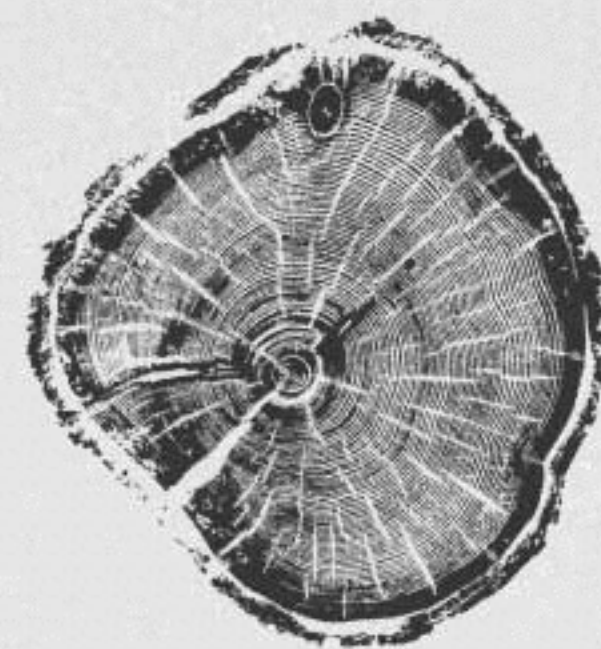


*privately healthy*



# LIKE A TREE

PSALM 1

*publicly fruitful*





YOUR STRENGTH

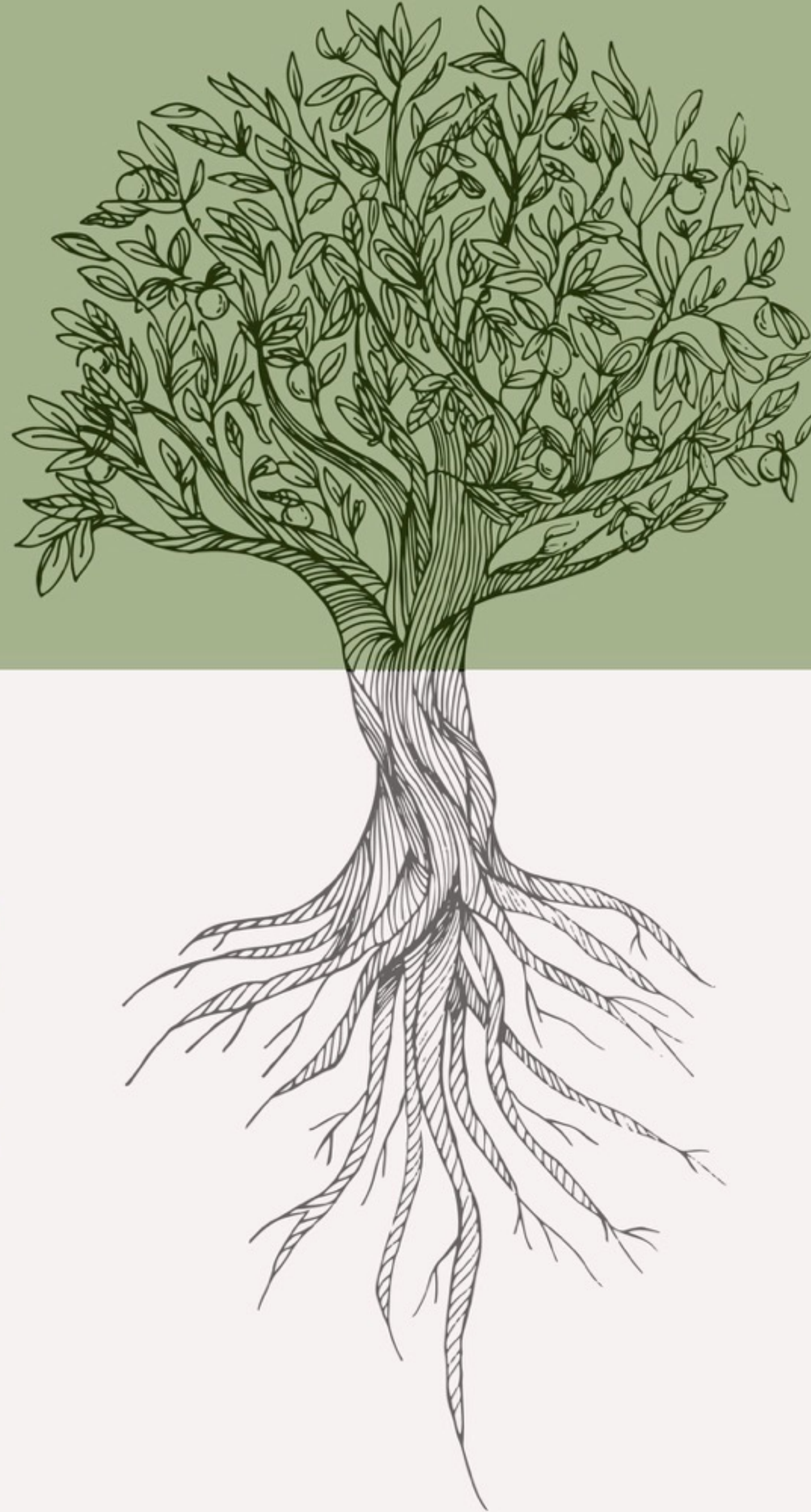


## *Psalm 1:1-3*

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night.

**He is like a tree** planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.





## Public Life

Your relationship with  
God that everyone sees

## Private Life

Your relationship with  
God that no one sees





Strengthen  
Expand  
Equip  
Position





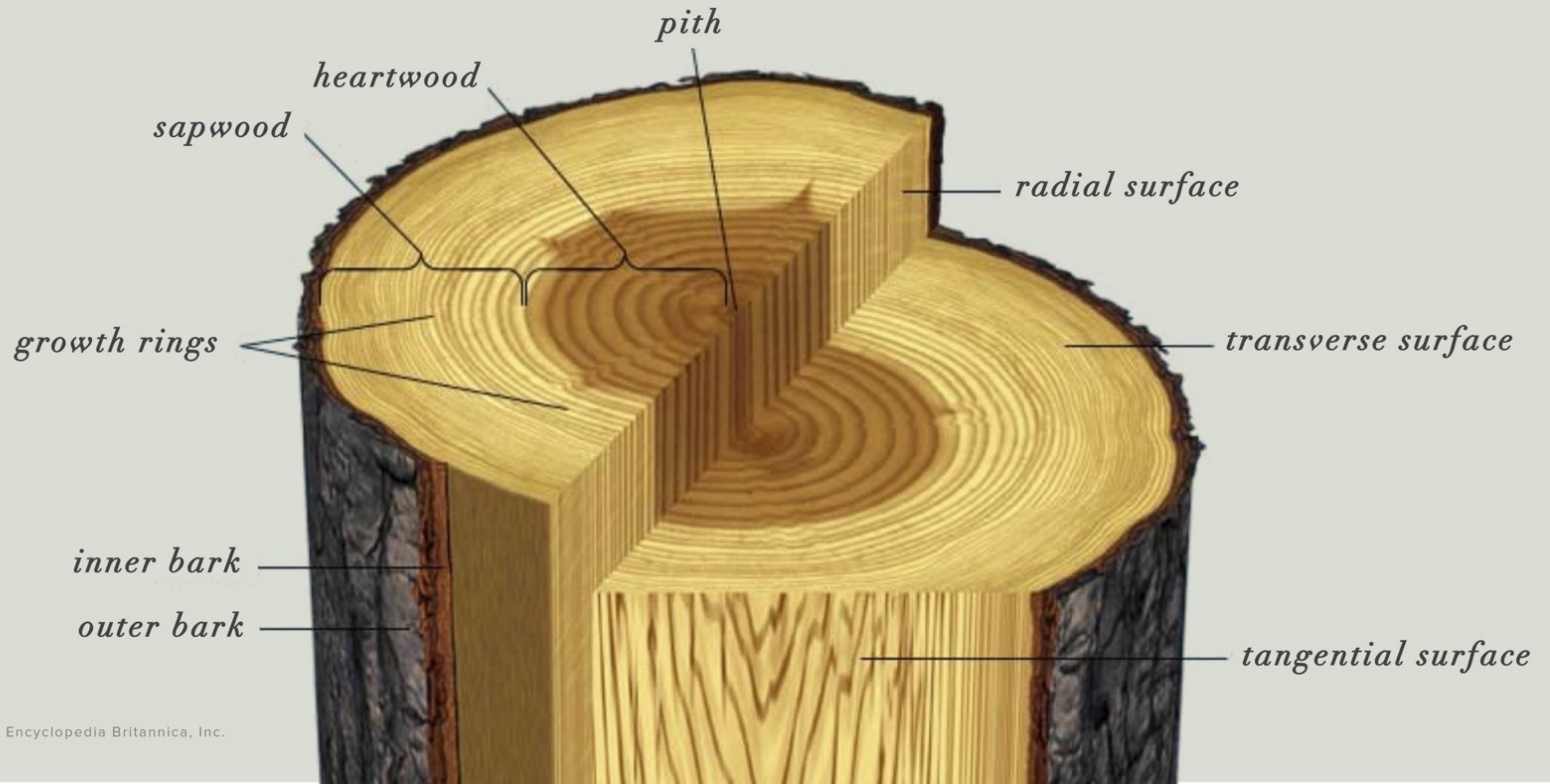
# The Strength of A Tree

A tree's trunk makes it strong in two ways:

1. Heartwood: Internal Strength
2. Bark: External Strength



# ANATOMY OF A TREE TRUNK



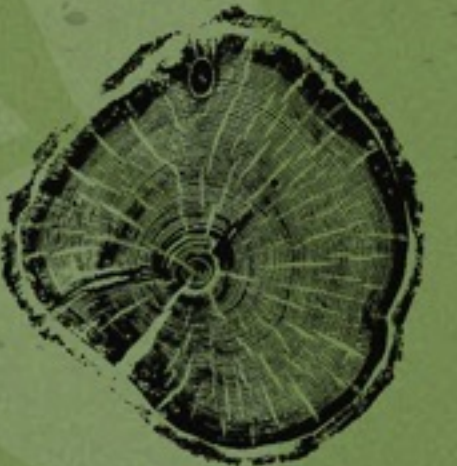




# The Strength of A Tree

“The heartwood is dead wood, but it used to be live sapwood! The heartwood’s main job is to provide support for the tree. Heartwood also helps the tree by being resistant to insect attacks and decay.”

- *Virginia Tech Forest Association*





# The Strength of A Tree

<sup>11</sup> In the same way, count yourselves dead to sin but alive to God in Christ Jesus.

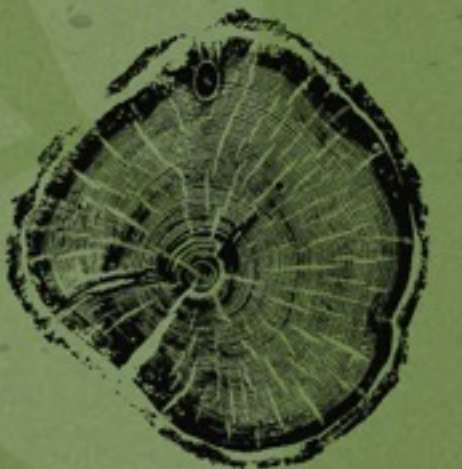
Romans 6:11 (NIV)

<sup>20</sup> I have been crucified with Christ and I no longer live, but Christ lives in me.

Galatians 2:20 (NIV)

<sup>3</sup> For you died to this life, and your real life is hidden with Christ in God.

Colossians 3:3 (NLT)





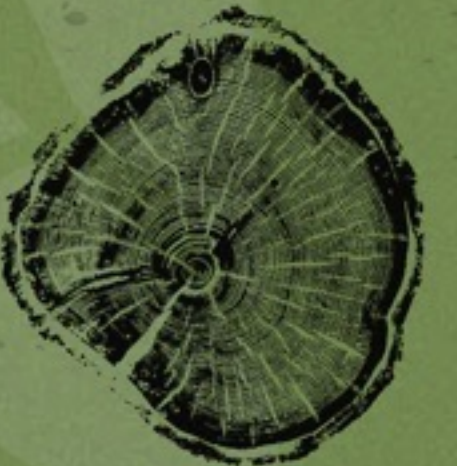






# The Strength of A Tree

“Outer bark acts as a **suit of armor** against the world by protecting the tree from insects, disease, storms and extreme temperatures. In certain species, the outer bark also protects the tree from fire.” - *North Carolina Forestry Association*



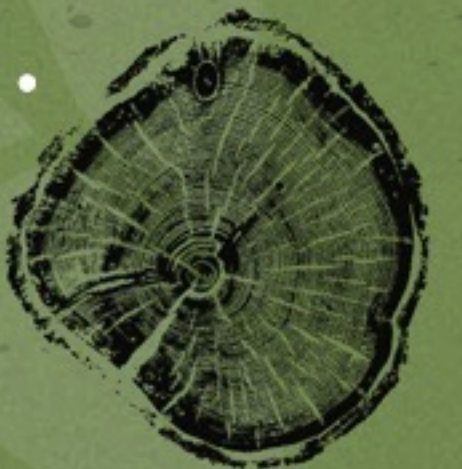


# The Strength of A Tree

<sup>11</sup> **Put on the full armor of God**, so that you can take your stand against the devil's schemes. <sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

<sup>13</sup> Therefore **put on the full armor of God**, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

Ephesians 6:11-13 (NIV)

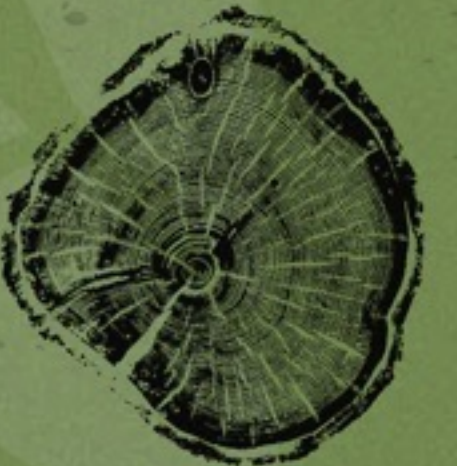






# The Strength of A Tree

“The tree has to keep hidden reserves of energy on hand to fight off pests. These secret reserves can be activated at any time, and depending on the tree species, they contain a selection of defensive compounds produced by the tree.” - Peter Wohlleben, *The Hidden Life of Trees*



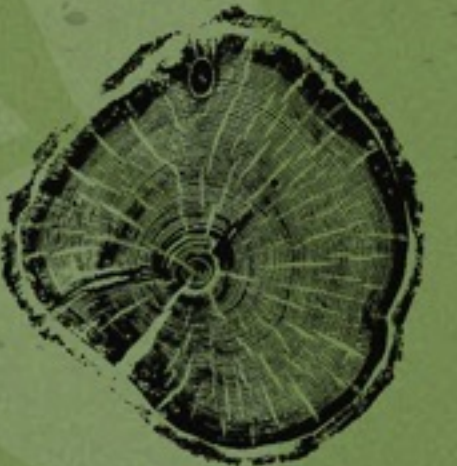




# **The Strength of A Tree**

Strength is the hidden reserve of energy that enables us to fight off the enemy and all other opposing forces.

Strength is reflected by our ability to withstand internally and resist externally.







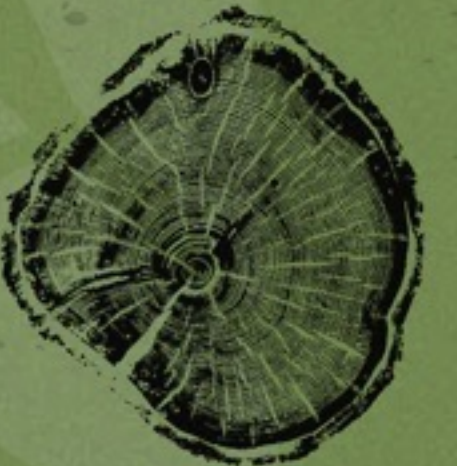
## **Jesus Teaches Us:**

We need internal and external strength in order to be fruitful like a tree.



<sup>4</sup>While a large crowd was gathering and people were coming to Jesus from town after town, he told this parable: <sup>5</sup>“A farmer went out to sow his seed. As he was scattering the seed, some fell along the path; it was trampled on, and the birds ate it up. <sup>6</sup>Some fell on rocky ground, and when it came up, the plants withered because they had no moisture. <sup>7</sup>Other seed fell among thorns, which grew up with it and choked the plants.

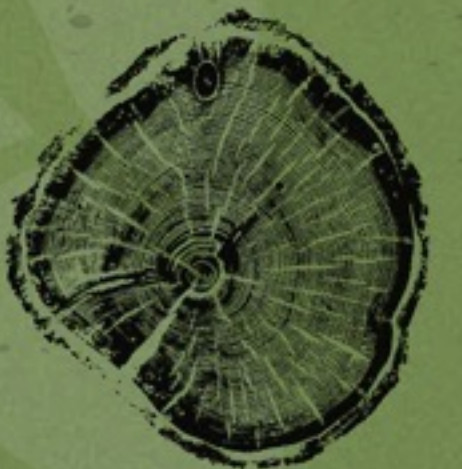
Luke 8:4-15 (NIV)





<sup>8</sup> Still other seed fell on good soil. It came up and yielded a crop, a hundred times more than was sown.” <sup>9</sup> When he said this, he called out, “Whoever has ears to hear, let them hear.” His disciples asked him what this parable meant. <sup>10</sup> He said, “The knowledge of the secrets of the kingdom of God has been given to you, but to others I speak in parables, so that, ‘though seeing, they may not see; though hearing, they may not understand.’”

Luke 8:4-15 (NIV)

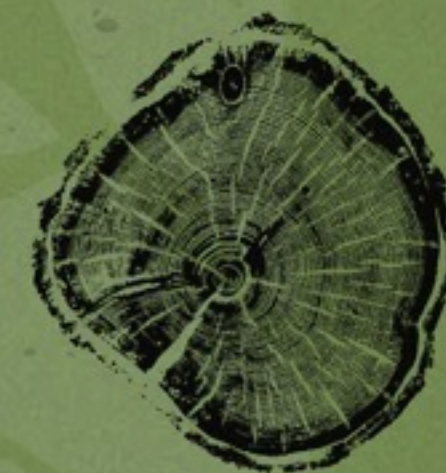




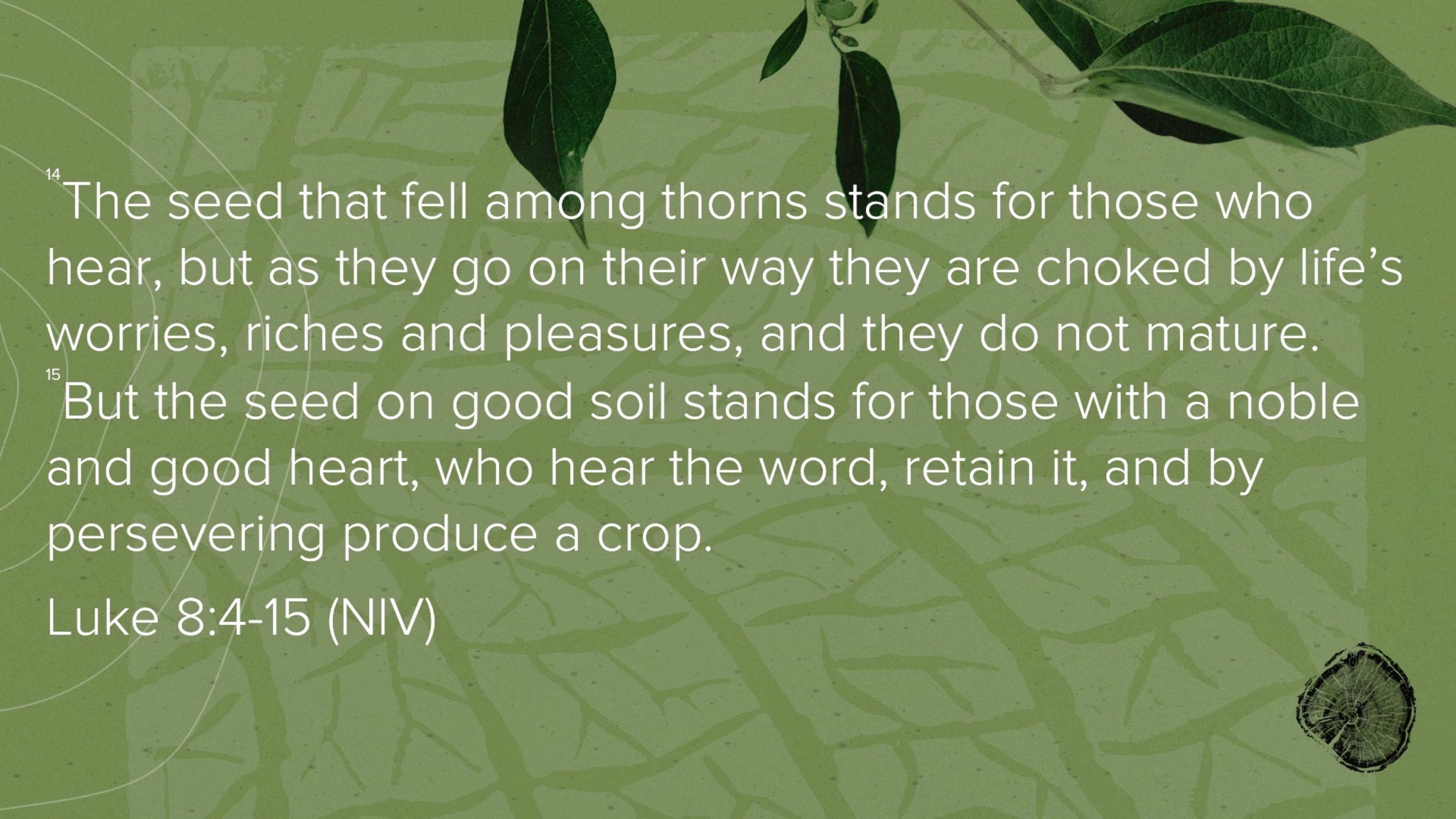
<sup>11</sup>This is the meaning of the parable: The seed is the word of God. <sup>12</sup>Those along the path are the ones who hear, and then the devil comes and takes away the word from their hearts, so that they may not believe and be saved.

<sup>13</sup>Those on the rocky ground are the ones who receive the word with joy when they hear it, but they have no root. They believe it for a while, but in the time of testing they fall away.

Luke 8:4-15 (NIV)



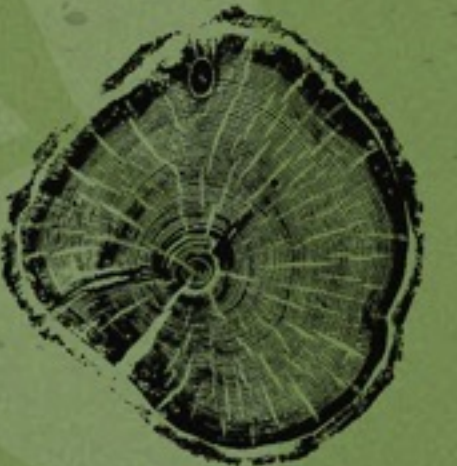




<sup>14</sup> The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life's worries, riches and pleasures, and they do not mature.

<sup>15</sup> But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop.

Luke 8:4-15 (NIV)

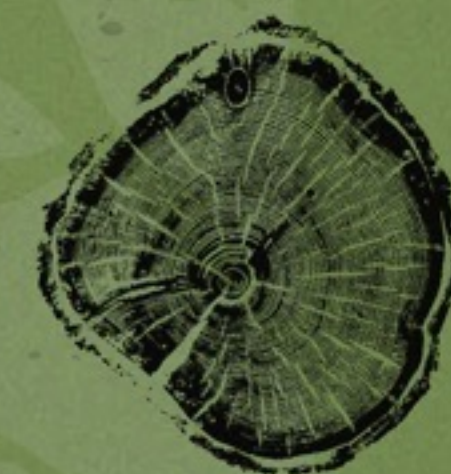




# We Need Strength Against the Enemy

<sup>12</sup> Those along the path are the ones who hear, and **then the devil comes and takes away the word from their hearts**, so that they may not believe and be saved.

Luke 8:12 (NIV)

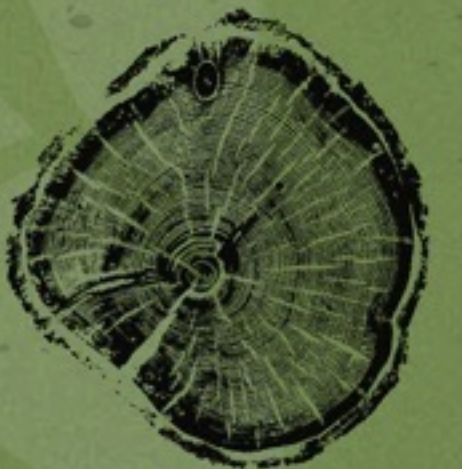




# We Need Strength to Resist the Cares and Worries That Try to Choke Us

<sup>14</sup> The seed that fell among thorns stands for those who hear, but **as they go on their way they are choked by life's worries**, riches and pleasures, and they do not mature. <sup>15</sup> But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop.

Luke 8:14-15 (NIV)







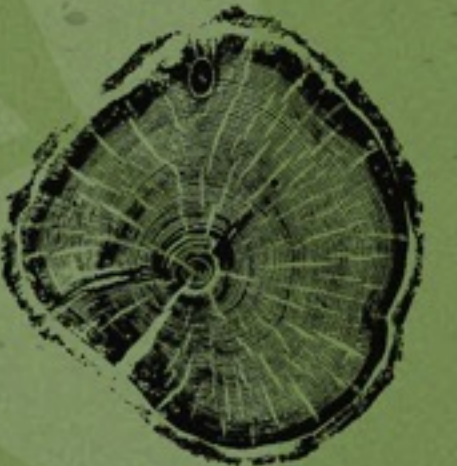


# We Need Strength to Withstand the Temptations Toward Riches and Pleasures

<sup>14</sup> The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life's worries, **riches and pleasures, and they do not mature.**

<sup>15</sup> But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop.

Luke 8:14-15 (NIV)



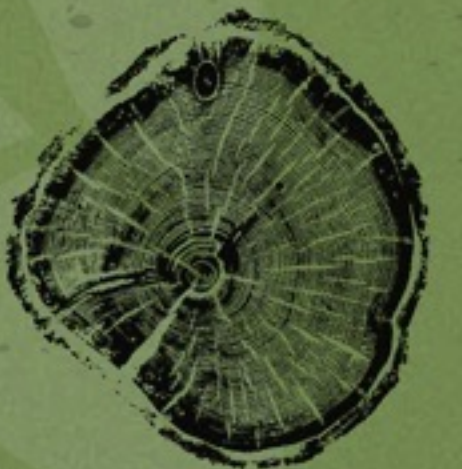


# **We Need Strength to Withstand the Temptations Toward Riches and Pleasures**

<sup>17</sup> Those who love pleasure become poor; those who love wine and luxury will never be rich.

<sup>20</sup> The wise have wealth and luxury, but fools spend whatever they get.

Proverbs 21:17,20 (NLT)





# **We Need Strength to Withstand the Temptations Toward Riches and Pleasures**

<sup>13</sup> No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way so that you can endure it.

1 Corinthians 10:13 (NLT)

