



"Dan sal jou lig deurbreek soos die dageraad en jou genesing skielik uitspruit; en jou geregtigheid sal voor jou uit gaan, die heerlikheid van die HERE jou agterhoede wees."

11 Mei 2025

VERSILLENDE KRAGTE - SWAARTEKRAG

Openingsvraag:

As ek uitgeput is... hoe maak ek my tenk weer vol?

Skriflesing

Dryfkrag, weerstand & swaartekrag.

Jes 40:28 -31

1953

28Weet jy dit nie? Of het jy dit nie gehoor nie? 'n Ewige God is die Here, Skepper van die eindes van die aarde; Hy word nie moeg of mat nie; daar is geen deurgronding van sy verstand nie.

29Hy gee die vermoeide krag en vermenigvuldig sterkte vir die wat geen kragte het nie.

30Die jonges word moeg en mat, en die jongmanne struikel selfs;

31maar die wat op die Here wag, kry nuwe krag; hulle vaar op met vleuels soos die arende; hulle hardloop en word nie moeg nie, hulle wandel en word nie mat nie.

AMP

28Do you not know? Have you not heard? The Everlasting God, the Lord, the Creator of the ends of the earth Does not become tired or grow weary; There is no searching of His understanding.

29He gives strength to the weary, And to him who has no might He increases power. [2 Cor 12:9]

30Even youths grow weary and tired, And vigorous young men stumble badly,

31But those who wait for the Lord [who expect, look for, and hope in Him] Will gain new strength and renew their power; They will lift up their wings [and rise up close to God] like eagles [rising toward the sun]; They will run and not become weary, They will walk and not grow tired. [Heb 12:1-3]

KJV

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- *Die Heilige Gees gee ons nuwe idees.*
- *Daar is altyd hoop.*
- *God is die bron van krag*

1. Die Vertreksaal

DRYFKRAG

Gen 0:0

1953

Voor die begin was God. Die begin was in God en na die einde sal God nog steeds daar wees.

- *Hierdie groot en Almagtige God wat ons aanbid was voor die begin daar en wanneer alles verby is, is God ook daar.*
- *God is die bron van alle krag.*

Hand 1:8

1953

maar julle sal krag ontvang wanneer die Heilige Gees oor julle kom, en julle sal my getuies wees in Jerusalem sowel as in die hele Judéa en Samaría en tot aan die uiterste van die aarde.

AMP

But you will receive power and ability when the Holy Spirit comes upon you; and you will be My witnesses *[to tell people about Me]* both in Jerusalem and in all Judea, and Samaria, and even to the ends of the earth."

KJV

But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judæa, and in Samaria, and unto the uttermost part of the earth.

- *God is die bron van alle krag en hierdie krag is opwekkende krag en is in ons. Dit het nie einde nie.*
- *Ons ontvang krag om die koninkryk uit brei.*

Efes 3:14-19

1953

Gebed van Paulus vir die Efésiërs.

14 OM hierdie rede buig ek my knieë voor die Vader van onse Here Jesus Christus,

15van wie elke geslag in die hemele en op die aarde sy naam ontvang,

16dat Hy aan julle mag gee na die rykdom van sy heerlikheid om met krag versterk te word deur sy Gees in die innerlike mens,

17 sodat Christus deur die geloof in julle harte kan woon, julle wat in die liefde gewortel en gegrond is,

18en julle in staat kan wees om saam met al die heiliges ten volle te begryp wat die breedte en lengte en diepte en hoogte is,

19en die liefde van Christus te ken wat die kennis oortref, sodat julle vervul kan word tot al die volheid van God.

20 En aan Hom wat mag het om te doen ver bo alles wat ons bid of dink, volgens die krag wat in ons werk,

21aan Hom die heerlikheid in die gemeente in Christus Jesus deur alle geslagte tot in ewigheid! Amen.

AMP

14For this reason *[grasping the greatness of this plan by which Jews and Gentiles are joined together in Christ]* I bow my knees *[in reverence]* before the Father *[of our Lord Jesus Christ]*,

15from whom every family in heaven and on earth derives its name *[God—the first and ultimate Father]*.

16May He grant you out of the riches of His glory, to be strengthened and spiritually energized with power through His Spirit in your inner self, *[indwelling your innermost being and personality]*,

17so that Christ may dwell in your hearts through your faith. And may you, having been *[deeply]* rooted and *[securely]* grounded in love,

18be fully capable of comprehending with all the saints *(God's people)* the width and length and height and depth of His love *[fully experiencing that amazing, endless love]*;

19and *[that you may come]* to know *[practically, through personal experience]* the love of Christ which far surpasses *[mere]* knowledge *[without experience]*, that you may be filled up *[throughout your being]* to all the fullness of God *[so that you may have the richest experience of God's presence in your lives, completely filled and flooded with God Himself]*.

20Now to Him who is able to *[carry out His purpose and]* do superabundantly more than all that we dare ask or think *[infinitely beyond our greatest prayers, hopes, or dreams]*, according to His power that is at work within us,

21to Him be the glory in the church and in Christ Jesus throughout all generations forever and ever. Amen.

KJV

14For this cause I bow my knees unto the Father of our Lord Jesus Christ,

15of whom the whole family in heaven and earth is named,

16that he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man;

17that Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love,

18may be able to comprehend with all saints what is the breadth, and length, and depth, and height;

19and to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God.

20Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,

21unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen.

- *Ek gee oor ek buig voor U.*
- *Ons word innerlik versterk.*

WEERSTAND

Jak 1: 2-4

1953

2AG dit louter vreugde, my broeders, wanneer julle in allerhande versoekinge val,

3omdat julle weet dat die beproewing van julle geloof lydsaamheid bewerk.

4Maar die lydsaamheid moet tot volle verwerkliking kom, sodat julle volmaak en sonder gebrek kan wees en in niks kortkom nie.

AMP

2Consider it nothing but joy, my brothers and sisters, whenever you fall into various trials.

3Be assured that the testing of your faith *[through experience]* produces endurance *[leading to spiritual maturity, and inner peace]*.

4And let endurance have its perfect result and do a thorough work, so that you may be perfect and completely developed *[in your faith]*, lacking in nothing.

KJV

2My brethren, count it all joy when ye fall into divers temptations;

3knowing this, that the trying of your faith worketh patience.

4But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

- *Wees bly as jy weerstand het. 'n Vliegtuig kan nie vlieg sonder weerstand nie.*
- *Niemand hou van weerstand nie, maar weerstand bring nuwe openbaring. Jy leer meer oor jouself en meer van God.*
- *Weerstand kan jou verbitter of verbeter.*
- *1 Kor 15:3 – “3Want in die eerste plek het ek aan julle oorgelewer wat ek ook ontvang het, dat Christus vir ons sondes gesterf het volgens die Skrifte; 4en dat Hy begrawe is, en dat Hy op die derde dag opgewek is volgens die Skrifte; 5en dat Hy aan Céfas verskyn het; daarna aan die twaalf. 6Daarna het Hy verskyn aan oor die vyfhonderd broeders tegelyk, waarvan die meeste nou nog lewe, maar sommige al ontslaap het. 7Daarna het Hy verskyn aan Jakobus; daarna aan al die apostels; 8en laaste van almal het Hy verskyn ook aan my as die ontydig geborene.”*

Mark 6:45 -56

1953

Jesus wandel op die see.

(Mt. 14:22-36 en ooreenk. pl.)

45 EN dadelik het Hy sy dissipels gedwing om in die skuit te gaan en vooruit te vaar na die oorkant, na Betsáida, onderwyl Hy die skare sou wegstuur.

46En nadat Hy van hulle afskeid geneem het, het Hy na die berg gegaan om te bid.

47En toe dit aand geword het, was die skuit in die middel van die see en Hy alleen op die land.

48En Hy het gesien dat hulle swaar kry met roei, want die wind was teen hulle. En omtrent die vierde nagwaak het Hy na hulle gekom, al wandelende op die see. En Hy wou by hulle verbygaan.

49En toe hulle Hom op die see sien loop, het hulle gemeen dat dit 'n spook was en hard uitgeskreeu;

50want hulle het Hom almal gesien en was ontsteld. Toe spreek Hy dadelik met hulle en sê vir hulle: Hou goeie moed, dit is Ek; moenie vrees nie.

51En Hy het by hulle in die skuit geklim, en die wind het gaan lê; en hulle was by hulleself uitermate verbaas en verwonderd.

52Want hulle het by die wonder van die brode nie verstandig geword nie, omdat hulle hart verhard was.

53En nadat hulle oorgevaar het, het hulle by die land Gennésaret aangekom en daar aan wal gaan lê.

54En toe hulle uit die skuit gaan, het die mense Hom dadelik herken,

55en hulle het in daardie hele omtrek rondgeloop en die wat ongesteld was, op bedde begin rondra na die plek waar hulle hoor dat Hy is.

56En waar Hy ook al ingegaan het in dorpe of stede of buitewyke, het hulle die wat ongesteld was, op die markpleine neergesit en Hom gesmeek om, al was dit maar die soom van sy kleed, aan te raak; en almal wat Hom aangeraak het, het gesond geword.

AMP

Jesus Walks on the Water

45Jesus immediately insisted that His disciples get into the boat and go ahead [of Him] to the other side to Bethsaida, while He was dismissing the crowd. [Matt 14:22-32; John 6:15-21]

46And after He said goodbye to them, He went to the mountain to pray.

47Now when evening had come, the boat was in the middle of the sea, and Jesus was alone on the land.

48Seeing the disciples straining at the oars, because the wind was against them, at about the fourth watch of the night (3:00-6:00 a.m.) He came to them, walking on the sea. And [acted as if] He intended to pass by them. [Matt 14:25; John 6:19]

49But when they saw Him walking on the sea, they thought it was a ghost, and cried out [in horror];

50for they all saw Him and were shaken and terrified. But He immediately spoke with them and said, "Take courage! It is I (*I AM*)! Stop being afraid." [Ex 3:14]

51Then He got into the boat with them, and the wind ceased [as if exhausted by its own activity]; and they were completely overwhelmed,

52because they had not understood [the miracle of] the loaves [how it revealed the power and deity of Jesus]; but [in fact] their heart was hardened [being oblivious and indifferent to His amazing works].

Healing at Gennesaret

53When they had crossed over [the sea], they reached the land of Gennesaret and anchored at the shore.

54They got out of the boat and immediately people recognized Him,

55and ran throughout that surrounding countryside and began to carry around on their mats those who were sick, to any place where they heard He was.

56And wherever He came into villages, or cities, or the countryside, they were laying the sick in the market places and pleading with Him [to allow them] just to touch the fringe (tassel with a blue cord) of His robe; and all who touched it were healed.

KJV

Across the Lake

45And straightway he constrained his disciples to get into the ship, and to go to the other side before unto Bethsaida, while he sent away the people.

46And when he had sent them away, he departed into a mountain to pray.

47And when even was come, the ship was in the midst of the sea, and he alone on the land.

48And he saw them toiling in rowing; for the wind was contrary unto them: and about the fourth watch of the night he cometh unto them, walking upon the sea, and would have passed by them.

49But when they saw him walking upon the sea, they supposed it had been a spirit, and cried out:

50for they all saw him, and were troubled. And immediately he talked with them, and saith unto them, Be of good cheer: it is I; be not afraid.

51And he went up unto them into the ship; and the wind ceased: and they were sore amazed in themselves beyond measure, and wondered.

52For they considered not the miracle of the loaves: for their heart was hardened.

53And when they had passed over, they came into the land of Gennesaret, and drew to the shore.

54And when they were come out of the ship, straightway they knew him,

55and ran through that whole region round about, and began to carry about in beds those that were sick, where they heard he was.

56And whithersoever he entered, into villages, or cities, or country, they laid the sick in the streets, and besought him that they might touch if it were but the border of his garment: and as many as touched him were made whole.

- *Gaan dit altyd klopdisselboom as ons die wil van God doen?*
- *As jy in 'n tyd van weerstand is, maak seker Jesus is in jou boot. Here help my!*

Belofte

Efes 3:20

1953

En aan Hom wat mag het om te doen ver bo alles wat ons bid of dink, volgens die krag wat in ons werk,

AMP

Now to Him who is able to *[carry out His purpose and]* do superabundantly more than all that we dare ask or think *[infinitely beyond our greatest prayers, hopes, or dreams]*, according to His power that is at work within us,

KJV

Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,

- *Ver bo wat ons dink en wat ons doen! God se krag werk in ons!*

Weerstand leer jou!