



FAITH, FREEDOM, & FITNESS

POWER CHURCH

MESSAGE: 08 FEB 2026

Video:

https://www.youtube.com/shorts/oFkKs_q_q8Q

**Happy Lord's Day
and welcome to Power Church!**
Today is Sunday, February 08, in the year of our Lord 2026.

**Before we open with prayer,
I want to invite those watching us on YouTube to join the
Strong Life 610 Ministry.**

**Joining is FREE, we NEVER ask for donations,
and as a Strong Life 610 Team Member,
you will receive our DAILY BREAD devotions,
weekly POWER CHURCH messages,
and our monthly STRONG LIFE newsletter**

**To join, simply email us at:
stronglife610inc@gmail.com**

Thanks so much, and we hope and pray to hear from you!

Let us pray:

Father,

*Help us to understand the beauty in each of us,
that we are Your children,
and You love us*

*Help us to see that our lives are meant to be beautiful, too
That we should seek You
so that You can lift our lives out of the darkness and into the light*

In Jesus' Name, Amen



RINGS OF GOLD

Proverbs 11:22

***Like a gold ring in a pig's snout
is a beautiful woman who shows no discretion.***

I have never been a fan of nose rings on women. While there are women who can “pull off” a small diamond pierced on the side of their nose, the septum ring is something that I find unattractive no matter how beautiful a woman’s facial features may be. In the end, the nose ring is all you see – it’s distracting, and it takes away from the beauty of the women who wear them.

Today's verse from Proverbs 11:22, while it appears directed solely to women, its truth really applies to all of us. It reads:

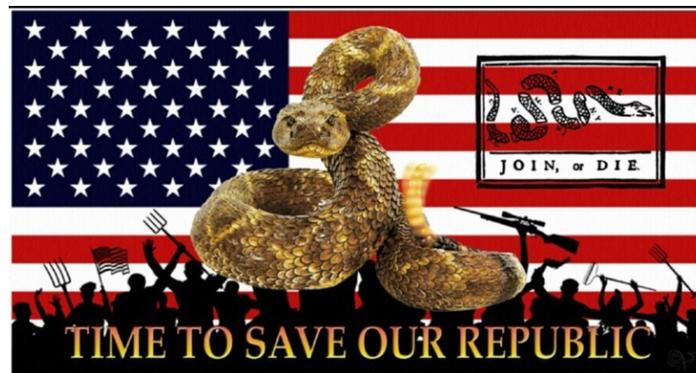
***Like a gold ring in a pig's snout
is a beautiful woman who shows no discretion.***

Your life and my life are like a gold ring, they're priceless because we're made in the image of God. Our lives are meant to be something beautiful, but if we give ourselves to sinfulness; if we give our hearts to greed, lust, anger, selfishness, sensuality and the like, we're degrading that which was meant to be beautiful.

Our friend, Pastor Jonathan Cahn, teaches that a ring given to a pig will end up in the mud. Likewise, a life given to sin, will also end up in the mud. If we sell ourself cheap, our life will become cheap.

Simply stated, we become what we give ourselves to. If we give ourselves to something low, we will be lowered. But if we give ourselves to something higher, then our lives will be lifted up.

We should give ourselves to what's pure, true, and holy. We should give ourselves to Jesus. In doing so, our lives will be lifted up. Our lives will become the treasure they were meant to be and not a ring in a pig's nose.



Thank you so much for joining us for today's "Power Church" message.

Until next Sunday: ***"Be strong in the Lord, and the power of His might."***



FAITH, FREEDOM, & FITNESS

DAILY BREAD

Monday, February 09

James 3:14-16

***But if you harbor bitter envy and selfish ambition in your hearts,
do not boast about it or deny the truth.***

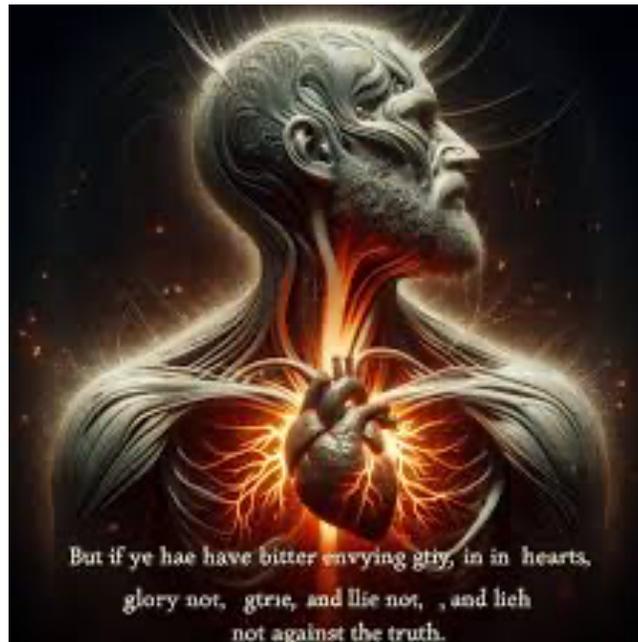
***Such “wisdom” does not come down from heaven but is earthly,
unspiritual, demonic.***

***For where you have envy and selfish ambition,
there you find disorder and every evil practice.***



In yesterday's DAILY BREAD devotional, James asked us who we think are qualified as wise and understanding. His immediate answer was that wise people live wisely, participating in good deeds with great humility. In today's verses, he warns us not to lie to ourselves. We should not assume we are "wise" if we carry bitter envy and selfish ambition in our hearts, nor should we boast about it:

But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth.



Before we move to verses 15 and 16, consider this: the typical "life coach" will tell you to decide what you want out of life and make a plan to go get it. As competitive lifters, we set goals and train hard to achieve them. The idea is that the successful person is the one who knows what he or she wants and gets it in the end.

The problem, of course, is that such an approach to life, and lifting, is usually built on envy and/or selfish ambition: "I want that for myself," or "I want to lift as much as he does." The point is not that trying to improve ourselves or be successful is evil; the problem is in the world's definition of wisdom and success:

Such "wisdom" does not come down from heaven but is earthly, unspiritual, demonic.

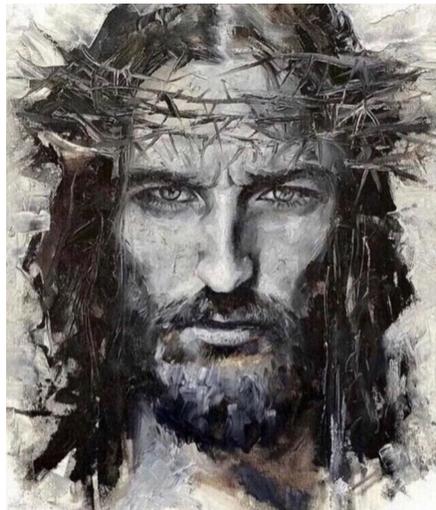
James wants us to understand that the world's wisdom can't help us beyond the limits of our short, physical lives. This wisdom runs on the engine of human envy and self-serving ambition. And its origin is the Devil:

***For where you have envy and selfish ambition,
there you find disorder and every evil practice.***

When we live our lives according to worldly wisdom, pain and destruction become the norm. Self-sacrifice for the good of others becomes the rare exception. When personal achievement is the most important goal, all sorts of immorality is implicitly on the table.

As James will show us over the next few days, those who follow the self-sacrificing wisdom of heaven experience a very different reality.

In Christ, Spero



*For God so loved the world,
that he gave his only begotten Son,
that whosoever believeth in him
should not perish,
but have everlasting life.*

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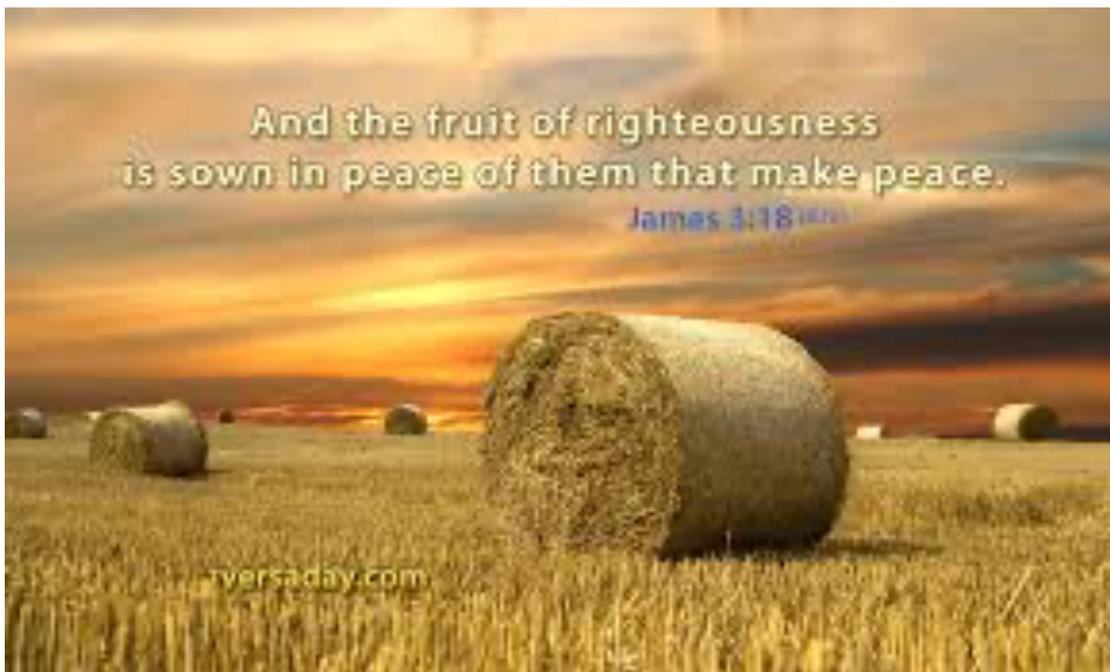
FAITH, FREEDOM, & FITNESS

DAILY BREAD

Tuesday, February 10

James 3:17-18

***But the wisdom that comes from heaven is first of all pure;
then peace-loving, considerate, submissive,
full of mercy and good fruit, impartial and sincere.***



Peacemakers who sow in peace reap a harvest of righteousness.

As we discussed yesterday, James is describing the so-called wisdom of the world. Typical human philosophy is driven by envy and selfish ambition, and the result is all the disorder and evil we see in the world. Putting ourselves ahead of all others means creating billions of contradictory goals, and making excuses for hurting people in order to get what we want.

In today's verses from James 3:17-18, James describes the characteristics of wisdom from heaven:

But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.



This is God's wisdom. This is the wisdom of those who trust God to provide all they need, to continue to give them every good gift, and to fulfill every desire of their hearts for eternity with Him in heaven. As a result, we are called to willingly sacrifice opportunities for "more and more" money, pleasure, and power, making ourselves available to serve the needs of others.

True wisdom is full of mercy and all the good things that follow from living God's way. This wisdom is impartial and sincere and is acquired when we believe that our good God is providing all we need in every moment of our lives.

James concludes his thought in verse 18 with a beautiful word picture, leading us to imagine fields full and ready to harvest:

Peacemakers who sow in peace reap a harvest of righteousness.

The crop of this field is righteousness, goodness, and everything we as believers hope to see in the world. When we have peace-loving lifestyles, it leads to fields of righteous choices. That's the result of living by heaven's wisdom.

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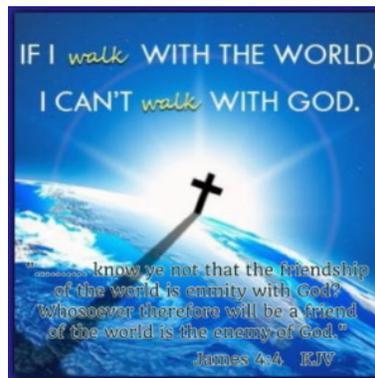
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DAILY BREAD

Wednesday, February 11

James 4:1-3

***What causes fights and quarrels among you?
Don't they come from your desires that battle within you?***



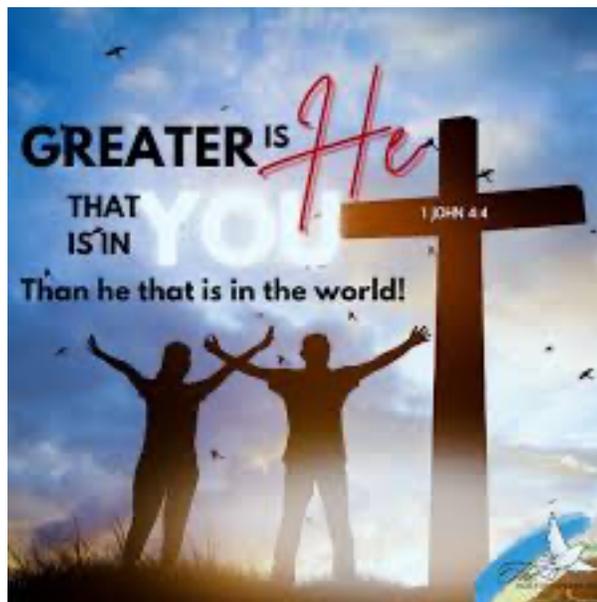
***You desire but do not have, so you kill.
You covet but you cannot get what you want, so you quarrel and fight.
You do not have because you do not ask God.***

***When you ask, you do not receive,
because you ask with wrong motives,
that you may spend what you get on your pleasures.***

In the previous chapter, James noted that un-heavenly wisdom is earthly, unspiritual, and demonic, leading to disorder and all kinds of evil practices (James 3:15-16).

As we enter into the opening verses of his fourth chapter, James scolds his readers, who, though they are Christians, are continuing to live by the world's warped wisdom:

***What causes fights and quarrels among you?
Don't they come from your desires that battle within you?***



Apparently, the community that James was writing to was in conflict. He rhetorically asks what is causing their fights and quarrels. They likely would have been tempted to answer that question by pointing to their opponents. James won't let them get away with that. Instead, using another question, he says their conflict is driven by the passions or desires that are battling within them.

James continues making the case to his Christian readers that they are living according to the world's wisdom. They are not trusting God to provide while serving others, which is the wisdom of heaven:

***You desire but do not have, so you kill.
You covet but you cannot get what you want, so you quarrel and fight.
You do not have because you do not ask God.***

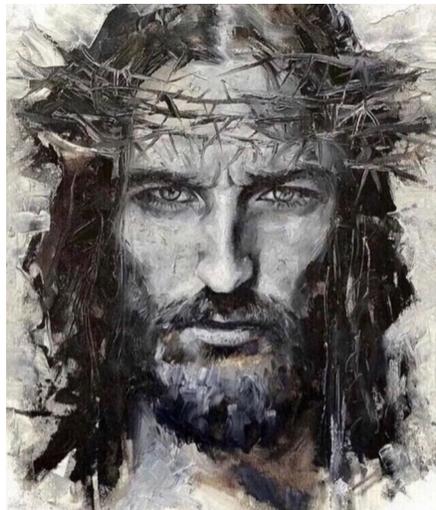
Driven by bitter envy to get what they want, and a deep ambition to serve themselves, James' readers continue to kill, quarrel, and fight. We have no way of knowing how violent this conflict had actually become, but it's clear that these early believers, like many of us today, are "off track."

At the heart of their problems, and ours, is their response to not getting what they want out of life:

*When you ask, you do not receive,
because you ask with wrong motives,
that you may spend what you get on your pleasures.*

These believers refused to trust God to provide what they needed. The God who loves us won't allow Himself to be used to serve envy and ambition. He wants us to bring our requests to Him with a spirit of humility and trust. He wants us to trust Him, allowing Him to give to us the good He has for us as a gift and in His perfect time.

In Christ, Spero



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FAITH, FREEDOM, & FITNESS

DAILY BREAD

Thursday, February 12

James 4:4-5

***You adulterous people,
don't you know that friendship with the world means enmity against
God?***

***Therefore,
anyone who chooses to be a friend of the world
becomes an enemy of God.***

***Or do you think Scripture says without reason that He jealously longs
for the Spirit he has caused to dwell in us?***



In yesterday's devotional, James was blunt: his readers were living according to worldly wisdom. Because James' readers were unwilling to trust God with heavenly wisdom, he now calls them "adulteresses":

***You adulterous people,
don't you know that friendship with the world means enmity against
God?
Therefore,
anyone who chooses to be a friend of the world
becomes an enemy of God.***



It is important to note that James is not singling out women – gender is not the point of his teaching. He is equating their choice to continue following worldly wisdom with the sin of a spouse having sex outside their marriage. Spiritually speaking, these believers were cheating on God with the world.

James is clear that when we choose to continue to live according to the wisdom of the world, driven by envy and ambition, seeking what we want above all else, we are not living as friends of God but in adultery as God's enemy.

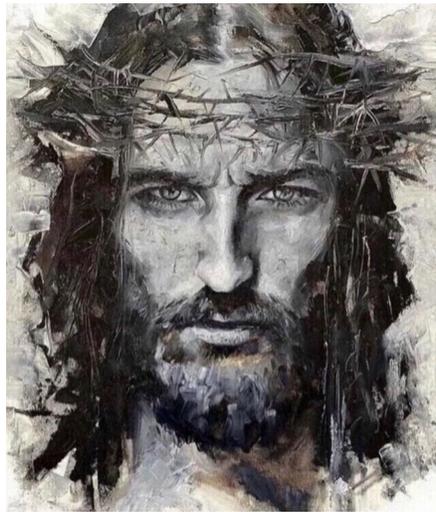
In verse 5, James asks another rhetorical question to make a point:

***Or do you think Scripture says without reason that He jealously longs
for the Spirit he has caused to dwell in us?***

Scripture reveals that God is jealous in the sense of His being concerned and involved in our lives. We know this because His Holy Spirit lives inside of us when we trust in Christ.

Thus, if we continue to live in the world's wisdom, God takes our choice not to trust Him very personally. He is jealous for us. He won't easily allow us to continue to lead lives of self-service and self-reliance when He has placed His Spirit in us.

In Christ, Spero



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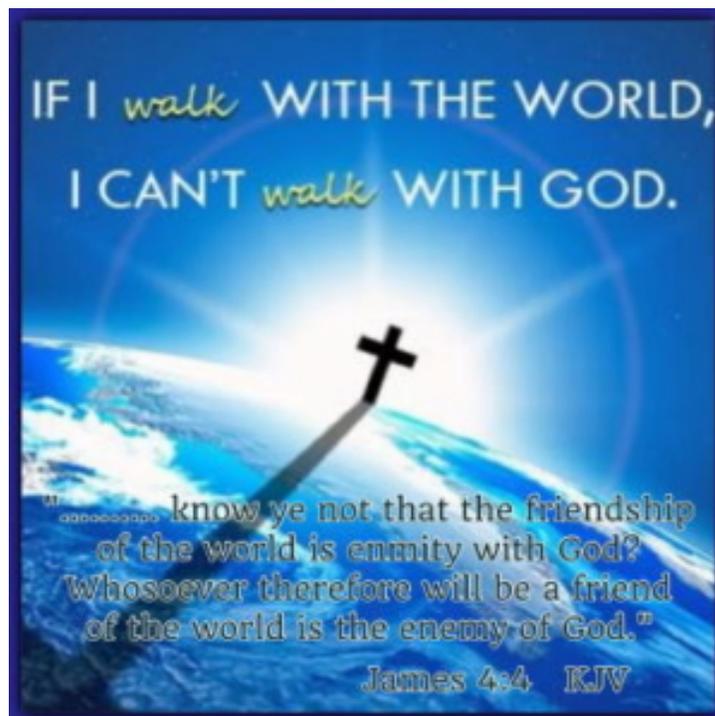
FAITH, FREEDOM, & FITNESS

DAILY BREAD

Friday, February 13

James 4:6

***But He gives us more grace. That is why Scripture says:
“God opposes the proud
but shows favor to the humble.”***



Thus far in chapter 4, James has delivered a devastating diagnosis and a dire warning to believers who are living according to the wisdom of the world. Like the readers from James' time, we, too, are driven by envy and the ambition to succeed at any cost.

In today's verse from James 4:6, James offers reassurance that for those of us living in this way, we have not outrun the grace of God:

***But He gives us more grace. That is why Scripture says:
“God opposes the proud
but shows favor to the humble.”***



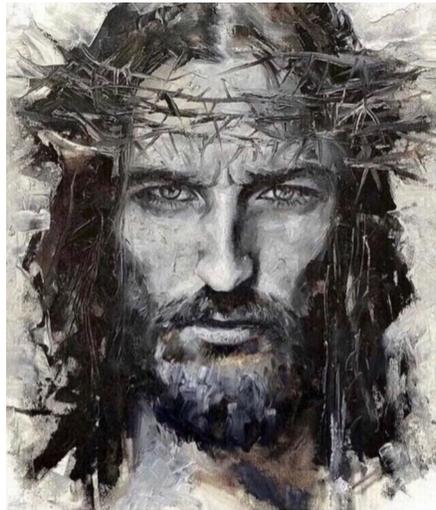
This grace is given to all who trust in Christ. Our sin is serious, devastating, and wicked, but God gives more grace. He forgives our sinfulness in Christ and continues to give us the good we have not earned.

James quotes Proverbs 3:34, relating a simple yet powerful idea: God opposes the proud. Our refusal to trust God to provide what we need, what He wants for us, and our insistence on getting what we want for ourselves is an act of pride.

Instead, He calls us to humble ourselves and receive more grace from Him. He calls us to repent of the sin of self-reliance and demanding what we want, and yield to Him, receiving with gratitude all the good He chooses to give us.

*God is calling us back to the peaceful,
faithful path of trusting Him.*

In Christ, Spero



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DAILY BREAD

HAPPY VALENTINE'S DAY !!!

Saturday, February 14

1 Corinthians 13:13

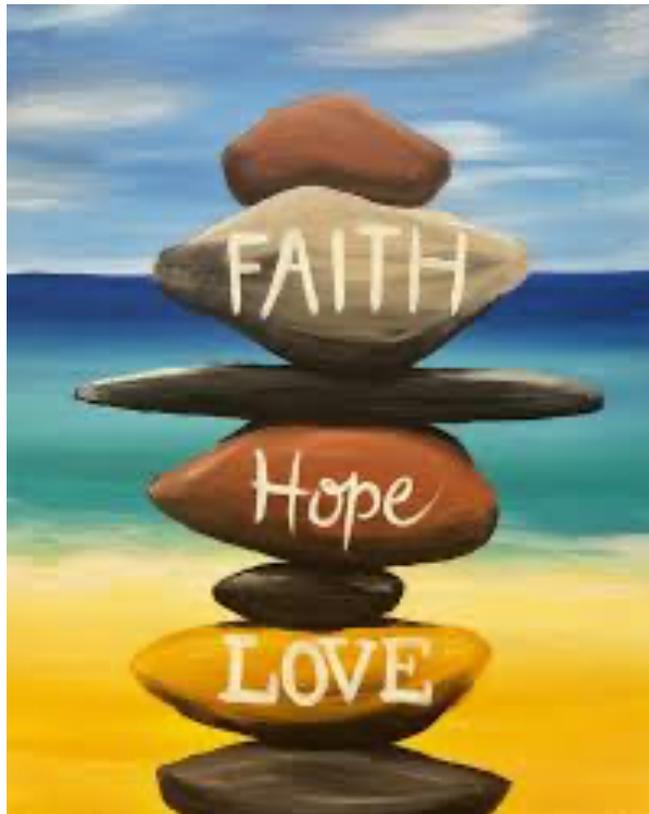
***And now these three remain:
faith, hope and love.***

But the greatest of these is love.



For our Valentine's Day devotional, we will look at an often quoted, printed, and sung verse of Scripture from 1 Corinthians 13:13:

***And now these three remain:
faith, hope and love.
But the greatest of these is love.***



Paul is finishing up a section of Scripture explaining why godly, self-sacrificing love is required to fully express spiritual gifts. He concludes by mentioning love again with two virtues often listed with it: faith and hope. Together, these three virtues “abide” or “remain.”

Faith is essential to Christianity. Only by faith in Christ is it possible to come into relationship with God. In a similar way, hope is the Christian conviction that God will keep His promises about the future. Without faith and hope, Christianity does not make sense.

Still, Paul insists that love is greater than these two bedrock virtues. It will remain, in a sense, even after our faith has become sight and our hope in eternity has been fully realized.



Happy Valentine's Day to everyone; we'll continue our study of the fourth chapter from the Book of James on Monday.

In Christ, Spero



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