**Building Core Strength**

**Quiet Strength**

**A Strong Focus**

**3 Characteristics of a person with a strong focus**

1. A person with a strong focus **\_\_\_\_\_\_\_\_\_\_** the Law of the Lord
   1. Because they have set their \_\_\_\_\_\_\_\_\_\_ on it
      1. Ezra 7:10 - *For Ezra had set his heart to study the law of the Lord and to practice it and to teach His statutes and ordinances in Israel.*
   2. Because the \_\_\_\_\_\_\_\_\_\_ of the Law of the Lord
      1. Psalm 1:1–2 - *How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! But his delight is in the law of the LORD, And in His law he meditates day and night.*
      2. Psalm 19:7 - *The law of the LORD is perfect, restoring the soul; The testimony of the LORD is sure, making wise the simple.*
   3. Because the \_\_\_\_\_\_\_\_\_\_ is that God’s hand is upon them
      1. Ezra 7:9 - *For on the first of the first month he began to go up from Babylon; and on the first of the fifth month he came to Jerusalem, because the good hand of his God was upon him.*
      2. Ezra 7:28 - *and has extended lovingkindness to me before the king and his counselors and before all the king’s mighty princes. Thus I was strengthened according to the hand of the LORD my God upon me, and I gathered leading men from Israel to go up with me.*
2. A person with a strong focus \_\_\_\_\_\_\_\_\_\_ the Law of the Lord
   1. Because there is a \_\_\_\_\_\_\_\_\_\_ between study and practice
      1. Matthew 7:24 - *Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock.*
      2. John 13:17 - *If you know these things, you are blessed if you do them.*
      3. James 1:22 - *But prove yourselves doers of the word, and not merely hearers who delude themselves.*
   2. Because God is worthy of \_\_\_\_\_\_\_\_\_\_
      1. Deuteronomy 30:1–3 - *So it shall be when all of these things have come upon you, the blessing and the curse which I have set before you, and you call them to mind in all nations where the LORD your God has banished you, and you return to the LORD your God and obey Him with all your heart and soul according to all that I command you today, you and your sons, then the LORD your God will restore you from captivity, and have compassion on you, and will gather you again from all the peoples where the LORD your God has scattered you.*
3. A person with a strong focus \_\_\_\_\_\_\_\_\_\_ the Law of the Lord
   1. Because the scripture points us to \_\_\_\_\_\_\_\_\_\_
      1. John 5:39 - *You search the Scriptures because you think that in them you have eternal life; it is these that testify about Me;*
   2. Because we are not \_\_\_\_\_\_\_\_\_\_
      1. Colossians 1:28 -*We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ.*
   3. Because there are people in your life who need to be \_\_\_\_\_\_\_\_\_\_ in righteousness
      1. 2 Timothy 3:16 - *All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness;*