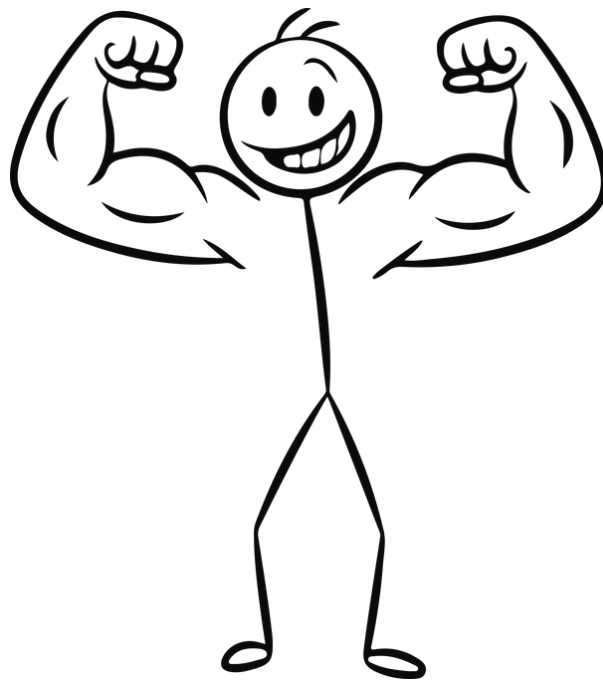


# STAND

STRONG IN

THE LORD



## Be Strong in the Lord

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### Week 1

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A new year brings new pressures and questions, but Paul reminds us that true strength is found in God, not ourselves. As we begin this study, we turn our hearts upward to the One who strengthens us for every season.

## **Discussion Questions**

### **1) READ Ephesians 6:10 & Isaiah 40:31**

- Why do you think Paul emphasizes being strong in the Lord, not in ourselves?
- In what areas of your life have you been relying more on self-effort than on God's strength?
- How does Isaiah 40:31 challenge the way we think about waiting on God?

### **2) READ 2 Corinthians 12:9**

- Why is it difficult to admit weakness?
- How does weakness become a doorway for God's grace and power?
- What would it look like to allow God to work through your limitations this year?

### 3) READ Psalm 28:7

- What words stand out to you in this verse?
- How does trusting God's strength affect your emotions and decision-making?
- What does “standing strong” look like in your daily walk with God?

## Living It Out

God's strength is available for every season—especially when we feel weary or unsure. This week, practice shifting from self-reliance to God-dependence.

This Week's Practices:

1. **Each morning, pray:** “Lord, I receive Your strength today.”
2. **Write down** one area where you need to stop striving and start trusting.
3. **Identify** one moment this week when you paused and leaned on God instead of reacting in your own strength.
4. **Encourage** someone who feels tired or overwhelmed—pray with them & share Isaiah 40:31.



# Upcoming events.

## JANUARY 2026

**SAT**  
**10**

**LLCC LEADERSHIP MEETING**  
**10 AM**  
LLCC FELLOWSHIP HALL

**SUN**  
**11**

**WOMEN'S BAKE SALE**  
**AFTER SERVICE**

SUPPORT OUR WOMEN RAISE FUNDS FOR 2026  
SWEET LIFE CONFERENCE

**SAT**  
**31**

**WOMEN'S BIBLE STUDY**  
**11 AM**

JOIN OUR WOMEN IN THE FELLOWSHIP HALL

## FEBRUARY 2026

**SAT**  
**07**

**WOMEN'S SISTERHOOD EVENT**  
**11 AM**

NEW HOPE CHURCH - SANTA CRUZ

**SUN**  
**08**

**JERSEY SUNDAY**  
**11 AM**

WEAR YOUR FAVORITE TEAM JERSEY



**Ways to Give ...**

- Text GIVING to (831) 292-5800
- Online: <https://bit.ly/llccgiving>

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