

Developing a strong spirit!

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The condition of our spirit man is critical to the degree we walk and live in the victory Jesus bought and paid for. **We must have a strong spirit.**

We are a spirit, we have a soul and we live in a body. We are a three part being, created in God's image and likeness (Gen 1:26). Just like God the Father, God the son, and God the Holy Spirit are three in one. When we are born again our **spirit** is renewed, restored and connected back in fellowship with God.

- Our **soul** consists of our mind, will and emotions.
- Our **body** is our earth suit which consists of the five senses; sight, smell, touch, taste and hearing.
- Our **spirit** is like our immune system, in the natural, if it becomes weak we experience trouble and attacks, a strong spirit will keep us.

Pro 18:14 *The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?*

Eph 6:10 (AMP) *In conclusion, be strong in the Lord [be empowered through your union with Him]; draw your strength from Him [that strength which His boundless might provides].*

2Co 4:7 *But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us.*

We have the Spirit of God within us and we must draw from Him, rather than relying on human reasoning and efforts during times of trouble and distress.

I would encourage you to read the book of Ephesians often because it reveals to us who we are in Christ, how we are to live as believers and how to overcome in our daily life.

DAVID -

David was strong in his spirit because he was a worshipper of the Lord. Goliath was no match for this brave and anointed young man.

2Sa 22:1-4 *Then David spoke to the LORD the words of this song, on the day when the LORD had delivered him from the hand of all his enemies, and from the hand of Saul. 2 And he said: "The LORD is my rock and my fortress and my deliverer; 3 The God of my strength, in whom I will trust; My shield and the horn of my salvation, My stronghold and my refuge; My Savior, You save me from violence. 4 I will call upon the LORD, who is worthy to be praised; So shall I be saved from my enemies.*

Psa 22:3 (KJV) *But thou art holy, O thou that inhabitest the praises of Israel.*

Psa 149:1-9 tells us that worship binds the enemy.

PAUL -

Paul declares that all he endured did not move him because of his steadfast faith in God.

2Co 11:23-28 *Are they ministers of Christ?—I speak as a fool—I am more: in labors more abundant, in stripes above measure, in prisons more frequently, in deaths often. 24 From the Jews five times I received forty stripes minus one. 25 Three times I was beaten with rods; once I was stoned; three times I was shipwrecked; a night and a day I have been in the deep; 26 in journeys often, in perils of waters, in perils of robbers, in perils of my own countrymen, in perils of the Gentiles, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren; 27 in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness 28 besides the other things, what comes upon me daily: my deep concern for all the churches.*

Act 20:24 *But none of these things move me; nor do I count my life dear to myself, so that I may finish my race with joy, and the ministry which I received from the Lord Jesus, to testify to the gospel of the grace of God.*

Pro 24:10 *If you faint in the day of adversity, your strength is small.*

Kenneth Copeland said to our former pastor at the dedication of the new church building that, "he was bigger on the inside than on the outside," meaning that he had a very strong spirit. We can either be strong in the spirit or we can be weak and wimpy.

How do we keep our spirit strong?

1. **Confessions** - We put the Word going into our eyes and ears and into our heart and it comes out our mouth.
Rom 10:17 *So then faith comes by hearing, and hearing by the word of God.*
Luk 6:45 *A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.*
2. **Prayer** - spending time with God every day, and not just praying for our needs. Thankful for our salvation and the prayers He has answered.
3. **Praying in the Holy Ghost**
Jud 1:20 *But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit,*

Benefits of a strong spirit

1. Sustains you through trials and storms of life.
2. Helps you to receive what God has provided
3. Helps you to keep what you have received
4. Helps you to resist the temptations of life.
5. It will enable you to help others
Rom 15:1 (MSG) *Those of us who are strong and able in the faith need to step in and lend a hand to those who falter, and not just do what is most convenient for us. Strength is for service, not status.*

Hindrances to a strong spirit

Letting go of stuff!

1. **Cares and worry**
1Pe 5:6-10 *Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 7 casting all your care upon Him, for He cares for you. 8 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. 9 Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world. 10 But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.*
2. **Weights and Sin**
Heb 12:1 *Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,*
3. **Fear and anxiety**
2Ti 1:7 *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*
4. **Too busy** -
Luke 10:40 *But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me."*

It's time to make a quality decision, from which there is no retreat. To be all that God has destined us to be we must have complete dependence on Him.

A quote from Prophet James Goll summarizes it by saying: "We must maintain our inner life, to be effective in our outer life."

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