weakness.
 - Christ's power rests on those who humbly depend on Him.
-

4. Strengthened for Endurance and Patience

Colossians 1:11 (NIV)

Being strengthened with all power according to his glorious might so that you may have great endurance and patience.

- The Spirit strengthens us not only for action but for endurance.
 - Endurance and patience are marks of spiritual maturity.
 - Strength from the Spirit is for the long haul, not just the short bursts.
-

5. Strength in the Word and Prayer

Jude 20 (NIV)

But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit...

- Strength comes through prayer in the Spirit.
 - Word and prayer are the channels through which the Spirit empowers us.
 - Spirit-strength is cultivated daily, not sporadically.
-

Study & Discussion Questions

1. What does it mean to be strengthened "in the inner being" by the Spirit (Ephesians 3:16)?
2. How does Isaiah 40:31 challenge your understanding of waiting on God?
3. Why do you think God allows us to experience weakness before His strength shows up?
4. How does being strengthened for endurance differ from being strengthened for one-time victories?

5. What practical steps can you take to “build yourself up” in faith and prayer this week?
-

Application & Reflection

- **Memory Verse:** *“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”* (Isaiah 40:31, NIV)
- **Personal Reflection:** Identify an area in your life where you feel spiritually drained. Pray specifically for the Spirit’s strength in that area and commit to one spiritual discipline (prayer, worship, Scripture) to stay renewed.
- **Group Activity:** Pair up with a partner. Share one area where you feel weak and pray for each other to receive Spirit-strength. As a group, read Ephesians 3:14–21 aloud as a prayer of empowerment.