

Ephesians Chapter 6
Week 6, v.10

Eph 6:10 Finally, be strong in the Lord, and in the strength of His might.

Finally <loipon> something remaining (adverbially):--besides, finally, furthermore, (from) henceforth, moreover, now, + it remaineth, then.

Paul is saying there is something remaining that is important. It is the answer to 'How can we fulfill all these things we are commanded to do?' It seems like a lot, it is difficult and we are weak. *What's the answer?* We do what is commanded in *His* strength.

be strong in the Lord

be strong <endunamoo> to empower:--enable, (increase in) strength(-en), be (make) strong.

Think of those times you have tried to do something in your strength. You find yourself growing weary, becoming frustrated, trying to figure out all the answers rather than relying on God. God is the one who empowers us or enables us to fulfill what He commands. Only through His strength are we able to walk in a manner worthy of being called His child.

To be empowered means you have been given the power or authority to do something. It means to give somebody a greater sense of confidence. *Where is your confidence placed?*

To enable someone means to provide them with the resources or opportunity to do something; to make something possible or feasible.

We need to think "*I can't, but He can*".

To be strong in the Lord means when He is the One we rely on, we have the ability through Him to do what He desires us to do. I might grow weary but He doesn't. I may not feel able but He is. I may not understand, but He does. I may not clearly see the direction I am to go in, but He does.

Exodus 3-4:18

and in the strength of His might

How strong are you? Do you ever run out of strength or find that you are not strong enough to fulfill a certain task?

The world's strongest man was recorded to have lifted about 800 lbs. The competitors for the world's strongest man title typically lift objects weighing between 220 to 360 pounds. Using a harness around their shoulders, the athletes have pulled vehicles such as fire trucks and coal trucks. They carry items weighing from 400 to 600 pounds up flights of stairs. They squat lift weights like 900 pounds of bricks, cars and people on a platform. They dead lift vehicles up to about 1,100 pounds straight off the ground. They carry weights of 275 to 375 pounds in each hand for set distances. (information taken from wikipedia)

As impressive as this is, the world's strongest man cannot move mountains, command the sea, or change someone's heart.

Job 9:5-8 "[It is God] who removes the mountains, they know not [how,] When He overturns them in His anger; Who shakes the earth out of its place, And its pillars tremble; Who commands the sun not to shine, And sets a seal upon the stars; Who alone stretches out the heavens, And tramples down the waves of the sea;

Ps 106:9 Thus He rebuked the Red Sea and it dried up; And He led them through the deeps, as through the wilderness.

Mat 8:26 And He *said to them, "Why are you timid, you men of little faith?" Then He arose, and rebuked the winds and the sea; and it became perfectly calm.

Ps 89:9 Thou dost rule the swelling of the sea; When its waves rise, Thou dost still them.

Ezra 6:22 And they observed the Feast of Unleavened Bread seven days with joy, for the LORD had caused them to rejoice, and had *turned the heart of the king of Assyria toward them* to encourage them in the work of the house of God, the God of Israel.

Pr 21:1 The king's heart is [like] channels of water in the hand of the LORD; He turns it wherever He wishes.

Acts 16:14 And a certain woman named Lydia, from the city of Thyatira, a seller of purple fabrics, a worshiper of God, was listening; and the Lord opened her heart to respond to the things spoken by Paul.

Ez 36:26 "Moreover, I will give you a new heart and put a new spirit within you; and I will remove the heart of stone from your flesh and give you a heart of flesh.

strength <kratos> (KJV – power) vigor ("great") (literally or figuratively):--dominion, might(-ily), power, strength.

Might <ischus> forcefulness (literally or figuratively):--ability, might(-ily), power, strength.

The opposite of strength is weakness. We are weak, God is strong. He is powerful. God has the ability, strength and capacity to do whatever is needed. He can control and influence people and their actions, He has the authority to act or do something according to His will, He is supreme. He is exceedingly stronger than the world's strongest man. Although physical strength may help to accomplish some things, the strength we get from God is spiritual. It's the strength that allows us to be courageous when met with the adversity of the enemy.

We are strong *in the Lord* – because of our position in Him as His children. We can rely on all the resources of His power.

Eph 1:18-21 [I pray that] the eyes of your heart may be enlightened, so that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, *and what is the surpassing greatness of His power toward us who believe.* [These are] in accordance with the working of the strength of His might which He brought about in Christ, when He raised Him from the dead, and seated Him at His right hand in the heavenly [places], far above all rule and authority and power and dominion, and every name that is named, not only in this age, but also in the one to come. (emphasis mine)

Eph 3:8-19 To me, the very least of all saints, this grace was given, to preach to the Gentiles the unfathomable riches of Christ and to bring to light what is the administration of the mystery which for ages has been hidden in God, who created all things; in order that the manifold wisdom of God might now be made known through the church to the rulers and the authorities in the heavenly [places.] [This was] in accordance with the eternal purpose which He carried out in *Christ Jesus our Lord, in whom we have boldness and confident access through faith in Him.*

Therefore I ask you not to lose heart at my tribulations on your behalf, for they are your glory. For this reason, I bow my knees before the Father, from whom every family in heaven and on earth derives its name, that He would grant you, according to the riches of His glory, *to be strengthened with power through His Spirit* in the inner man; so that Christ may dwell in your hearts through faith; [and] that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fulness of God. (emphasis mine)

Col 1:9-12 For this reason also, since the day we heard [of it], we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, so that you may walk in a manner worthy of the Lord, to please [Him] in all respects, bearing fruit in every good work and increasing in the knowledge of God; *strengthened with all power, according to His glorious might*, for the attaining of all steadfastness and patience; joyously giving thanks to the Father, who has qualified us to share in the inheritance of the saints in light. (emphasis mine)

How does the truth of these verses affect you? Do you rely on His strength or your own? Have you ever been 'paralyzed' by fear? How often do you say or think 'I can't'? Change that thought to 'I can' in Christ.

Application
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Read Ephesians chapter 6 then go back and re-read verse 10.

When Paul uses the word 'finally', what does he mean? Make a list of the commands in verses 1-9.

Where do you struggle the most when you review this list?

Why are these things difficult?

Who's strength is available to us? God empowers us or enables us to do His will. Using a dictionary, look up the words empower and enable. Write down the definitions.

Can you place your confidence completely in God to accomplish what He desires? Through Him, is anything impossible?

Read the following scriptures and jot down what God is able to do.

Job 9:5-8

Ps. 106:9

Mat 8:26

Ps 89:9

Pr 21:1

Ez 36:26

We are strong *in the Lord* – because of our position in Him as His children. We can rely on all the resources of His power.

Read Eph 1:18-21 and Eph 3:8-19 and Col 1:9-12.

How do the truths in these verses affect you? How would you apply the knowledge that in Christ you can do exactly what God's will is for your life to bring Him glory?

Are there areas in your life where you feel weak or inadequate?

Do you need to look closer at the resources you have and call upon the strength and might of an all-powerful, all-knowing God?