

## PEACE & JOY IN THE HOLY GHOST

### The Spirit Of A Man Will Sustain His Infirmary

- I. **Fear/sorrow/anger/troubled heart affect the spirit-Pr15:13**-A merry heart makes a cheerful countenance: but **BY** sorrow [worry, anger, vex-irritate, agitate] of the heart the spirit is broken [strike, wounded, **weaken, impair**]-**CEB-A TROUBLED** heart breaks the spirit
- II. **With a broken spirit you don't stand a chance in life-Pr18:14**-The spirit of a man will sustain [bear] his **infirmary** [unsound state of body, weakness of mind/resolution] but a **wounded [Pr15:13]** spirit who can bear-**AC**-Strong spirit of a man sustains him in bodily pain or trouble-**MS**-Healthy spirit conquers adversity but what can you do when the spirit is crushed
- A. When body, mind, resolution are weak, the spirit carries you-Pr18:14-NIRV-  
You can't keep going if you have a broken spirit-**Pr24:10**-Thy strength is small
1. NOT God-Man's spirit sustains his infirmity-God strengthens the spirit
  2. Many haven't placed enough emphasis on us being strong-God is strong
- B. We operate out of our spirits-Believe, fight, persevere from inside out-Pr4:23-NIV-Guard your heart for everything you do flows from it-Mt12:35,Mt15:19
1. Being busted up in your spirit affects the output-Like the body
- C. Fear/sorrow/anger break the spirit-They target the spirit not the mood
- D. Not harmless emotions-Deadly forces NOT to be toyed with-Ph4:4,6,1:28,Ep4:31
- E. Wants to break the spirit so you can't function spiritually-Js4:7,2Tm2:21
- III. **The care of my spirit is high priority-Pr4:20**-Attend to my words; incline thine ear unto my sayings.<sup>21</sup>Let them not depart from your eyes; keep them in the midst of your heart.<sup>22</sup>For they are **LIFE** (Strong, quicken-A.Heb-Stomach empty, one is weak then filled and revived) unto those that find them, and health to all their flesh.<sup>23</sup>Keep thy heart with all diligence for out of it are the issues of life-**TP**-Pay attention to the welfare of your innermost being
- A. Guard you heart from is being troubled-With fear, anger, sorrow-Jn14:27
- B. Feeling them isn't the problem-Letting them in you is the problem-Pr12:25
- C. When you yield/practice these they settle down on you and get in you-Watch about being upset about something all the time-Ec7:9-Anger [vexation-irritation, agitation; grief, sorrow] rests in the bosom of fools
- D. If you feel them you don't have to just let them sit upon-Ec11:10-Remove sorrow from thy heart-Jn14:27,Ep4:31,P37:8,Ph4:4,6,1Sm30:6,Ps56:3,42:5
- E. His Words will be life, joy, strength to your spirit-Jr15:16-Thy words were found and I did eat them; and thy word was unto me the joy and rejoicing of mine heart
- IV. **If sorrow breaks the spirit, joy ministers life and strength to your spirit Pr15:13**-By sorrow of heart the spirit is broken-**Neh8:10**-The joy of the Lord is your strength
- A. Quickened inside-Ep3:16-Strengthened with might by His spirit in the inner man
- B. Choosing to rejoice ministers strength to the spirit-Enabling you to be the indomitable being that presses on and overcomes-2Co4:7-We are troubled on every side yet not distressed; we are perplexed but not in despair; Persecuted but not forsaken; cast down but not destroyed-Ph4:13-2Co6:10-As sorrowful yet always rejoicing; Pr12:25-WY-Mourning in the heart of a righteous person shall make him weak-Ps119:28-TP-My life's strength melts away from grief and sadness-NIRV-My sadness has worn me out

C. In adversity 1 of the worst things you can do is be sad/mad/afraid-Pr15:13-  
MS-A sad heart makes it hard to get through the day-Js1:2-Count it all joy