



FAITH, FREEDOM, & FITNESS

POWER CHURCH

MESSAGE: 10 MAY 2026

Video:

https://www.youtube.com/shorts/o_EXV1WHnz0

**Happy LORD'S Day
and welcome to Power Church!**

**Today is Sunday, May 10,
in the year of our Lord 2026.**

Let us pray:

***Father,
teach us to take nothing for granted in this life***

***To cherish the sunrise, to worship in our training,
to love our fellow man, and to share Your Good News***

***And let us never forget to thank You
for the countless blessings You pour out on us every day***

In Jesus' Name, Amen



“GOD OF WONDERS”

Psalm 19:1

***The heavens declare the glory of the Lord;
the skies proclaim the work of His hands.***

One of my favorite movies is “Jeremiah Johnson,” starring Robert Redford. He plays a mountain man in the 1800s, and the movie spans several decades of his life. It takes place in one of our nation’s most majestic places – the Rocky Mountains.



There's something about the mountains that is awe inspiring. The band Third Day released a song on their Offerings I album titled "These Thousand Hills," that described the mountains as "footprints of a mighty God." I am always in awe whenever I'm in the mountains.

Similarly, you can tell when people are tourists because they're in awe of everything that the locals take for granted. Tourists love to visit the Statue of Liberty, but ask people who live in New York City, and chances are they've never been there, because they're not tourists.



Tourists take nothing for granted. 1 Peter 1 says: "We're aliens, strangers," meaning we're in this world, but not of it. As believers, we're here, but it's not our home. We're tourists and were here on a mission.

With that in mind, we must take nothing for granted here and give thanks for everything. All of it is God's blessings. Starting with life, with the sunrise, the sunset, the air, the flowers, our friends, the fellowship, the time God has given us on earth.

Every blessing on earth comes from God, but it's not forever. We're residents here, we're tourists. As such, we need to get out our spiritual cameras, guidebooks, and start praising God for all the blessings we may have taken for granted.



Because this life is only for a short season, we just happen to be tourists on planet earth.

Heaven is our eternal home.



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, May 11
Daniel 2:44-49**

***“In the time of those kings,
the God of heaven will set up a kingdom that will never be destroyed,
nor will it be left to another people.***

***It will crush all those kingdoms and bring them to an end, but it will
itself endure forever.***

***This is the meaning of the vision of the rock cut out of a mountain,
but not by human hands –
a rock that broke the iron, the bronze, the clay, the silver and the gold
to pieces.***

***“The great God has shown the king
what will take place in the future.
The dream is true and its interpretation is trustworthy.”***

***Then King Nebuchadnezzar fell prostrate before Daniel
and paid him honor and ordered that an offering and incense be
presented to him.***

***The king said to Daniel,
“Surely your God is the God of gods and the Lord of kings***

***and a revealer of mysteries,
for you were able to reveal this mystery.”***

***Then the king placed Daniel in a high position
and lavished many gifts on him.***

***He made him ruler over the entire province of Babylon and placed him
in charge of all its wise men.***

***Moreover, at Daniel’s request
the king appointed Shadrach, Meshach and Abednego administrators
over the province of Babylon,
while Daniel himself remained at the royal court.***



At the end of Nebuchadnezzar’s disturbing dream, he saw a supernatural stone shatter the base of the massive statue. The stone which shattered the statue is a kingdom set up by God, which will never be overcome. Daniel reiterates that the stone – this future kingdom – would not be established by human hands, but by the power of the Lord.

The stone which grew to fill the earth symbolizes the rule of Christ, replacing the Gentile domination of the world. This concludes Daniel’s God-given assessment of Nebuchadnezzar’s mysterious dream. He repeats the claim that this dream is prophetic: it speaks of things to come, and those events are absolutely guaranteed. As believers, we can rejoice in the One who holds the future in His omnipotent hands.

In response to Daniel's revelation and interpretation, the king bowed down and ordered rituals to be performed. This was not necessarily out of respect for Daniel, himself, but in awe of divine power. Though Nebuchadnezzar credits Daniel's God with power, his words imply that God is "only" the best among many deities. The king is not abandoning his pagan beliefs, but he is modifying them in response to what he has seen.



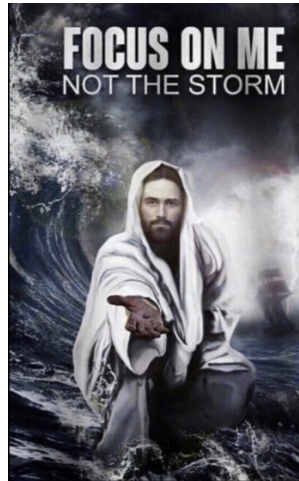
For solving his mysterious dream, Nebuchadnezzar generously gave rewards to Daniel. Among these was a position of great power. The nation of Babylon was divided into provinces, each having a governor, and Daniel appears to have been appointed governor of the region containing the city of Babylon and the royal court. He also received the responsibility of serving as president over the wise men of Babylon. Nebuchadnezzar recognized Daniel's connection to divine wisdom and acted accordingly.

Of course, God was working behind the scenes to place Daniel into a position of great influence. Daniel's work for God was not done. He will testify for God and serve Him well in his prestigious positions.

Additionally, Daniel did not forget his faithful friends who had prayed for him. He asked Nebuchadnezzar to favor them and, as a result, the king appointed them over the business of the province of Babylon. These three friends - Shadrach, Meshach, and Abednego – will see their faith strongly tested in their new positions as well.

More to come!

In Christ, Spero



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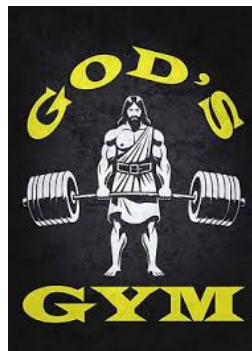
DAILY BREAD

**Tuesday, May 12
Daniel 3:1-3**

*King Nebuchadnezzar made an image of gold,
sixty cubits high and six cubits wide,
and set it up on the plain of Dura in the province of Babylon.*

*He then summoned the satraps, prefects, governors, advisers,
treasurers, judges, magistrates and all the other provincial officials
to come to the dedication of the image he had set up.*

*So the satraps, prefects, governors, advisers, treasurers, judges,
magistrates and all the other provincial officials assembled
for the dedication of the image that King Nebuchadnezzar had set up,
and they stood before it.*



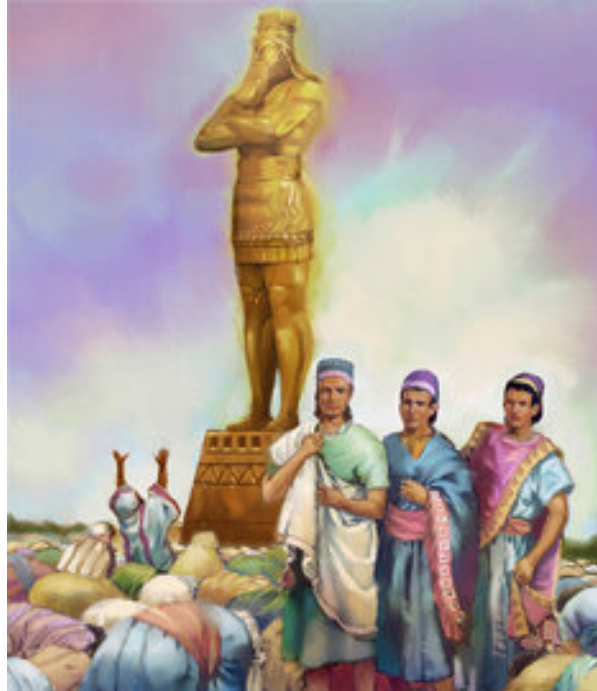
In the strength world, it's easy to fall victim to pride if we're not careful. From wearing inappropriate attire in the gym to focusing on the mirror instead of God's glory, it's easy to lose sight of God's role in our strength gains. When our lifting becomes about ourselves and not God, we are destined to lose all that He has enabled us to gain.



Over the last several days, we discussed King Nebuchadnezzar's troubling dream that Daniel was able, empowered by God, to both reveal its contents and interpret its meaning. Though the king recognized the power of Daniel's God, he did not abandon belief in other deities. Nor, it seems, did he restrain his pride.

The construction of a large golden idol, after being told the meaning of his dream, suggests Nebuchadnezzar's arrogance. The king arranged for officials from his entire empire to gather for the declaration of his golden image. As with many state-ordered gatherings, this was to emphasize the ruler's power and authority.

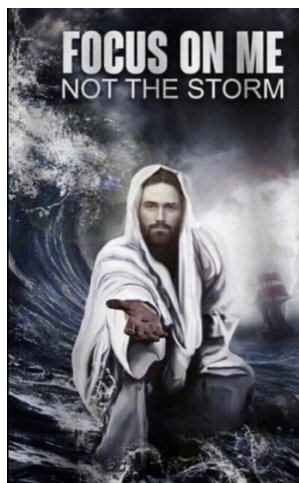
In the same way, the golden image was most likely created to symbolize the supremacy of Babylon and its king. It is likely that Nebuchadnezzar wanted everyone in his kingdom to see him as the majestic, supreme ruler over Babylon's many provinces. Bowing to the image would symbolize total submission to the nation of Babylon, its gods, and its ruler.



As we will learn, the king's edict becomes a test of faith for Daniel's three friends. Additionally, as Proverbs 16:18 teaches, Nebuchadnezzar will eventually succumb to the reality that:

*Pride goes before destruction,
a haughty spirit before a fall.*

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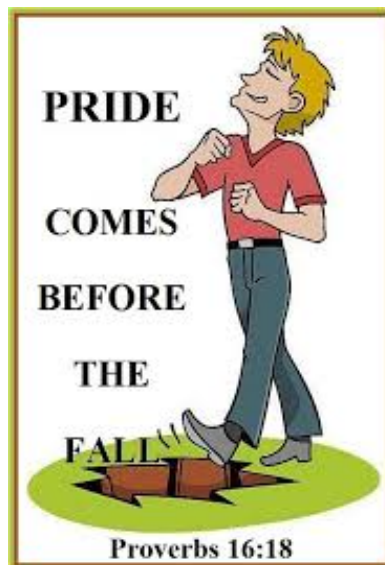
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DAILY BREAD

**Wednesday, May 13
Daniel 3:4-7**

*Then the herald loudly proclaimed,
“Nations and peoples of every language,
this is what you are commanded to do:*

*As soon as you hear the sound of the horn, flute, zither, lyre, harp,
pipe and all kinds of music,
you must fall down and worship the image of gold
that King Nebuchadnezzar has set up.*



Whoever does not fall down and worship will immediately be thrown into a blazing furnace.”

Therefore, as soon as they heard the sound of the horn, flute, zither, lyre, harp and all kinds of music, all the nations and peoples of every language fell down and worshiped the image of gold that King Nebuchadnezzar had set up.



King Nebuchadnezzar learned that his dream included a representation of Babylon as a golden head. Most likely out of pride, the king ordered construction of a large golden idol. Officials from all over the kingdom have been summoned and ordered to bow before this object on command. The signal for worship will be the sound of many instruments.

The purpose of this meeting, and the idol, is to prove that Babylon rules over all the entire middle east. Like the false prophet of the tribulation as referred to in the Book of Revelation, Nebuchadnezzar demands that everyone worship his image.

To “fall down” in this context means to kneel or lay face down in an expression of humility. When the people “hear the sound” of the instruments as a cue, they are commanded to worship this idol commissioned by Nebuchadnezzar.

The penalty for disobedience is an immediate, horrific death by fire. Not only is the process presumed to be painful, but it is also thorough, capable of destroying the body *entirely* and leaving little to no trace.

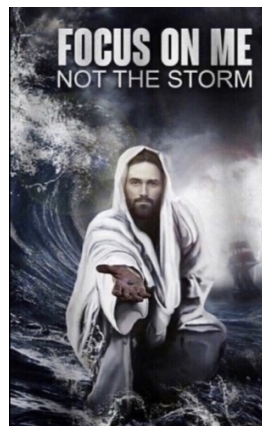
In the king's mind, there was no reason for a person to refuse his command to worship the image unless they were refusing to submit to Babylon. Nebuchadnezzar was willing to admit the power of Daniel's God but had not come to worship the Lord as the One True God.

It is important to note that in the end-times tribulation period discussed in the Book of Revelation (mentioned earlier), another despot will command everyone to worship an image. Those who comply will receive a mark on the right hand or forehead that will allow them to buy and sell. Many who refuse to worship the image will die.



**IF WE'RE ALIVE DURING THIS TIME,
WE MUST STAND FIRM
FOR THE LORD**

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**Thursday, May 14
Daniel 3:8-12**

*At this time some astrologers came forward
and denounced the Jews.*

*They said to King Nebuchadnezzar,
“May the king live forever!*

*Your Majesty has issued a decree that everyone who hears the sound
of the horn, flute, zither, lyre, harp, pipe and all kinds of music must
fall down and worship the image of gold,
and that whoever does not fall down and worship
will be thrown into a blazing furnace.*



But there are some Jews whom you have set over the affairs of the province of Babylon – Shadrach, Meshach and Abednego – who pay no attention to you, Your Majesty.

They neither serve your gods nor worship the image of gold you have set up.”

In response to his dream, Nebuchadnezzar built a huge idol and commanded his entire nation to worship it. As Jews, the four captive Israelites stood out from the Chaldeans as men who worshipped the One, True God instead of numerous false gods. While Daniel, Shadrach, Meshach, and Abednego were known for their skill, they were also passionately faithful to this Truth, and they refused the king's command, regardless of his threats.

As discussed, the Chaldeans had failed to meet the king's earlier challenge of revealing and interpreting his dream, over which at least some had been killed. Rather than making them grateful for surviving after Daniel was able to explain the dream to Nebuchadnezzar, the ordeal prompted them to become bitter and jealous. They will accuse Shadrach, Meshach, and Abednego of defying the royal order.



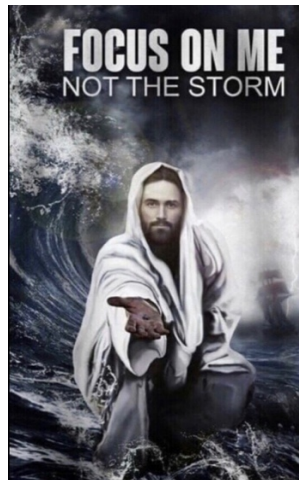
The Chaldean accusers flatter Nebuchadnezzar before spelling out the details of their accusation. Then they remind the king of the penalty he decreed: being burnt alive.

The world has always included those who don't merely want to punish God's people, but to wipe them from the face of the earth. Their intent was not honorable, regardless of whether it was true.

Satan was certainly behind the Chaldeans' accusation. The Devil who opposes God and God's people lurks behind vicious persecutors.

These are the times when our faith is truly tested. In the coming days, we will see how Shadrach, Meshach, and Abednego respond to the allegations and the king's threat of death.

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**Friday, May 15
Daniel 3:13-18**

***Furious with rage,
Nebuchadnezzar summoned Shadrach, Meshach and Abednego.***

***So these men were brought before the king,
and Nebuchadnezzar said to them,
“Is it true, Shadrach, Meshach and Abednego,
that you do not serve my gods or worship the image of gold I have set
up?”***



*Now when you hear the sound of the horn, flute, zither, lyre, harp,
pipe and all kinds of music,
if you are ready to fall down and worship the image I made, very good.*

*But if you do not worship it,
you will be thrown immediately into a blazing furnace.
Then what god will be able to rescue you from my hand?"*

*Shadrach, Meshach and Abednego replied to him,
"King Nebuchadnezzar, we do not need to defend ourselves before
you in this matter.*

*If we are thrown into the blazing furnace,
the God we serve is able to deliver us from it,
and he will deliver us from Your Majesty's hand.*

*But even if he does not, we want you to know, Your Majesty,
that we will not serve your gods or worship the image of gold
you have set up."*



The Chaldeans' accusation against Shadrach, Meshach, and Abednego infuriated Nebuchadnezzar. The king has already demonstrated violent anger when he does not get his way.

The men being interrogated were given positions of great power after Daniel successfully interpreted the king's dream. Rather than simply having Daniel's three friends killed, he asks for their response.

We, too, may find ourselves in situations where compromising our faith would make us more popular, or more comfortable, or physically safer. Yet we must stand fast in the Lord and refuse to compromise our faith. Knowing an honest answer would bring painful death, what would we have told the king? Would we give an answer that would please the king of Babylon or one that would please the King of heaven and earth?

Nebuchadnezzar saw himself as more authoritative and powerful than any god. He thought no god could undo his sentence of death. His question is rhetorical: a statement of his view that no deity could keep someone from death if the king of Babylon so ordered. Yet the king failed to realize that the God of the three Jews wasn't just another pagan idol. Their God created the heavens and earth, controlled all nature, and could surely deliver His faithful worshippers from the burning fiery furnace.

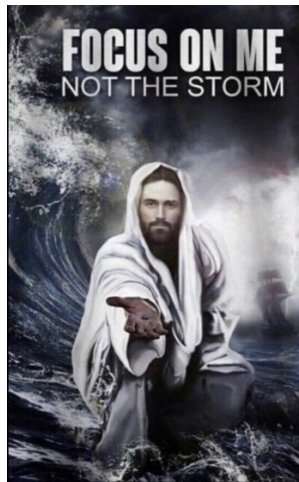
Shadrach, Meshach, and Abednego don't dispute the charges against them. Instead, their response is the equivalent of pleading guilty; they note there is no reason for them to "answer" or defend themselves. They did not, and will not, worship a false god. They make no attempt to explain or justify their faith. They simply refuse to follow the king's command and accept the consequences.



Shadrach, Meshach, and Abednego showed resolute trust in God. Here, the men point out their confidence that God – the One True God of Israel – would keep them safe even from the great king Nebuchadnezzar. These men are not foolish. They know it's entirely possible – highly likely, in fact – that they will die horribly for defying a pagan king. Yet they exhibit the same faith as Abraham when he prepared to sacrifice his son Isaac, as he believed God was able to even raise Isaac from the dead.

Lord, help us to live with such strong faith!

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DAILY BREAD

**Saturday, May 16
Daniel 3:19-23**

Then Nebuchadnezzar was furious with Shadrach, Meshach and Abednego, and his attitude toward them changed.

He ordered the furnace heated seven times hotter than usual and commanded some of the strongest soldiers in his army to tie up Shadrach, Meshach and Abednego and throw them into the blazing furnace.



*So these men, wearing their robes, trousers,
turbans and other clothes,
were bound and thrown into the blazing furnace.*

*The king's command was so urgent
and the furnace so hot that the flames of the fire
killed the soldiers who took up
Shadrach, Meshach and Abednego,
and these three men, firmly tied, fell into the blazing furnace.*



We're all guilty of letting our emotions lead us into making bad decisions. In powerlifting, when lifters miss their opener, they often add weight to their second attempt instead of simply repeating their opener to increase their potential for a successful second attempt. While this "strategy" works sometimes, it can also result in bombing out because emotion guided our decision to not "play it safe." This example is by no means life threatening or life changing, as was the case for Shadrach, Meshach and Abednego.

In arrogance, Nebuchadnezzar, the temperamental king of Babylon, had commanded everyone to worship a golden idol. Three Hebrew men, Shadrach, Meshach and Abednego, were accused of ignoring that order and openly refused to comply. The king's change of expression and instructions about the furnace reflect his ever-increasing rage. His decree is not a measured application of law, but a temper tantrum from a man accustomed to getting his way.

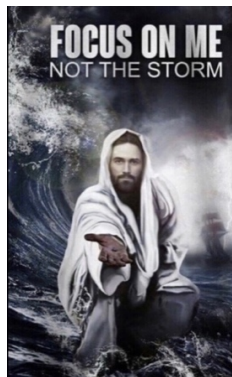
Being burnt alive was a traditional Babylonian punishment for blasphemers. In this case, Nebuchadnezzar fails to realize that a superheated furnace would put anyone who came near it at risk. It would also create a faster, less painful death for the three men. His only desire seems to be displaying as much power against these disobedient Hebrews as possible.



Execution victims were normally stripped, but in his rage the king wants them executed instantly. Strong men were commanded to tie up the three Hebrew captives and throw them into the furnace. This urgency contributed to the deaths of these executioners.

Nebuchadnezzar also failed to realize that the God the three men worshipped and served could protect them from the fire. He will soon learn that his earlier bragging was mistaken.

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