

Dr Paul Enenche



THE NECESSITY OF STRENGTH AND HEALTH

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The Necessity of Strength & Health

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Foreword

Strength is one of the most underrated necessities of destiny. Many believers understand purpose. Many understand calling. Many understand vision. Yet, far fewer understand the critical role that strength and health play in the fulfilment of God's agenda on the earth. Divine purpose may be clear, but without strength, purpose remains unfulfilled. Destiny may be glorious, but without health, the journey can become unnecessarily difficult.

*In this timely message, **Dr Paul Enenche** unveils a truth that is both practical and deeply spiritual: God never intended His children to serve Him from a position of weakness, sickness, exhaustion, or defeat. Throughout Scripture, we see that strength is not merely a physical asset—it is a covenant necessity for kingdom impact.*

Drawing from the characteristics of the lion, Dr Enenche presents powerful insights into why strength is indispensable for every believer. He shows that strength is required to fulfil divine purpose, complete our days on the earth, take charge of God-ordained territories, perform exploits, and serve God wholeheartedly. More importantly, he reveals biblical principles for sustaining strength through spiritual inheritance, feeding on God's Word, diligence, fellowship, bold declarations of faith, and a lifestyle of praise.

One of the most compelling themes in this book is the understanding that believers are connected to the Lion of the Tribe of Judah and are therefore designed to live from a position of spiritual vitality, courage, and resilience. The message is both a call to divine health and a summons to kingdom responsibility.

As you journey through these pages, expect your faith to be strengthened, your perspective renewed, and your appetite for a life of supernatural vitality stirred afresh. Whether you are a pastor, leader, worker, entrepreneur, student, or believer seeking to fulfil God's purpose, the truths contained in this message will equip you to rise above limitation and pursue destiny with renewed vigour.

May the Lord restore strength where there has been weakness, health where there has been affliction, and fresh grace where there has been weariness. May you receive the empowerment to fulfil your days, complete your assignment, and glorify God with every gift He has entrusted to your life.

May this message challenge you, inspire you, and position you for a life of sustained strength and fruitful kingdom impact.

– Wisdom Epsi
Chief Editor, LivingSermons.com

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Publisher's Note

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The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

Watch the live sermon from which this message was transcribed on YouTube: [Dr Paul Eneche Official YouTube Channel](#)

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A Spirit-led Publishing Stewardship

Main Message

Begins Here



Introduction

Lift up your hands and let us appreciate Him. Father, we give You the praise. Father, we give You the honour. You can raise the dead. You can heal the living. We are eternally grateful for the privilege of knowing You, the privilege of being called Your own, and the privilege of relationship.

Thank You, Master, and thank You, Great I Am. In Jesus' precious name. Amen. Please be seated in the presence of the Lord.

I welcome everyone here again in the precious name of Jesus. I welcome all our foreign delegates, and I welcome all our home delegates as well.

I want to appreciate our people at home for their great understanding, especially regarding receiving our guests and according them the courtesy that is needed since they are here for a while. I appreciate us all for understanding. The Lord bless you in the precious name of Jesus.

Very quickly, let me say that we already have forty countries represented at this conference this morning. By the evening, I am sure that number will increase still further.

I am going to be very brief this morning and also do some review of the meetings we have had recently.

The Necessity of Strength and Health

Proverbs 30:30 (KJV)

“A lion which is strongest among beasts, and turneth not away for any.”

I am speaking quickly on **The Necessity of Strength and Health**.

When I speak of strength, I am referring to both strength and health. Our objective is twofold:

1. To understand why strength is necessary.
2. To understand the secret of the lion's strength.

Why Do We Need Strength and Health?

1. To Fulfil Divine Purpose and Destiny

Strength and health are necessary to fulfil divine purpose and destiny.

Deuteronomy 34:7 (KJV)

“And Moses was an hundred and twenty years old when he died: his eye was not dim, nor his natural force abated.”

If any of us will fulfil destiny and divine purpose, strength is needed and health is needed.

It is very difficult to fulfil destiny and purpose in weakness and sickness.

Moses was able to complete his assignment because his strength was intact and his health was intact.

2. To Fulfil Our Days on the Earth

Exodus 23:25–26 (KJV)

“And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee... The number of thy days I will fulfil.”

God takes sickness away from our midst so that we can fulfil the number of our days.

When Hezekiah was sick, he cried because he felt deprived of the residue of his years. He wanted to fulfil his life's allocation on the earth.

There are situations where people become so sick and afflicted that they begin to wish to die. Some have died before their time because of such challenges.

That shall never be our portion.

3. To Turn Away or Turn Back for Nothing

The lion “turneth not away for any.”

Strength positions a person where nothing can bow him. To turn away for no battle. To turn back for nothing. Growing up in certain environments, weak children often ran away from confrontation. But when strength is intact and health is sound, a person does not retreat unnecessarily.

You turn away for nothing.

You turn back for nothing.

4. To Take Full Charge of Our God-Ordained Territories

When you are healthy and strong, you are able to take full charge of your God-ordained territory. The lion takes charge of its territory by strength and health.

Strength puts a person in command.

5. To Do Exploits for God on the Earth

We need strength and health for exploits.

Daniel 11:32 (KJV)

“...but the people that do know their God shall be strong, and do exploits.”

One of the young men God is using among us under the covering of this commission said to me recently:

“Please help me tell God—or pray for me. God bears me witness that I have zeal and passion. What I need now is strength.”

He said, “The kind of things you are doing, I would love to do the same. But strength is lacking.”

God knows I have zeal.

God knows I have passion.

But where is the strength?

Hallelujah!

We need strength.

Someone said to me:

“You are in Venezuela. You are in Brazil. You are in Argentina. Then you return and go to Canada. From Canada to Romania, then France, Germany, Latvia, the Czech Republic, London, Paris, and then America for crusades—all between now and August.

“Meanwhile, church is happening at home. Projects are ongoing. Books are being written. Songs are being released.”

I have a schedule where at least one Seed of Destiny devotional or book is released every month. Before you know it, there may be a song released every two weeks, sometimes even an album.

People see all of this happening, but it is not possible merely by human energy—not even by the energy of a military man.

We need strength.

We need the strength of God.

We need health.

The devil wants to waste your life with weakness.

He wants to waste your life with sickness.

In the name of Jesus, I decree today that before this morning is over, strength and health are coming upon somebody.

Everybody carrying anything called hypertension, diabetes, or any affliction that weakens life, this morning I declare that they are arrested in Jesus' Name!

If you are saying amen, shout the loudest Amen!

When we arrived in Nicaragua after flying for sixteen hours, we went straight from the airport to the meeting.

No change of clothes.

No bath.

Nothing.

Straight to the meeting.

The pastor thought that because we came directly from the airport, I would speak for only fifteen minutes.

Instead, I preached for over an hour, ministered to the afflicted, and received testimonies.

I said, "I did not fly for sixteen hours to come and scratch the ground because of tiredness. That would be a waste of life."

When the meeting ended, we proceeded directly to the airport and flew straight home.

We landed around four o'clock in the morning and were in church by six o'clock.

Fresh grace is coming upon somebody.

If you are saying amen, say a louder Amen!

We need strength.

6. To Serve and Love the Lord Without Distraction

Strength and health are necessary to serve and love the Lord without the distraction of weakness and sickness.

Mark 12:29–30 (KJV)

“And Jesus answered him, The first of all the commandments is, Hear, O Israel; The Lord our God is one Lord:

And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength...”

Notice that He said:

“With all thy strength.”

Not the balance of strength.

Not what remains after weakness and sickness have taken their share.

God wants all your strength, all your energy, all your health, all your wholeness devoted to Him.

7. To Enjoy God's Gift of Health and Strength

Acts 17:25 (KJV)

“Neither is worshipped with men's hands, as though he needed any thing, seeing he giveth to all life, and breath, and all things.”

Life includes health.

Life includes strength.

He gives them all.

1 Timothy 6:17 (KJV)

“...the living God, who giveth us richly all things to enjoy.”

God gives us health to enjoy.

He gives us strength to enjoy.

He gives us life to enjoy.

Somebody get ready.

Your strength is being restored.

Your health is being restored.

Your strength is being renewed.

If you believe it, say a loud Amen!

Summary: Why We Need Strength and Health

1. To fulfil divine purpose and destiny.
2. To fulfil our days on the earth.
3. To turn away or turn back for nothing.
4. To take full charge of our God-ordained territories.
5. To do exploits for God on the earth.
6. To serve and love the Lord without the distraction of weakness and sickness.
7. To enjoy God's gift of health and strength.

The Secrets of the Lion's Strength

1. The Lion Is Born of Strong Parents

Lionic strength is genetic. The lion is born of strong parents. How does that apply to us?

We are connected to the Lion of the Tribe of Judah.

We are lions.

We carry lionic genes.

Jesus calls us brethren.

Hebrews 2:11 (KJV)

“...he is not ashamed to call them brethren.”

If He is the Lion, then we are lions.

We possess lionic genes connected to the Lion of the Tribe of Judah.

We are designed to be strong and healthy by inheritance.

Romans 8:17 (KJV)

“And if children, then heirs; heirs of God, and joint-heirs with Christ...”

We are members of God's family.

We are made of the same heavenly stock. Jesus ministered continuously for days. Scripture records that the people had been with Him for three days. He was not tired; He was moved with compassion for the people. That is the kind of nature we have inherited.

2. The Lion Feeds Aggressively to Stay Strong

The lion feeds aggressively. What does that mean for us?

If you need strength and health, you must feed aggressively on the Word of God.

Proverbs 4:20–22 (KJV)

“My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh.”

Feed aggressively on the Word.

3. The Lion Feeds on Fresh Meals

The lion feeds on fresh meals to stay strong. Yesterday's manna was sufficient for yesterday. It is important to have today's manna.

Matthew 4:4 (KJV)

“...Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”

We must feed on fresh revelation.

One thing every believer should trust God for is a fresh word from His mouth daily.

Daily light produces daily health. Daily insight produces daily strength. Very important.

4. The Lion Shuns Idleness and Laziness

The lion avoids idleness. The lion avoids laziness. If you need lionic strength, engage in lionic activity.

Ecclesiastes 10:18 (KJV)

“By much slothfulness the building decayeth; and through idleness of the hands the house droppeth through.”

Many destinies are decaying because of idleness. Many bodies are weakened because of inactivity. If you lie down too much, your back will begin to hurt. Leave a house unused for long enough and it begins to crack and deteriorate.

Engage yourself.

Somebody say Amen!

5. The Lion Draws Strength from Unity with Its Company

The lion draws strength from unity with its company.

Lions feed together.

They hunt together.

Ecclesiastes 4:9–12 (KJV) says:

"Two are better than one; because they have a good reward for their labour.

For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.

Again, if two lie together, then they have heat: but how can one be warm alone?

And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken."

Draw strength from the company of the brethren. Draw strength from the assembly of the saints. Draw strength from the prayer of agreement. Draw strength from unity with the brethren. Avoid every temptation to stand alone.

We have seen, even within the cell system, how many brethren have been rescued from death because fellow believers rushed to them, surrounded them, and pulled them out from the jaws of death.

Woe unto him that is alone.

Hallelujah!

Not long ago, I came across someone who was confronted with a threatening situation. I laid hands on him in the Name of Jesus, and he said:

"Before you came, I felt as though I was going to die."

There are situations where people become so confronted that they begin to imagine death. But hear me:

You will not die before your time. You will not be destroyed before your time. If you are saying amen, say a louder Amen!

6. The Lion Roars Habitually

The lion roars habitually.

The Bible speaks of the roaring of the lion.

Isaiah 5:29 (KJV) says:

"Their roaring shall be like a lion, they shall roar like young lions..."

For many reasons lions roar, but I want to focus on one dimension of that roar—the necessity of opening your mouth wide for existence purposes.

I do not want to use the word survival.

Job said:

"For now, if I hold my tongue, I shall give up the ghost."

There is a time to speak in order to live.

Speaking Against the Confrontations of Darkness

One of those speakings is speaking against the confrontations of darkness.

You must reply the forces of hell that rise against you.

David did not allow Goliath to speak without a response.

When Goliath said, "I am going to take off your head," David answered him immediately.

In the same way, when symptoms come, when witches and wizards attack, when troubling dreams arise, when strange situations manifest, you do not allow the enemy to have the final say.

When the enemy says, "Hey!"

You answer, "Hey! Hey! Hey!"

You need to roar.

You need to open your mouth wide.

Roar against the devil.

Roar against the forces of darkness.

Roar against ancestral spirits.

Roar against generational curses.

Roar against every force determined to take you out before your time.

Roar against strange arrows.

Roar!

Many years ago, I found myself doing exactly that.

I felt an arrow—one of those arrows that cause people to collapse suddenly.

The moment I sensed it, I stood my ground.

I retrieved it and fired it back to the sender.

I continued until I knew the battle had turned.

Why?

Because if I hold my tongue, I give up the ghost.

Therefore, I must speak that I might live.

Proverbs 18:21 (KJV) declares:

"Death and life are in the power of the tongue..."

Your life is connected to your tongue.

Death is also connected to your tongue.

The outcome depends on what you do with your words.

David replied Goliath.

He did not allow Goliath to have the final say.

And after David spoke, Goliath never spoke again.

Hallelujah!

You roar to reply enemy agitations and confrontations.

Declaring Your Position in the Word

Secondly, you roar to declare your position in the Word.

You roar to declare.

You roar to declare.

You roar to declare your position in the Word of God.

2 Corinthians 4:13 (KJV) says:

"We having the same spirit of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak."

What you believe is of little value if it never comes out of your mouth.

You speak your believing.

You do not keep it hidden in your heart.

You speak it.

It may annoy the devil.

It may even annoy some people.

But you are not trying to live another person's life.

You are trying to live your life, fulfil your assignment, and become all that God wants you to become.

If you become overly concerned about people's opposition, you may lose your position in God. Are you hearing what I am saying today?

This must become a continuous lifestyle. Speak to the hearing of the devil. Speak to the hearing of your family. Speak to the hearing of anyone who cares to hear. Declare your position in the Word.

Declaring the Praise of God

Thirdly, you roar to declare His praise. The same way you speak to live, you also praise to live. You praise to live. Jonah found himself in the belly of the fish.

He was in an extremely depressing situation. Yet he declared:

Jonah 2:9 (KJV)

"But I will sacrifice unto thee with the voice of thanksgiving..."

Jonah chose praise.

He chose thanksgiving.

And when the Lord heard the sacrifice of thanksgiving, He spoke to the fish, and the fish vomited Jonah onto dry ground.

Hallelujah!

The Lord spoke to the fish when Jonah lifted his voice in praise.

Jonah had prayed, but he did not stop at prayer.

He praised.

Paul and Silas prayed, but they did not stop there.

They praised, and the prison doors opened.

Praise is powerful.

Anybody who is too big to praise is too big to live.

Psalm 150:6 (KJV) says:

"Let every thing that hath breath praise the LORD. Praise ye the LORD."

The reverse is also true:

Let everything that praises the Lord have breath.

The Covenant of Life and Praise

This was part of Hezekiah's testimony. He lamented that he was being cut off in the midst of his days. He said the grave cannot praise God. The dead cannot celebrate Him.

Then God added years to his life. As praise ascended, life was extended. As thanksgiving increased, longevity followed. Let everything that has breath praise the Lord. And let everything that praises the Lord continue to have breath.

Glory to God!

A Charge to Ministers and Believers

Every pastor and every minister here today must place a very high premium on the Word of God. Place a very high premium on the praise of God. Place a very high premium on the worship of God. Praise is not entertainment.

Worship is not exercise. These are spiritual activities. They are covenant practices. The covenant of life is activated by praise. One of the things you draw from the covenant of life is sustained vitality through praise.

Thanksgiving and Worship

Lift up your hands wherever you are and give the Lord praise. Father, thank You for Your goodness and Your mercies.

Thank You, Adonai.

Thank You.

Father, we give You the praise. Father, we give You the honour. Father, we give You the adoration. Father, we give You the worship. Elohim!

Father, we give You the praise. Father, we give You the honour. Father, we give You the adoration. Thank You for the gift of life. Glory to Your Name.

Father, we give You the praise.

Father, we give You the praise.

Father, we give You the praise.

In the Name of Jesus.

Amen.

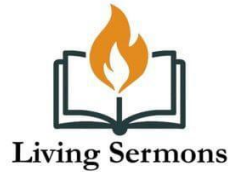


About the Speaker

Dr. Paul Enenche is a Nigerian pastor, teacher, and revivalist, widely known as the Senior Pastor of the Dunamis International Gospel Centre. He is recognised for his passionate preaching, prayer ministry, and dedication to advancing the Gospel across nations.

Born in Orokam, Ogbadibo LGA of Benue State, Nigeria, Dr. Enenche founded the Dunamis International Gospel Centre on November 10, 1996, beginning with a small gathering in Abuja. From those humble beginnings, the ministry has grown into a global work with branches across Nigeria and many parts of the world.

Through his teachings and ministry, Dr. Paul Enenche continues to inspire believers to live by faith, pursue intimacy with God, and become instruments of transformation in their generation.



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