

Men's Lunch

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I. Introduction.

- A. Text: 1 Corinthians 16:13-14.
- B. There are five key phrases to being a stouthearted man.

II. Be on your guard.

- A. This means to watch or simply keep awake.
- B. Do this because you are a sinner who responds to ungodly things like lust. (Mark 8, Psalm 119)
- C. Fleshly lusts war against the soul.
- D. The world around you is hostile. (Romans 12:2)
- E. We have an adversary in the Devil to guard against. (1 Peter 3:5)
 - 1. Resist by using the Sword of the Spirit—the Word of God quoted out loud.
 - 2. The enemy comes in like a flood while the Spirit leads with a gentle tug.
 - 3. Get a friend to pray for you when you are attacked.

III. Stand firm in the faith.

- A. This is to stand firm in who you trust. Faith is relying on God to do what He says He will do. (Acts 27:25, Hebrews 11:25)
- B. We need a Word from God to rely on God to do what He says He will. (Psalm 31:14-15)
- C. What are you believing God for today?

IV. Be men of courage.

- A. Women look for men of courage.
- B. Success is never final and failure is seldom fatal. It is courage that counts. (Churchill)
- C. Courage is the mental willingness to endure and to stick with it. (Psalm 138:18)

V. Be strong.

A. This means to be vigorous.

B. Christ puts spring in the step.

C. Rejoice always in the Lord. (Ephesians 6:10)

D. The ultimate burnout is the result of failing to abide in Christ our Life-giver. (John 15)

VI. Do everything in love.

A. Love is a choice that freely accepts another as they are and then seeks his or her good. (John 8)

1. The first step is to freely accept another.

2. This often begins in the home.

3. Love does not stop here—it seeks another’s good.

Application questions.

1. Summarize the main points of the text.

2. Which of the five points stands out to you? Explain.

3. Which one of the five points will you take with you? What specific steps will you take to apply this to your life this week?
