

Rock City Sermon Notes – “Blessed” Series

Date: October 12, 2025

Pastor Mike Jr.

Scripture Focus: Genesis 12:1–3 (NASB 1995)

Sermon Summary

Life will shake you through loss, waiting, uncertainty, and transition but being *blessed* isn't about escaping the storm; it's about standing firm in it. Pastor Mike Jr's message reminds us that God's blessing is not the absence of struggle, but the presence of stability in Him. When everything around you wavers, your foundation in Christ remains unshakable. His sermon helps you redefine “blessed,” align with God's purpose, and strengthen your faith when life feels uncertain.

1. Foundational Scripture

Genesis 12:1–3 (NASB 1995)

“Now the Lord said to Abram, ‘Go forth from your country,
And from your relatives
And from your father's house,
To the land which I will show you;
And I will make you a great nation,
And I will bless you,
And make your name great;
And so you shall be a blessing;
And I will bless those who bless you,
And the one who curses you I will curse.
And in you all the families of the earth will be blessed.’”

Blessed is less about possessions and more about **position and purpose**.

2. Definition Section

Blessed (Biblical Definition)

Hebrew Word: *Barak*

Meaning: To kneel, to empower, to prosper, to speak well of.

- **To Kneel → Humility**
To kneel before God signifies surrender and reverence.
Example: Like a knight being promoted kneels before his king to receive blessing and honor.
 - **To Empower → Strengthening Beyond Self**
To bless means to empower someone to do more than they believe they can do — divine enablement.
 - **To Speak Well Of → Favor Released by Words**
The word *Eulogy* comes from *Eulogeo* (Greek for *to bless*), meaning to speak well of.
God's blessing involves speaking life, identity, and destiny over us.
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Blessed (Rock City Definition)

“To be blessed means to be **divinely positioned, internally strengthened, and externally favored** to accomplish God's purpose for my life.”

- **It's not about what I have; it's about who I am when I'm aligned with what God said.**
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3. The Layers of the Blessing

A. Divinely Positioned

God puts me where He wants me — not where I plan to be.

The blessing starts with placement.

If I am in position, **provision will find me.**

Example:

The Israelites planned to leave bondage quickly, but God positioned them for a greater deliverance.

Their plan: escape Egypt.

God's plan: display His power through the Red Sea.

Positioning preceded provision.

Modern Example:

My plan might be to get money; God's plan is to teach me how to keep it.

Even if your plan works, it will **pale in comparison** to what God planned.

B. Internally Strengthened

Before God gives me things, He gives me **strength**.

He develops me from the inside out, not the outside in.

The true sign of blessing isn't that life gets easier — it's that **I get stronger.**

Biblical Examples:

- **Joseph:** Blessed but betrayed — strength to remain faithful in prison.
- **Mary:** Blessed and highly favored — strength to endure scandal and shame.

Some people are losing their minds chasing stuff without strength. If God gave you stuff before strength, you couldn't keep it when the devil attacks it.

Younger me wanted stuff; the new me wants strength.

In this season, God is not making me richer — He's making me stronger.

C. Externally Favored

After positioning and strengthening, **the blessing shows up outwardly**. What's on the inside starts to manifest on the outside.

“It's not what's on me — it's what's in me that's now on me.”

Favor makes me walk in rooms others can't.

D. Accomplishing God's Purpose

The blessing has an assignment attached — it's not a random reward. It's divine reinforcement to help me finish what He started in me.

Being blessed isn't bragging — it's **being in divine alignment**. Biblical blessing is **about position, not possession**.

4. The Deception of Possession

When you focus on what's in your hand and forget what's in your heart, you are deceived.

- Being blessed isn't about **having something**; it's about **being somewhere — in God's will**.
- Possession without position leads to emptiness.

“In the Kingdom, readiness isn’t about what’s in your hand, it’s about what’s in your heart.”

You can have:

- Money and still lose purpose.
- Marriage and still be miserable.
- Opportunity and still miss destiny.

Key Question:

Am I in the right position?

Many lose their position chasing possessions.

Bible Examples of Position Before Possession

Person	Position	Possession
David	Positioned in the field	Possessed the crown
Esther	Positioned in the king’s court	Possessed the crown
Moses	Positioned in the desert	Possessed leadership at the Red Sea
Ruth	Positioned in a dirty field	Possessed Boaz
Daniel	Positioned in the lion’s den	Possessed influence and favor
Paul	Positioned in blindness	Possessed ministry
Jesus	Positioned on the cross	Possessed resurrection power

You’re not catching hell, you’re in **position**.

Don’t let anyone convince you to step out of **position**.

When you stay positioned in discomfort, God will **reposition** you for purpose.

5. The Theology of Positioning

Position = The place, posture, or alignment where God's power, purpose, and promises can flow through you.

- It's not just where you stand **physically**, it's how you stand **spiritually**.
- In Scripture, **position always precedes power**.

God will put you out far enough to scare you, but close enough to keep His hand on you.

Those trying to “keep up” can't, because God **keeps repositioning** you.

“Though He slay me, yet will I trust Him” (Job 13:15).
I'm staying in position!

Staying in Position Looks Like:

- Locking in.
- Focusing.
- Getting in the Word, not your head.
- Trusting God's timing.

“How can you be behind schedule on a plan you didn't create?”

6. Position = Mindset + Relationships + Obedience

A. Mindset

- Are you thinking like the person you're becoming?
- Do your words match your actions?
- As a man thinketh in his heart, so is he. (Proverbs 23:7)

- You can't arrive somewhere physically that you haven't first gone mentally.
- Don't let how people treat you alter your mindset.

You won't birth your next season feet first, you'll come out head first.
Get your mind right.

If you don't believe you are who God called you, nothing external can repair a broken mind.

B. Relationships

- Are you around people pulling you forward or backward?
- Sometimes life shifts, the people who used to relate to you don't relate to who you're becoming.

“You only have fun when you get out of position.”

You're not favored for friendships, you're favored for **assignments**.

Don't miss your exit trying to be cool.

C. Obedience

- Are you doing what God said even when it's uncomfortable?
- Is your obedience in proper alignment?

Position = Faith + Focus + Function

7. The Front and Back of Blessings

Every blessing has two sides:

- **Front Side:** Capacity Increase
(More money = more haters. More peace = more trials.)
- **Back Side:** The Weight of Capacity

You're *graced for it*, but you must ask God for **capacity** for what you're requesting.

Examples:

- Asking to be a wife → capacity to serve, forgive, and build.
- Asking for more money → capacity to handle taxes and stewardship.
- Asking for platform → capacity to endure scrutiny.

Barak doesn't mean more comfort, it means more **capacity**.

You may be gifted but lack character.

You may be anointed but lack discipline.

So God strengthens you before He blesses you publicly.

Reminder:

Don't get so caught up in the stress or tears of what you're going through that you miss what God is preparing for you.

8. Put Scripture On It – Supporting Verses & Biblical Examples

- **Deuteronomy 28:2:** “All these blessings will come upon you and overtake you if you obey the Lord your God.”
- **Matthew 6:33:** “But seek first His kingdom and His righteousness, and all these things will be added to you.”

- **Romans 8:28:** “All things work together for good to those who love God, who are called according to His purpose.”
 - **James 1:12:** “Blessed is the one who perseveres under trial...”
 - **Psalms 1:1–3:** A blessed man is planted, not wandering.
 - **Philippians 4:13:** Strength before stuff: “I can do all things through Christ who strengthens me.”
 - **Luke 1:45:** “Blessed is she who has believed that the Lord would fulfill His promises to her.”
 - **Job 13:15:** “Though He slay me, yet will I trust Him.”
 - **1 Peter 5:6:** “Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time.”
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9. Reflection Questions

1. What does being blessed mean to me now, after hearing this sermon?
 2. Am I chasing possessions or protecting my position?
 3. In what ways has God been strengthening me internally?
 4. What current discomfort might actually be divine positioning?
 5. Do my thoughts align with who I’m becoming or who I’ve been?
 6. Are my current relationships pulling me toward or away from my calling?
 7. What area of obedience do I need to realign?
 8. How have I mistaken “more comfort” for “more capacity”?
 9. What does divine repositioning look like in this current season?
 10. How can I be a blessing to others from the position I’m in?
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10. Action Steps

1. **Check Your Position:** Evaluate your alignment: mindset, relationships, and obedience.

2. **Pray for Capacity:** Ask God to prepare your character for your next level.
 3. **Stay in the Word:** Replace mental spirals with scripture-based thinking.
 4. **Serve Faithfully in Small Places:** Remember David: the field preceded the crown.
 5. **Affirm Daily:** Speak over yourself: “I am divinely positioned, internally strengthened, and externally favored.”
 6. **Journal the Journey:** Note where God is repositioning you.
 7. **Walk Boldly in Favor:** Don’t shrink, the blessing is on you.
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11. Five-Day Devotional: “Blessed and Positioned”

Day 1 – The Power of Position

Scripture: Genesis 12:1–3

Focus: Blessing begins with obedience and positioning.

Reflection: Where is God asking me to go or stay?

Prayer: Lord, help me trust Your positioning even when it’s uncomfortable. Amen

Day 2 – Strength Before Stuff

Scripture: Philippians 4:13

Focus: The sign of blessing is internal strength, not external comfort.

Action: Identify one situation where God made you stronger before providing the blessing.

Prayer: Lord, build me before You bless me. Amen

Day 3 – The Deception of Possession

Scripture: Matthew 6:33

Focus: Seek position in God's kingdom before possessions.

Reflection: What possessions have distracted me from purpose?

Prayer: God, center my heart on You, not on things. Amen

Day 4 – The Weight of Capacity

Scripture: Luke 12:48

Focus: "To whom much is given, much is required."

Action: Strengthen one discipline that supports what you're praying for.

Prayer: Increase my capacity, not just my comfort. Amen

Day 5 – Walk in Divine Favor

Scripture: Psalm 1:3

Focus: When positioned properly, favor flows naturally.

Reflection: What fruit is showing in my life because I've stayed in position?

Prayer: Lord, thank You for favor that flows from alignment. Keep me rooted in Your will.

Reflection

Now PMJ, contrary to what you say, you have met your match when it comes to overthinking. I live in my head. I have been in there so much this past month, questioning *everything*; my purpose, my pace, even my peace. This sermon hit me right in that space. I walked away heavy on the mindset fix. "Blessed" reminded me that sometimes it's not that God

isn't moving. It's that my mind won't be still long enough to see that He is.

This sermon really in so many ways affirmed me, confirmed me, and checked me all at once. It reminded me that being blessed isn't about everything going right; it's about me being *rooted right*. It's about being grounded in who God says I am, even when my emotions try to tell me otherwise.

I realized I've been asking God to calm the storm when really, He's been trying to calm *me*. That shook me. Because sometimes it's not the outside that's unstable. It's my mindset that's shifting.

One thing I realized about me is that every time I'm about to level up, all hell breaks loose *mentally*. It's like the closer I get to that next level, the louder the noise in my head gets: the anxiety, the self-doubt, the second-guessing. The shift itself scares me. But what I'm taking away from this sermon is that God is *repositioning* me. And repositioning is uncomfortable. It stretches you, exposes things you thought you healed from, and forces you to see yourself differently. I've been trying to run from that feeling but instead of running, I need to embrace it. Go with it. Trust that this shift is sacred.

That brings me back to my mantra I created earlier this year: *LOCK IN. STAY FOCUSED. CHASE IMPACT*. Because that's what this season is about for me. Not chasing perfection, not chasing people's approval, but chasing impact with a locked-in mind and a steady heart.