



Building Spiritual Strength: The Secrets of Developing a Strong Spirit
Lesson 3: Rest for the Spirit

1. Review

Proverbs 4:20 – 23

Proverbs 4:23 – Amplified Bible

Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life.

Proverbs 18:14

Proverbs 18:14 – Amplified Bible

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?

According to this, what is going to get you through physical attack and even life-threatening problems?

Answer: _____

A strong spirit will get you through many kinds of problems.

If this is true, we should be interested in possessing and maintaining a strong spirit.

In the previous lesson we saw that the spirit needs nourishment.

- Just like you eat physically, you need to eat spiritually.
- The Word of God is to your _____, what food is to your _____
- Passing time does not mean you are maturing spiritually.

- In order to be nourished and be spiritually strong you must feed on the Word of God daily.
- Spiritually we feed on “words”. The best spiritual food is the _____

As we continue with this teaching, let look at “words”.

2. Words create thoughts and thoughts determine our lives.

What are words?

Words are just a group of letters that represent a thought.

Words are _____

You could say that we feed on thoughts.

Example:

- When you hear the word D – O – G – DOG
- It means nothing unless the word forms a thought.
- When you hear “dog” you get a picture in your mind.

Spiritually you feed on thoughts.

God’s Words contain _____

His thoughts are spiritual food.

If you feed on His thoughts, think His thoughts, and meditate upon His thoughts, then you get them into your spirit.

When they get into your spirit, they nourish you.

Spiritually – _____

What are you currently feeding on spiritually? – _____

3. God’s Word contains God’s thoughts.

Psalm 34:8

John 6:63

You can taste and feed on life or death.

Proverbs 23:7

It is extremely important what you allow yourself to meditate on, listen to, and watch.

Many times people do not think it is a big deal. But it is affecting them more than they realize.

If you eat steamed vegetables, but then eat four bags of potato chips and a half gallon of ice cream, you cannot say you are eating healthy.

People do this spiritually. They eat a few minutes of scripture and then listen to and watch hours of junk.

Then they are confused about why they are not growing spiritually or getting any stronger.

It is because their diet is out of proportion.

We are not saying that you should always watch and listen to things that are Bible based. However, there are some things out there that are bad for you even poison.

You ought to be _____ . Do not just eat anything.

The main thing to eat is _____

When you sit down and eat the Bible every day your spirit will get stronger.

4. How do you rest your spirit?

When people are professional body builders, they do many things including eating the right kind of foods and lifting weights.

They also rest.

Your muscles actually enlarge _____

When you lift weights the muscles are torn down. Then you rest before you lift again.

There are many people who need to learn how to have rest in their spirit.

There are people who are always “worked up” and stressed out. They never have peace on the inside.

Remember – _____

If you do not know how to rest, you do not know how to walk by faith.

God is a God of peace.

Isaiah 40:28

God doesn't get tired or weak. He never faints.

He understands everything.

Everything you need is in Him.

Isaiah 40:29

God is not stingy. _____

He gives. But do you know how to receive?

Just because God is giving something away, does not mean you automatically have it.

Isaiah 40:29, 30

What does this mean? – _____

Depending on your own power is limited.

Youth have energy, but even their energy only goes so far.

What have we learned from Isaiah so far?

- _____
- He increases the strength for those who have no might.
- He gives you what it takes to keep going on – supernatural strength.

But how do you receive that supernatural strength? The answer is found in the next verse.

Isaiah 40:31

This sounds like what we read about earlier in this series in 2 Corinthians 4:16

2 Corinthians 4:16**Isaiah 40:31**

When an eagle starts flying, it has to flap its wings. But once it get going it does not flap anymore. It rides the wind currents.

The wind carries it. All the eagle has to do is let the wind (a force greater than the eagle) carry it.

The eagle only has to do one thing while the wind carries it – _____

The same is true for some of you.

You are flapping your wings (your own strength) – trying to make things happen.

But you need to allow God's strength to take over.

How do you do that? How do you "ride" on God's power? – _____

Isaiah 40:31

If you are running and running and running and running, and you are not getting weary, that means that something else is empowering you. It is supernatural.

If you keep going and going, but you never get tired, people are going to wonder – "When does he get any rest?"

What they do not realize is that you have been getting rest while you were running.

Definition of WAIT ON THE LORD: _____

Do you want to be strong? Go to church. Gather together with other believers.

It does not make sense to go through things in life and stay away from church. That is the very thing that will give you strength.

You have to wait on the Lord and rest.

Resting is faith.

If you are walking in faith – you are resting.

If you are in faith you are not trying to get yourself healed. You are not trying to fix your financial situation. You are not trying to meet your own needs. You are not trying to be your own provider and source.

If you are doing these things you are not in faith. You are not resting.

Matthew 11:30

Psalm 63:1, 2

Where did this journey of seeking the Lord begin? – _____

Again we see that we are strengthened by being a part of a church.

Psalm 63:2 – Message Bible

So here I am in the place of worship, eyes open, drinking in your strength and glory.

Psalm 63:3-8

Your right hand upholds me – This speaks of strength.

According to the Psalmist, we received strength two ways:

- _____
- Meditating on God

Psalm 63:6

Psalm 4:4

Two things will happen to you when you get quiet and set your mind on God:

- _____
- _____

But this takes discipline.

Isaiah 26:3

What is trust? – Faith

It is all here in this verse.

- Your mind is stayed on God – Resting
- You can rest because you have faith.
- The more faith you have, the less you worry and the more rest you have.
- My faith causes me to rest. My rest causes me to keep my mind on God and it brings peace.
- All of this brings strength. It is found in the next verse.

Isaiah 26:4

What are you setting your mind on?

Romans 8:6