



Aligned And Alive: Finding Power in God's Character

Isaiah 40:29(LEB): "He gives power to the weary, and he increases power for the powerless."

Judges 4:1(CEB): "After Ehud had died, the Israelites again did things that the Lord saw as evil."

God knows you better than you know yourself

Judges 4:1-6(CEB): After Ehud had died, the Israelites again did things that the Lord saw as evil. ² So the Lord gave them over to King Jabin of Canaan, who reigned in Hazor. The commander of his army was Sisera, and he was stationed in Harosheth-ha-goiim. ³ The Israelites cried out to the Lord because Sisera had nine hundred iron chariots and had oppressed the Israelites cruelly for twenty years. ⁴ Now Deborah, a prophet, the wife of Lappidoth, was a leader of Israel at that time. ⁵ She would sit under Deborah's palm tree between Ramah and Bethel in the Ephraim highlands, and the Israelites would come to her to settle disputes. ⁶ She sent word to Barak, Abinoam's son, from Kedesh in Naphtali and said to him, 'Hasn't the Lord, Israel's God, issued you a command?'"

Dopamine is the Molecule of MORE

Dopamine is AWESOME!

Dopamine fuels Love, Learning, and Creativity

Dopamine out of balance will ruin your life.

While others chased power, Deborah ("the bee") sat beneath the tree — surrounded by people, savoring God's davar, His Word that reveals His character — leading not alone, but in partnership.

True power isn't found in speed or control —
it's found in alignment with God's character.

Psalms 20:7(NIV): "Some trust in chariots and some in horses, but we trust in the name of the Lord our God."

In English, obey means to comply — to do what you're told, usually out of duty or fear.

In Hebrew, shema means to connect — to pause, listen deeply, reflect, and then act out of understanding.

Command (מִצְוָה / Mitzvah)

Today: Control + Consequences

Ancient Hebrew: Alignment + Fulfillment

The more aligned you are with God, the more alive you become

YOU can't suppress your desires — YOU have to replace your desires

Suppression fails.

Replacement transforms.

Replace your desires with God's character.

Compassion — alleviating suffering.

Grace — lifting others up.

Patience — being slow to anger.

Start your day REACHING for God's character.

End your day REFLECTING on it.

Reach. Reflect. Rewire.

This is how you become fully alive.