

#### IV. CONQUER **SHARING** THE GOSPEL WITH FIVE PEOPLE

*1 Brethren, my heart's desire and prayer to God for Israel is that they may be saved.*

*2 For I bear them witness that they have a zeal for God, but not according to knowledge.*

*3 For they being ignorant of God's righteousness, and seeking to establish their own righteousness, have not submitted to the righteousness of God.*

*4 For Christ is the end of the law for righteousness to everyone who believes."* Romans 10:1-4

- **Pray** for the unsaved.
- **Tell** people how to believe in Jesus.

#### V. CONQUER **ESTABLISHING** ONE CHRIST CENTERED OLDER/YOUNGER RELATIONSHIP.

*"1 Do not rebuke an older man, but exhort him as a father, younger men as brothers,*

*2 older women as mothers, younger women as sisters, with all purity."* I Timothy 5:1-2

The three requirements of a multigenerational church are:

- **unity**
- **maturity**
- **proximity**

#### **Challenge #5: Conquer Your Challenges For And Through Jesus!**

*"20 Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,*

*21 to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen."* Ephesians 3:20-21

### **100 DAY CHALLENGE Conquer Your Challenges! Pastor Steve Reynolds**

#### **INTRODUCTION**

- A. Welcome to 2020! It's a new year and a new decade. It's also a new opportunity to grow spiritually. Once we have received Christ Jesus the Lord we are then to grow in Him.

*"6 As you therefore have received Christ Jesus the Lord, so walk in Him,*

*7 rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving."*

Colossians 2:6-7

The purpose of our church is to lead people in a growing relationship with Jesus. In order to further our purpose and get off to a fast start in 2020 we are going to do a 100 Day Challenge.

- B. The 100 Day Challenge teaching series will provide you with the inspiration and information you need to accomplish five big challenges between now and the Monday after Easter. The messages include:

Jan 5 How To Read The Bible

Jan 12 How To Overcome Sin

Jan 19 How To Exercise

Jan 26 How To Be A Difference Maker

Feb 2 How To Be A Multi-Generational Church-Part 1

Feb 9 How To Be A Multi-Generational Church-Part 2

TODAY Conquer Your Challenges!

- C. **TEXT:** Ephesians 3:20-21 (Pew Bible/Page 1147/New Test.)

## CONQUER YOUR CHALLENGES!

## What Sin Is Weighing You Down?

### I. CONQUER **READING** THE FOUR GOSPELS

*"Till I come, give attention to reading, to exhortation, to doctrine."*  
I Timothy 4:13

Think S.P.E.C.S. as you read the Word:

- **S**ummarize the passage.

Pick out the major **points**.

- **P**romises to claim.

There are **thousands** of promises in the Bible.

- **E**xamples to follow or avoid.

There are 2,930 Bible characters.

- **C**ommands to obey.

Obedience is doing **what** you are told to do, **when** you are told to do it, with the right **heart** attitude.

- **S**ins to confess.

The ultimate purpose of Bible reading is **transformation**.

### II. CONQUER **OVERCOMING** ONE SIN

*"I Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,*

*2 looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."*  
Hebrews 12:1-2

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*"Whoever commits sin also commits lawlessness, and sin is lawlessness."*  
I John 3:4

*"Therefore if anyone cleanses himself from the latter, he will be a vessel for honor, sanctified and useful for the Master, prepared for every good work."*  
II Timothy 2:21

### III. CONQUER **EXERCISING** 150 MINUTES PER WEEK

*"28 Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable.*

*29 He gives power to the weak, And to those who have no might He increases strength.*

*30 Even the youths shall faint and be weary, And the young men shall utterly fall,*

*31 But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint."*  
Isaiah 40:28-31

- Ask **God** to be your personal trainer.

- Define exercise as **movement**.

You exercise every time you move your body.

- Make a **plan**.

What **time** will you exercise?

What **technique**(s) will you use to exercise?

- Remember the **benefits** of exercise.

