

**Valley Bible Church  
Sermon Notes for June 21, 2009**

**“Act Like Men, Be Strong”  
1 Corinthians 16:13-14  
Dale Whitehead**

The first command spelled out for us in 1 Corinthians 16:13-14 is “to be on the alert.”

“To be on the alert” (GREGOREUO) means to be “watchful” or “to be awake.”

In order to be spiritually alert we must shine the light of God’s Word on our lives (Psalms 119:105).

The second command spelled out for us in 1 Corinthians 16:13-14 is “to stand firm in the faith.”

The word “to stand firm” (STEKO) means “to remain stationary,” therefore to stand firm in the faith means that once we know what God’s word teaches about something, we dig in.

The third command spelled out for us in 1 Corinthians 16:13-14 is “act like men.”

Paul is using the word translated “act like men” (ANDRIZOMAI) to convey the connotation of bravery or unflinching courage.

The fourth command spelled out for us in 1 Corinthians 16:13-14 is “be strong.”

The Greek word (KRATAIOO) translated “be strong” is in the passive voice, and literally means “be strengthened.” We cannot strengthen ourselves, that is the Lord’s work (Ephesians 6:10).

The fifth command spelled out for us in 1 Corinthians 16:13-14 is “let all that you do be done in love.”

May God give us the grace to be alert, to stand in faith, to act like men, to be strong, and to do all things in love.