

Overcoming



Strength
dignity

WOMEN
WITH PURPOSE

LESSON SEVEN: Ps Kathy Strong

Overcoming

Watch youtube clip “I have overcome the World” – Motion Worship

John 16:33 - *“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”*

Overcoming means: to succeed in dealing with a difficulty or problem. It means: to get the better of in a struggle or conflict, and it means **conquer, vanquish, defeat, triumph over, master and subdue**. Now those are fighting words! They are not meek and mild, roll over and ‘give up’ type words.

To overcome you have got to have some “Attitude.”

Watch AV clip by Pastor Kathy Strong and take notes on what stands out for you.



You,
dear children,
are from God and
have overcome them,
because the one
who is in you is greater
than the one
who is in the world.
1 John 4:4

Q Kathy said what we need to be an overcomer has a lot to do with our attitude. Why do you think attitude is so important?

Q How does being called a “Warrior” change how you feel about yourself?

Q How does knowing God has equipped us for victory, make your attitude change?

God always speaks the truth so we can take these scriptures, **1 John 4:4** and **John 16:33** and stand on them. We can look at the battles in our life and see the victory on the other side. Instead of having a pity party we can take up the word of God and say “I am going to win, I am an overcomer.”

God has equipped us for victory, He has already won. We need to walk in God’s truth.

God has called us to overcome.

We need to equip ourselves; we do this by renewing our mind, by learning scripture and speaking it over ourselves. We equip ourselves by having the support of other godly women who support and encourage us as we support and encourage them.

We equip ourselves by having a healthy attitude and arming ourselves with God’s word and believing what He says about us.

Use the space below to write down **Psalm 139:14** and speak it over yourself daily.

WHEN THE WORLD
says, "give up."

HOPE WHISPERS,
"try it one more time."

Dr Michelle Bengston

Know who you are:

You are a child of God!

The world will try to call you many different things and will seek to drown out the 'still small voice of God' but allow God's voice to become loud and clear in your mind, allow His words to be the ones that whisper to you in the night.

"You are fearfully and wonderfully made."

"Before I formed you in the womb, I knew you." (You are not a mistake).

"You are clothed in Strength and Dignity and laugh without fear of the future."

You are precious in God's sight and He loves you beyond measure. He overcame the world so we could see His example and walk in it. Don't walk in fear, or worse in a perpetual pity party. God has given us free will and we need to choose to walk in victory knowing God has already won and knowing who we are in Him.



Know who God has called you to be:

"I am more than a conqueror."

"I am complete in Him who is the head over all rule and authority."

"I am far from oppression, and will not live in fear."

"For where two or three are gathered in My name, I am in the midst of them."

Walk with women who encourage and support you, who gather in His name and choose victory over being a victim. You are 'more' than a conqueror. Conquer means: overcome and take control of, **vanquish, trounce, annihilate!!**

Come on ladies, it's time to take control of your life, no more pity parties, playing the victim or just giving in. Pick up the word of God and get your fight on!

Know who you are, and who God has called you to be.

Know God's truth about you:

It is written in **John 8:32** – “then you will know the truth and the truth will set you free.”

It is so important to know the truth about yourself, to live in truth, because then we live free. We are no longer bound under the law of sin and death.

“I am free from the law of sin and death.”

Free to walk into the wide open spaces that God has set before you. Free to overcome the obstacles along the way, free to encourage and lead those around you.

“I am born of God and the evil one does not touch me.”

“I have the peace of God that surpasses all understanding.”

“I am God's workmanship, created in Christ to do good works that He has prepared for me to do.”

“I am a new creation in Christ.”

Q What other scriptures can you find, use this space to write down some scriptures that speak God's truth over your life?

Q How does reading how God 'sees' you, change how you see yourself?



Have the right attitude:

As Kathy said in her video, your attitude plays a big part in overcoming situations in your life. Choose to overcome.

2 Timothy 1:7 says *"God didn't give us a spirit of fear, but one of power, love and sound judgement."* We don't have to give in to pressure, indecision, other people or fear. God didn't give us a spirit of fear. He has armed us with a sword for a reason; the word of God is for us to use to fight when necessary. Take your stance, put on the full armor of God, speak scripture and keep moving forward.



Psalm 28:7 - *"The Lord is my strength and shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him."*

So, in this world when you have trouble, take heart! I have overcome the world, and so will you!!

Know who you are. Know who God has called you to be. Know God's truth about you. Have the right attitude.

WALK IN GODS TRUTH = OVERCOME



Extra Study –Kathy Strong

Psalm 23:4 says *“Even though I walk through the valley of the shadow of death, I will fear no evil for you are with me.”*

I love this verse for 2 reasons. 1. that He is always with us, and 2. it says “as I walk,” it doesn’t say “as I camp there” and so as we face battles and disappointments we are to carry on walking! Sure, allow sometime to grieve and process, but keep walking! Don’t camp in that valley, keep walking and leave that valley behind you.

God says we are more than conquerors in **Romans 8:37** – *“in all these things we are more than conquerors through him who loved us,”* so take Him at His word and overcome the situations that need to be ‘overcome’ in your life.

God has called us to be strong women of faith that can face anything life throws at us. But we can only do that through His strength. And we can only do that if we have “our fight on.” Our attitude plays a huge part in how we deal with what is thrown at us in life.

2 Timothy 1:7 says *“God didn’t give us a spirit of fear, but one of power, love and sound judgement.”*

Hold on to those scriptures God has given you, hold on to His promises, and walk with women who encourage and uplift you, that is how you will overcome in your life.

More scriptures on overcoming are:

Jeremiah 1:19

Jeremiah 15:20

Luke 10:19

John 16:33

Romans 12:21

1 John 4:4

1 John 5:4-5

www.strengthanddignity.co.nz for further reading and study.

