

## A STRONG SPIRIT

### To Be Strong You Have To Exercise Your Spirit

- I. **There is such a thing as spiritual exercise-1Tm4:7-Refuse profane and old wives fables, and exercise thyself rather unto godliness. 8 For bodily exercise profits little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come; TL-Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do**
  - A. “Bodily exercise” insinuates there’s another kind of exercise
  - B. Exercise means use or exertion (straining, striving)-Spiritual exercise is the use or exertion of your spirit
  - C. Exercise is a key component in developing strength-Muscles that you don’t exercise get weaker not stronger – Exercising your body makes the body stronger; Exercising the spirit makes the spirit stronger
  - D. For your spirit to get stronger exercise your spirit
- II. **One way you exercise your spirit by acting on the Word-Js1:22-Be ye doers of the word, and not hearers only**
  - A. God is spirit, you are spirit, The Word is spirit-Jn4:24, Jn6:63, Pr18:14-The spirit of a man
  - B. When you choose do what The Word says you’ve engaged a spiritual activity and it exercises your spirit
    1. Spiritual exercises-Praying, reading your Bible, going to church, walking in love, walking by faith, praising, praying in other tongues – All of these activities are in The Word (which is spirit), when you choose to do these things you made that choice from your spirit and so engaging these activities you have engaged spiritual exercise
- III. **Another way you exercise your spirit by walking in the spirit-Gal5:16-Walk in the Spirit, and ye shall not fulfil the lust of the flesh**
  - A. Walking in the spirit is acting based on what Holy Spirit is leading your spirit to do
  - B. When you walk in the spirit you requires effort and exertion and to do so is to exercise your spirit
    1. Exercise includes pressure and resistance-Something is pressing on or pulling on you and you exert yourself and resist and through this exertion and resistance you get stronger
    2. Saying no to the flesh strengthens the spirit because to do so is to exercise the spirit-When the flesh pressures you or pulls on you and you exert yourself spiritually and resist that pressure you get stronger
  - C. When you walk in the spirit the flesh is suffering not getting what it wants and this strengthens your spirit-1Pt5:10-The God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.
    1. Spiritual exercise isn’t always pleasant-Hb12:11-NIRV-No training seems pleasant at the time. In fact, it seems painful. But later on it produces a harvest of godliness and peace. It does that for those who have been trained by it.