

STRONG

A JOURNEY



WEEK ONE: PLAY STRONG

IMPORTANT PRACTICES: **PLAY, REST, CELEBRATION**

ROLE/METAPHOR: **VACATIONER**

SYMBOL: **BEACH BALL**

SCRIPTURE REFERENCES: *Sabbath passages*

Isaiah 30:15

...In repentance and rest is your salvation, in quietness and trust is your strength,...

also: Matthew 11:28-30

WEEK TWO: STRONG LEARNING

IMPORTANT PRACTICES: **STUDY, BIBLE READING**

ROLE/METAPHOR: **APPRENTICE**

SYMBOL: **BOOK(S)**

SCRIPTURE REFERENCES:

2 Timothy 2:15

Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth.

also: Psalm 119:97-104, Matthew 7:24-27, James 1:22-25

WEEK THREE: STRONG COMMUNICATION

IMPORTANT PRACTICES: **PRAYER, MEDITATION**

ROLE/METAPHOR: **FRIEND**

SYMBOL: **WORD BUBBLES**

SCRIPTURE REFERENCES:

John 15:13-15

Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

also: Exodus 33:11, Psalm 25:1

WEEK FOUR: STRONG TRAINING

IMPORTANT PRACTICES: **FASTING, SILENCE, SOLITUDE, ETC.**

ROLE/METAPHOR: **ATHLETE**

SYMBOL: **DUMBBELL**

SCRIPTURE REFERENCES:

1 Corinthians 9:24-27

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

also: 1 Timothy 4:7-8

WEEK FIVE: STRONG SERVICE

IMPORTANT PRACTICES: **SERVICE, SUBMISSION**

ROLE/METAPHOR: **SOLDIER**

SYMBOL: **COMBAT BOOTS**

SCRIPTURE REFERENCES:

2 Timothy 2:3-4

Join with me in suffering, like a good soldier of Christ Jesus.

No one serving as a soldier gets entangled in civilian affairs, but rather tries to please his commanding officer.

WEEK SIX: LIVE STRONG

IMPORTANT PRACTICES: **ABIDING, WORSHIP, RHYTHMIC DISCIPLINES**

ROLE/METAPHOR: **DISCIPLE**

SYMBOLS: **ALL PREVIOUS WEEKS' ICONS**

(all components of the life of a disciple)

SCRIPTURE REFERENCES:

Colossians 1:28-29,

He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ. To this end I strenuously contend with all the energy Christ so powerfully works in me.

also: Ephesians 4:11-16, Hebrews 5:11-6:3, 1 Peter 2:1-3, 2 Peter 3:18, Philippians 1:6

SIX WEEKS of
UNCOMMON
STRENGTHENING