

DEVELOPING A STRONG SPIRIT – 2 OCTOBER 29, 2023

IS. 66:2 (AMPC) What our attitude should be regarding God's Word.

NEH. 9:1-3 Their service lasted six hours.

REVIEW

- **PR. 18:14 (AMPC)** The condition of our spirit determines our quality of life.
- **1 THES. 5:23** The triunity of man.
- The fall affected all three parts of man's being.
- Redemption provides all we need: spirit – born again; soul – renewed; body – glorified.
- The war zone: battlefield of the mind and thought replacement.

CONTINUE – **EPH. 6:10**

- The body becomes strong by eating, exercising and resting. The spirit becomes strong the same way. We feed on the truths of God's Word, we exercise ourselves in godliness, and spend time resting in God (**1 TIM. 4:6-9, IS. 40:31**).
- **ROM. 4:19-21** Abraham wasn't always strong in faith.

WEIGHTS AND SINS (**HEB. 12:1 YLT**)

Our race is run by faith. **HEBREWS 11** is all about faith and those who successfully finished their course. **HEBREWS 12** reveals major hindrances to being strong spiritually: weights and sins that must be identified and dealt with.

1. **EZ 21:7 (AMPC)** The news that were about to hear was going to cause their hearts to melt, hands to be feeble, spirits to faint and knees to become weak.
2. Bad news can produce fear and worry and drain us spiritually (**JOSHUA 14:7-8**). What they heard weighed them down and caused them to sin.
3. When it comes to racing, power and weight both matter. Secretariat wouldn't have won the triple crown with a 500 pound jockey on his back.
4. **ROM. 8:6** The carnal mind weakens, the spiritual mind strengthens. The devil knows how to weaken one's spiritual condition (**2 COR. 11:3 AMPC**). God's thoughts build us up and strengthen us spiritually by producing life and peace in us.
 - A. **JUDGES 16:1-3** Samson's carnal mind weakened him spiritually.
 - B. **GEN. 39:10** Joseph's spiritual mind gave him power to overcome temptation.

CONCLUSION: To develop a strong spirit, we must feed on the truths of God's Word, exercise ourselves in godliness and learn to rest in or wait upon the Lord so we can exchange strengths with Him. Fear, worry and doubt will drain and weaken us spiritually. This is why **IS. 26:3** and **JOHN 14:27** must be what we feed on daily.