

DEVELOPING A STRONG SPIRIT - 3

NOVEMBER 5, 2023

REVIEW:

- **PR. 18:14 AMPC** Our spiritual condition can be weak or strong.
- Developing a strong spirit requires food, exercise, and rest.
- We must strip off every weight that slows us down.
- Fear, worry, anxiety, low self-esteem, inferiority, guilt, sin-consciousness, and a sense of unworthiness must be stripped off!
- The mind is the battlefield and the way it leans determines if our spirit is strong or weak.

Continue: **EPH. 6:10-11**

To develop a strong spirit, we must be strong in the Lord, not ourselves. Paul said, “When I am weak, then am I strong”. He meant the most important victory to win is over ourselves. Paul considered all his accomplishments as garbage compared to the accomplishments of Christ.

- **PHIL. 2:5-8 NLT** The mind of Christ is one of humility, serving, and obedience. He was completely dependent on God for his success. He stripped Himself of His glory to clothe us in righteousness and true holiness (**EPH. 4:22-24**). Our mind needs renewed.

The Armor of God (EPH. 6:12-18)

The reason is to stand against the tricks, strategies, and accusations of the enemy.

6:14 - Belt of Truth: holds our armor in place. **PHILEMON 1:6**

- I’m blessed (**EPH. 1:3**); I’m family (**1:5**); I’m accepted (**1:6**); I’m redeemed (**1:7**); I’m forgiven (**1:7**); Have an inheritance (**1:11**); I’m sealed (**1:13**); I’m alive (**2:1**); seated with Christ (**2:6**); I’m His masterpiece (**2:10 NLT**); I’m drawn close (**2:13**); I’m a fellow citizen **2:19**). Freedom comes from knowing the truth.

6:14 - Breastplate of Righteousness: Protects one’s vital organs.

- **2 COR. 5:21** Our righteousness is as filthy rags, and Satan will point out every flaw we have. We protect our vital spiritual organs by quenching these darts with “I am the righteousness of God in Christ”.

6:15 – Sandaled Feet: We are to put on peace as a soldier puts on shoes that aid him in warfare. **PHIL. 4:7 NIV** God’s peace guards our hearts and minds (**JOHN 14:27, IS. 26:3**). God wants us anchored in peace (**IS. 32:17 AMPC**). **HEB. 12:14** reveals we are to follow peace and holiness.

6:16 – Shield of Faith: Roman shields were covered with animal hide dipped in water to extinguish the flames of the enemies’ arrows. **ROM. 4:19-21** It took time and experience for Abraham to develop strong faith. Our faith is in God and the Gospel (**HEB. 4:1-2**). Without faith, we can’t please God or extinguish Satan’s fiery darts.

6:17 – Helmet of Salvation: The helmet protects the head and brain. One blow to the head can be devastating. Spiritually, the helmet protects our minds and thoughts. Our salvation is what brought us into this fight!

6:17 - Sword of the Spirit: A sword is an offensive weapon. **HEB. 4:12 AMPC**
Jesus used the Word to defeat Satan. We must do the same.

6:18 – Prayer: We use all manner of prayer to cooperate with God and overcome evil (**MT. 26:41**).

Conclusion:

DAN. 11:32 Knowing God is what makes one's spirit strong. Paul's longing desire was to know Christ and the power of His resurrection.