



Building Spiritual Strength: The Secrets of Developing a Strong Spirit
Lesson 5: Exercise for the Spirit – Part 2

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, a strong spirit is going to get you through physical attack and even life-threatening problems.

A strong spirit will get you through anything.

If this is true, then we ought to be interested in getting and maintaining a strong spirit.

We have seen in this series that your spirit, in order to develop and be strengthened, needs two things –

In the previous lesson we began to look at some spiritual exercises we can do to strengthen our spirits.

In Lesson 4 we studied – walking in the spirit.

In this lesson we are going to continue looking at how we can spiritually exercise. Let's begin by studying more about walking in the spirit.

2. Walking in the spirit

Galatians 5:16-25

If you are going to develop spiritually, you are going to have to develop in the fruit of the spirit.

Definition of “walking in the spirit”: _____

When you exercise the fruits of the spirit it takes effort.

- You are going to develop in joy in joy because you exercise yourself in joy.
- You are going to develop in peace because you exercise yourself in peace.
- You are going to develop in all of these areas because you exercise them.

If you start where you are, and keep exercising and feeding your spirit, it will get stronger!

Colossians 1:27, 28

Definition of PERFECT: _____

Colossians 1:29

The words “labor” and “striving” imply effort.

If you want to develop spiritually, _____

We grow by developing the fruits of the spirit – exercising them.

Example – Walking in the fruit of love

- It is easier to be rude and selfish than it is to walk in love. Walking in love takes effort.
- Do you know why some people offend everyone they talk to? Because it is easier to not put forth the effort to say kind words and walk in love.
- It takes effort to think about what you are going to say before you say it.
- It takes effort to think about the right way to say something.
- Sometimes the Holy Spirit will show you how to say something and give you wisdom.

Example – Walking in the fruit of kindness

- You do not have to let people walk all over you, but you can remain kind.

- It is easier to tell somebody off. However, it takes more effort to remain kind.
- It takes effort to be kind when you feel like being rude and abrupt.

Example – Walking in the fruit of joy

- Did you know that you never have to have “down” day?
- Instead of yielding to depression, _____
- You don’t feel like it, but by faith you can shout and praise God.
- This is exercising faith. It is exercising your spirit. It is developing and strengthening your spirit.

Walking in the spirit is _____

You have two choices. You can yield to the flesh or you can exercise the fruit.

Galatians 5:16

What happens when you do this long enough? – Your natural tendency will be to be kind, not to be angry.

2. Praying in other tongues

Speaking in tongues helps you develop and strengthen your spirit. It is a wonderful spiritual exercise.

1 Corinthians 14:14

My “spirit” prays.

When you pray in tongues _____.
It is getting some exercise.

1 Corinthians 14:14

You are not doing much with your head, but your spirit is getting exercise.

1 Corinthians 14:15

Here is an indicator if your spiritual strength – _____

If you are having a difficult time thinking through things and making decisions it is sometimes an indicator that your spiritual strength is low.

This verse says we are praying with our mind and our spirit.

The more you pray in tongues, the stronger your spirit is and the sharper your mind is.

Praying in tongues _____

Jude 20

4. Speaking the Word over your life

Speaking the Word over your life is a spiritual exercise. You have to discipline yourself to do this.

Why is it a discipline? Because a lot of times you don't feel like doing it. Instead you feel like complaining and speaking negative things.

For example – You have a pile of bills on the table.

- You say – “What am I going to do? How am I going to pay all of those bills? Where am I going to get all this money?”
- That's not speaking the Word. That is speaking your feelings.

What should you do?

- _____
- Put forth the effort out of your spirit to speak the Word.
- Say – “God is able to make all grace abound toward me. I have always have sufficiency in all things and I have an abundance for every good work.” (2 Corinthian 9:8)
- Say – “He meets all of my needs according to His riches in glory by Christ Jesus!” (Philippians 4:19)
- Say – “I am a giver – so it will be given back to me good measure, pressed down, shaken together, and running over.” (Luke 6:38)

When do you say this? – When you do not feel like saying it.

5. Praise, worship and thanksgiving

When you praise, worship, and have thanksgiving you exercise your spirit.

If you really do it from your heart and if you really do it by faith – you are exercising your spirit.

If you are doing it just out of your head – you are just exercising your mouth.

In order for praise to really build your spirit, you need to have a lifestyle of praise. It cannot just be during a Sunday morning church service.

If you express your love to him throughout the day, He will become more and more real to you.

Why is this important? Because He will inhabit your praise. (Psalm 22:3)

He will be right there with you! You will sense His presence.

6. Keeping your mind on the Lord

Keeping your mind on the Lord exercises your spirit and takes discipline.

Your mind will wander all over the place if you allow it.

Isaiah 26:3

This is definitely an exercise because it is not always easy.

This verse shows us how keeping your mind on God develops your spirit because peace comes out of your spirit.

7. Giving

Giving is another exercise for your spirit.

Giving an offering from your heart is spiritual exercise.

2 Corinthians 9:7, 8

Notice that when you give you purpose in your heart, not your mind.

2 Corinthians 9:7 – Amplified Bible

Let each one [give] as he has made up his own mind and purposed in his heart, not reluctantly or sorrowfully or under compulsion, for God loves (He takes pleasure in, prizes above other things, and is unwilling to abandon or to do without) a cheerful (joyous, "prompt to do it") giver [whose heart is in his giving].