



# Strength

Capacity for exertion or endurance.

## TYPES of STRENGTH

### Spiritual; Built by...

- \* Meditation
- \* Trials

### Mental; Built by...

- \* Study
- \* Experience

### Physical; Built by...

- \* Repetition
- \* Resistance

Of These, Physical will probably fail first, followed by mental strength.

The spiritual will potentially last forever.

*"And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me."*

2 Cor 12:9

This world places great emphasis on physical (gyms) & mental (colleges) while ignoring the spiritual.

Any attention given to the spiritual is relegated to the realm of psychology & psychiatry

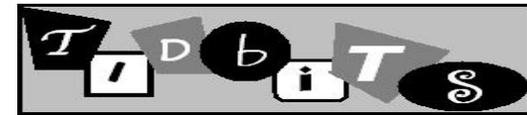
*"For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come. {9} This is a faithful saying and worthy of all acceptance."*

1 Tim 4:8-9

*"A man should be like tea; his real strength appearing when he gets in hot water"*



"Hello Mrs. Jones... I'm glad you're finally home, if you'll call your dog in, I'll come over for a visit."



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