



POWER

Adult Lesson Plan

POWER

is the ability of your muscles to generate the maximum force they are capable of generating in the shortest amount of time. Power is the culmination of all the other facets of physical fitness. When you put flexibility, endurance, speed, balance, agility, and strength together properly, you get power. Research has suggested that power is more important than the sum of its parts when it comes to daily living. Interestingly enough we as a people are most powerful in community where we are more than the sum of our parts.

ULTIMATELY POWER COMES FROM GOD

Jesus told his disciples in Acts 1:8 *"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."* Power enables us to impact the world around us as a community.

POWER ALSO ALLOWS US TO MAKE AN IMPACT INDIVIDUALLY.

Physical power gives us the ability to remain independent in our older years. Spiritual and mental power give us the ability to make a positive difference to someone relationally.

EVERYONE HAS THE ABILITY TO BECOME POWERFUL.

Sickness and negative thinking weaken us and rob us of our power. We need to train our minds and spirits to walk in the anointing that God has placed on us so that we can impact our world for good.



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JOSHUA 14:6 - 12 TELLS US

“Now the people of Judah approached Joshua at Gilgal, and Caleb son of Jephunneh the Kenizzite said to him, “You know what the Lord said to Moses the man of God at Kadesh Barnea about you and me. I was forty years old when Moses the servant of the Lord sent me from Kadesh Barnea to explore the land. And I brought him back a report according to my convictions, but my fellow Israelites who went up with me made the hearts of the people melt in fear.

I, however, followed the Lord my God wholeheartedly. So on that day Moses swore to me, “The land on which your feet have walked will be your inheritance and that of your children forever, because you have followed the Lord my God wholeheartedly.’

Now then, just as the Lord promised, he has kept me alive for forty-five years since the time he said this to Moses, while Israel moved about in the wilderness. So here I am today, eighty-five years old! I am still as strong today as the day Moses sent me out; I’m just as vigorous to go out to battle now as I was then. Now give me this hill country that the Lord promised me that day. You yourself heard then that the Anakites were there and their cities were large and fortified, but, the Lord helping me, I will drive them out just as he said.”

Caleb walked in his anointing, and so when the time came for him to receive what God had promised he was ready. He clearly relied on God’s power to achieve his life’s goals. What is holding you back?