

## THE CHAMPION SPIRIT

### The Importance Of Spiritual Training

#### I. The Champion Spirit

- A. 1 Thessalonians 5:23-The prayer is that God would set you apart WHOLLY and to do that He has to address your spirit, your soul, and your body b/c that is the whole of who you are
  - 1. Your mind is a real thing and it can be in good/bad condition; Your body is a real thing and it can be in good/bad condition; so can your spirit
- B. There is an inner man and God places value and importance on his development
  - 1. 1 Peter 3:3-4-The inner man being beautified & decorated is what is precious to God
    - a. We can make him beautiful, decorate him with spiritual ornaments
  - 2. 2 Corinthians 4:16-The important thing is our spirit is getting stronger everyday
- C. We want to adorn our spirit with **Champion** characteristics-1) **Strong** 2) **Mighty** 3) **Brave** 4) **Soldier** 5) **Warrior** 6) **Gladiator** 7) **A hero**; a brave warrior, one who is **bold** in contest 8) One who **fighters** 9) One who **wins** 10) One who has defeated and surpassed all rivals 11) One who is superior and has all the attributes of a winner 12) A man who undertakes a combat in the cause of another

#### II. 1 Timothy 4:6-Words play a key role in determining the condition of your spirit

- A. \*\*\*Nourished up-You have to support your spirit with the Word of God, the way you have to support your body with natural food\*\*\*
  - 1. If a person were to be born in the Earth and not feed their natural body properly it would greatly impact what they could do with that body; If a person gets born again and doesn't feed their spirit properly it will greatly impact what they can do with their spirit
  - 2. You have to maintain your spirit by feeding it; Your spirit requires daily upkeep

- B. The way natural food is major key to the nourishment of your body is the way words are a major key to the nourishment of your spirit
  - 1. Words of faith and good doctrine are nourishment for your spirit; they promote growth & strength
  - 2. Words of faith are simply words that agree with God's Words
    - a. Sometimes you can hear words that disagree with God's from the pulpit (you just never know, it sure is tough out there)
  - 3. Good teaching, good instruction, good learning will keep your spirit nourished
    - a. You can be hearing the word, but not learning-Proverb 4:7-Get understanding
    - b. The better the instruction the more nourishment it provides
- C. If the right words would nourish you up, then the wrong words tear you down
  - 1. Wrong words aren't neutral in their impact, they have a negative impact
    - a. The condition of your spirit gets worse as you listen to the wrong words
    - b. Like unhealthy food hurts your body, wrong words hurt your spirit
  - 2. Proverbs 15:4-A perverse tongue will break your spirit
    - a. We can listen to words and not know that they are negatively effecting our spirit b/c we have been so unaware of the condition of our own spirit
  - 3. Jeremiah 15:16-The word of God will be joy and strength to you (depression/weak)
    - a. Proverbs 16:24-Pleasant words are as a honeycomb; sweet to the soul and health to the bones
    - b. Psalm 119:103-How sweet are your words to my taste! Sweeter than honey to my mouth

**III. 1 Timothy 4:6-8-Exercise (define) yourself unto godliness; This isn't a suggestion; it's a command-There is a spiritual training that we must engage**

- A. \*\*\*Until you see the importance of the condition of your spirit you won't engage the activities necessary to improve the condition of your spirit \*\*\*
  - 1. The condition of our spirits is a life or death issue, but we haven't trained our spirits as such (John 10:10-Satan is here to kill, still, and destroy)
  - 2. Everything in your spiritual life flows from and begins with your spirit
    - a. The faith issue, love issue, mind issue, obedience issue is determined here
  - 3. If you're spirit gets weak, it's over for you-Proverbs 18:14
    - a. Nothing can turn in life until you engage the activities to strengthen your spirit
    - b. If you're mind or body get weak a strong spirit will support them, but if you're spirit gets weak there's no one to support a weak spirit
- B. \*\*\*Radical discipline to develop your spirit will be the result of you realizing the importance of the condition of your spirit \*\*\*
  - 1. When you get the revelation that everything in your life hangs on the condition of your spirit you'll get serious about developing your spirit

2. We need to have a spiritual perspective and recognizing and value what is truly important
    - a. Col 3:2-While you're on the Earth keep Heavens things as the priority
    - b. Matt 7:6-Those who don't know the value of their spirits will trample/neglect them
    - c. People spend enormous amounts of time on the development of their mind and body and totally neglect their spirit
- C. Make the connection between the condition of your spirit and the quality of your life
1. Spiritual training is profitable, useful, and valuable in everything and in every way
    - a. We've found something that when you engage it, it will positively effect every area of your life (Your marriage, your finances, your mind, your body)
    - b. If you will make the development of your spirit priority #1 in your life you will find that everything else in your life falls into place
  2. When you recognize that the change you desire begins with the strength and condition of your spirit you'll do whatever it takes to train your spirit so that you can see that change in your life
- D. AMP-You're going to have to train yourself towards godliness (the champion spirit)
1. A fully developed champion spirit is not something that you obtain when you get born again, but rather it is something that must be developed
    - a. When you get born again you get "Champion Spirit Potential"
  2. After you get saved you have to keep yourself spiritually fit; You can be saved and not fit
    - a. 1 Chronicles 12:8-Fit for what? For battle; These men were champions fit for battle and Jesus needs us the same way
      - 1) Jesus needs people who can walk in love, live by faith, be led of the spirit, be submitted to those over us, meek and teachable
    - b. Most battles are won or lost before they are ever fought
      - 1) This battle was decided when you chose to watch TV rather than spend time in the Word, to sleep in rather than get up and study

**IV. Galatians 5:16-17-Your life coming to down to this issue; Is you're spirit strong enough to rule over your flesh**

- A. 16-If you do what the Holy Spirit is telling your spirit to do, you will not perform and execute the desires and cravings of the flesh
1. **Flesh**-Human nature of man apart from divine influence; the unrenewed nature
    - a. It's the part of you that has yet to have been influenced by God
    - b. That would include the unrenewed parts of your mind and the untrained body
- B. That flesh desires against your spirit and your spirit desires against the flesh
1. They are opposite of one another and opposed to one another