

A STRONG SPIRIT

How To Tell If Your Spirit Is Weak

I. We must learn to discern when our spirits are weak

- A. When your faith is low, when your joy, when your peace is low these are telltale signs that your spirit is weak- When you are being overtaken by fear, worry, sorrow, unbelief this means your spirit is weak; **2Cor4:16-AC**-Therefore we do not become discouraged (*utterly spiritless, exhausted, and wearied out through fear*).
- 1. When you are strong on the inside it shows up in faith, in joy and in peace-**Ph4:11**-I have learned, in whatsoever state I am, therewith to be content (*a mind at peace, not disturbed by present condition*). ¹³ I can do all things through Christ which strengthens me; **Col1:10-TLB**-We are praying, too, that you will be filled with his mighty, glorious strength so that you can keep going no matter what happens—always full of the joy of the Lord;
- B. Walking in the flesh is sign your spirit is weak-Living carnally and in opposition to The Word is a sign your spirit is weak
- C. Yielding to the enemy is a sign your spirit is weak-Giving into him, following him is a sign your spirit is weak

II. When you discern that your spirit is weak, that you are weak inside it must to be addressed

- A. Most live unaware of their spirits-They are not even aware that they are a spirit, that they have a spirit, they are not aware of the condition of the spirit and as result they never take the necessary steps to keep their spirit strong
- B. If you have a weak spirit until you address it you'll have problems-You can't function effectively with a weak spirit
- C. Many try to win battles with weak spirits-Your spirit is supposed to sustain in a time of trouble-**AC**-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?

III. How to address a weak spirit

- A. Address with your faith-Receive your strength by faith-**Hb11:34**-Through faith...out of weakness were made strong; 11 Through faith also Sara herself received strength
 - 1. You can receive a quickening on the inside-**Eph3:16**-To be strengthened with might by his spirit in the inner man
- B. Address it with your words-**Jo3:10**-Let the weak say I am strong; **Ph4:13**-I can do all things through Christ who strengthens me
- C. Address your spiritual diet
 - 1. Feed on the right words-**Jer15:16**-Thy words were found, and I did eat them; and they word was unto me the joy and rejoicing of mine heart; **Pr12:25**-Heaviness in the heart of man makes it stoop: but a good word makes it glad; **Pr16:24**-Pleasant words are as a honeycomb, sweet to the soul; **1Tm4:6**-Nourished up in the words of faith and good teaching
 - 2. Wrong words weaken-**Jer49:23-24**-They have heard evil tidings: they are fainthearted; Damascus is waxed feeble, and turns herself to flee, and fear hath seized on her: anguish and sorrows have taken her
- D. Address any spiritual drains