

# Bounce

Wayne Crook-Australian pastor of Sky City Church-meeting on roof of 75th floor of a sky scraper in Hong Kong-preached a message at the pastor's conference in Yangon, Myanmar called, Bounce.

Bounce-when hitting a surface an object moves away from that surface

Need to be inflated to bounce-Holy Spirit

We all have great moments in life followed by not-so-great moments. We all face a barrage of temptations. We all face an enemy of our soul, a thief, Jesus called him, who comes to "steal, kill and to destroy."

We must all learn how to BOUNCE.

Our Father in heaven, hallowed be your name.

Your kingdom come, your will be done on earth as it is in heaven.

Give us this day our daily bread.

Forgive us our debts, as we forgive our debtors.

LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL.

For yours is the kingdom, the power, and the glory forever. Amen

## Ephesians 6:10-19

- **Loins**-ribs to hipbone
  - Center of physical strength-core
  - Covers digestive system and reproductive organs
  - Psalms 51:6 - Behold, You desire truth in the **inward parts**, And in the **hidden part** You will make me to know wisdom.
- **Breastplate**-guarding the vital organs
  - 2 Corinthians 5:21 - For our sake he made him to be sin who knew no sin, so that in him we might become the **righteousness of God**.
  - James 5:16 - The prayer of a **righteous** person has great power as it is working.
- **Feet**
  - In hand-to-hand combat, the ability to stand firmly, sidestep, back-step, run, etc. is essential.
  - Psalms 66:8-9 - Bless our God, O peoples; let the sound of his praise be heard, who has kept our soul among the living and **has not let our feet slip**.
  - Psalms 18:32-34 - God who equipped me with strength and made my way blameless. He made my **feet like the feet of a deer** and set me secure on the heights.
- **Shield**

- Proverbs 30:5 - Every word of God proves true; he is a [shield](#) to those who take refuge in him.
- **Helmet**
  - Psalms 140:7 - O Lord, my Lord, the strength of my salvation, you have [covered my head](#) in the day of battle.
- **Sword**
  - Psalms 149:6 - Let the high praises of God be in their throats and [two-edged swords](#) in their hands
  - Hebrews 4:12 - For the word of God is living and active, sharper than any [two-edged sword](#), piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

1 Corinthians 15:57

But thanks be to God, who gives us the victory through our Lord Jesus Christ.

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## Bouncy People

1. Take control of self
2. Surround self with right people (lifters not downers)
3. Allow pain to spur growth, rather than self-pity
4. Insist on changing what you can change and don't worry about the rest

People are like stained-glass windows. They shine when the sun is out, but when the sun sets they shine only if there is a light within.