

# Strong in Christ

by Mary Wilder Tileston

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*We can overcome negative emotions and make better choices by abiding in Christ and drawing on the sanctifying Spirit's power.*

**Scripture:** Galatians 5:22, Ephesians 3:16, Philippians 4:13, Colossians 3:16, 1 John 1:9

**Topics:** "Spiritual Growth", "Sanctification"

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## Description

Mary Wilder Tileston preaches about the importance of being strengthened by the Spirit in our inner being so that Christ may dwell in our hearts through faith. She emphasizes the need for purification of the very springs of our nature, not just external actions or words that grieve God, but the deep roots within us. Tileston urges believers to abide in Christ, drawing on the sanctifying power of the Spirit to overcome impatience, unkindness, and other negative emotions by staying connected to Jesus and relying on His strength for all circumstances.

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## Transcript

Strengthened with might by His Spirit in the inner man; that Christ may dwell in your hearts by faith.

EPHESIANS 3:16,17

MAY we not only be delivered from the outward act or word that grieves Thee, but may the very springs of our nature be purified!

F. B. MEYER

TAKE the last transient swell of petty impatience, or of unkind criticism; things which to the unawakened conscience look so small, to the awakened conscience so large. There is not one that need have taken place. Had I been walking that moment with God, abiding that moment in Christ, drawing that moment on the sanctifying Spirit's power, I should not have lost temper, I should not have thought unkindly;--not only should I not have looked impatience, or indulged in needless severity of words. The occasion for the very feeling would have been as if it were not, because neutralized in Jesus Christ. And if that might have been true for the last five minutes, why should it not be true for the next five, for the present minute? "I can do all things," I have resources for all circumstances, "in Him that strengtheneth me."

HANDLEY C. G. MOULE

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