

## A STRONG SPIRIT

### How To Get Strong On The Inside

- I. **To have a strong spirit, you must acknowledge first acknowledge the reality of your spirit-1Th5:23-KJ-The very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ; 2Co4:16-Though our outward man perish, yet the inward man is renewed day by day; 1Pt3:4-The hidden man of the heart; Pr18:14-KJ-The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?**
  - A. Man is a tri-part being-Spirit, soul, and body-Gn2:7-The Lord God formed man of the dust of the ground, and breathed into his nostrils the breath (spirit) of life and mand became a living soul
  - B. In each one of these areas, spirit, soul and body you have the capacity to be strong or weak
    1. You body can be weak or strong in your body-Your body can get tired and break down and your body can be strong and healed-Mt26:41-The spirit indeed is willing, but the flesh (body) is weak; 2Cor4:16-For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day
    2. You can be weak or strong in your soul (mind, will, emotions)-You can be weak-minded where you are governed by your desires and emotions or you can be strongminded where you are not governed by those things-2Tim1:7-God has not given us the spirit of fear, but of power and of love, and of a sound mind (discipline, self-control); 1Th5:14-Comfort the feebleminded; Is7:4-Neither be fainthearted (weak minded)
    3. You can be weak or strong in your spirit-Eph3:16-That he would grant you, according to the riches of his glory to be strengthened with might by his spirit in the inner man; 2Cor4:16-The inward man is renewed (new strength) day by day
  - C. To have a strong spirit you have to get involved in the laws that govern strength for your spirit
    1. The way you get strong in any of those areas is by getting involved in the laws that govern strength in that area
      - a. Laws of strength-There are laws that govern strength for your body, laws that govern strength for your mind, laws that govern strength for your spirit
      - b. To get weak in any of those areas all you have to do is violate the laws that govern strength in that area
    2. To be strong in your spirit you have to gain knowledge of the laws that govern strength and get involved in those laws
      - a. To be strong inside is not automatic because you are a Christian-You can be a Christian who is weak inside-Ep6:10-Be strong in the Lord and in the power of His might; 1Cor6:13-Whatch you, standfast in the faith, quit you like men (be brave), be strong
      - b. To be strong inside doesn't just come by asking God to make you strong
    3. If you get involved in the laws that govern strength for your inner man you can get strong on the inside
  - D. 4 Keys to getting strong on the inside-1) Acknowledge the reality of your spirit 2) Acknowledge that there are laws that govern strength for your spirit 3) Gain knowledge and understanding of those laws that govern strength for your inner man 4) Put those laws into motion in your life