

Steps for Training your SPIRIT

UNDERSTANDING THE REAL MAN

(YOU) - The Word of God says in I Thess. 5:23 “—May the God of Peace Himself sanctify you completely; and may your whole SPIRIT, SOUL AND BODY be preserved blameless at the coming of our Lord Jesus Christ.”

Notice that the scripture says that man is a three part being. Man is a spirit, he has a soul and he lives in a body, which is his house.

Your (born again) spirit must be educated just as your mind is educated. Joshua 1:8; Prov. 4:20-23.

How? Prov. 20:27 says that the spirit of man is the candle (lamp) of the Lord —“Light shines through a lamp.
I Jn. 1:5 says “God is light —” -- therefore He enlightens (reveals knowledge, truth) and guides us through our spirit.

Christians, unfortunately have become more physical (body) conscious and more mental (soul) conscious. We have left the spirit man almost untouched (there is little faith and confession and training of the spirit man).

Your spirit man must also be built up in strength and trained, just as your body is built up and trained. Jude 20. (by praying in the spirit which is our spiritual exercise). As we do so, John 16:13 says the “Holy

Spirit will guide you into all truth”. For you see the “true Sons of God are led by the Holy Spirit of God”.

1. Meditate in God’s Word.
2. Practice (do) what the Word says.
3. Give the Word 1st Place in all your decisions.
4. Instantly obey the voice of your spirit.
5. Pray in the Spirit (to God). This exercise quiets the carnal (fleshly) mind and lets your spirit man rise into control.

Five Steps for Educating, Strengthening and Training Your Spiritual Man

Step 1—Meditate in God’s Word.

Joshua 1:8 “This book of the Law shall not depart from your mouth, but you shall **meditate** in it day and night, that you may observe to do according to all that is written in it. FOR **THEN** you will make your way prosperous and **THEN** you will have good success.”

Job 22:28 -says “You will also **declare** a thing, and it will be established for you; So light will shine on your ways.” (see Col. 1:12).

You cannot develop spiritual wisdom without meditation in the word of God.

God wanted Joshua to be successful and He wants you to be successful also. We (new creations) meditate particularly in The New Testament; especially in the epistles (I Cor. 13).

Take time to meditate (if you want to be successful).—Start with 10 to 15 minutes a day— then increase the time gradually as your desire for the word grows. “- and then thou shall have good success”.

John 14:21—“Success (in the eyes of God) is measured by your priorities, not your possessions”.

The Hebrew word translated “Meditate” also carries the thought with it to “mutter”, speak it to yourself. Job 22:28 said Declare it, and it will be established for you; So that the light shall shine on your path.

You will develop spiritually and learn to deal wisely in the affairs of life because you meditated in the word of God and walked in the light of that word.

Step 2—Practice (do) the word.

James 1:22—says “Be ye doers of the word— not hearers only”.

Jesus is our example. In John 8:28-29 He said “ — I do nothing of myself: but as my Father hath taught me, I speak these things.” vs 29 “ — for I do always those things that please Him”. John 14:31 He said “— but that the world may know that I love the Father; and as the Father gave me commandment, **EVEN SO I DO.**”

Jesus loved the Father and wanted to please Him, so he obeyed the word which the Father gave Him. We have many “talkers” and many “rejoicers” over the word—but few “**doers**” of the word. In all circumstances we must do what the word says. I John 13:34 “a new commandment I give unto you. Love one another —”. Jesus, our example, did the word.

Phil. 4:6—says “ - Do not fret (worry) - but pray and then give thanks for the answer” You cannot exercise faith IF YOU WORRY. It is when you endeavor to practice the word, your faith WILL be built up.

- Read the word out loud (mutter) - Tell the Lord you’re bringing your requests to Him and you thank Him for the answers. This quiets and pacifies the troubled spirit that the devil is trying to put upon you.

You are in the faith realm. Rom. 8 26-27 —Holy Spirit knows all. • Then, just go about your business and keep declaring and reading if the devil returns. GOD WILL HELP YOU!

Phil. 4:7—is the result of practicing verse 6. the peace of God will come. You must be a doer of verse 6 to get verse 7.

Phil. 4:8—tells us what to think on — think on these things — and you will grow spiritually.

Step 3—Give the Word First Place.— The education, training and development of our spirits comes by giving the Word of God first place in our lives (decisions).

Prov. 4:20-23—“attend to my words (Give heed, attention to them) - put them first.

“incline thine ear to my sayings” (Listen to what I have to say).

“Let them not depart from thy eyes”. (continually look at the word of God. “keep them (words) in your heart”

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Pastor Harlan & Doris Stilwell Snr.



Prov. 4:22 “for they are life to those that find them and health (medicine) to all their flesh”. Most people get sick and go directly to the doctor or hospital first and then go and ask for prayer. We should put the word first.

II Chronicles 16:12—King Asa had a disease in his feet. Instead of seeking the Lord, He sought the physicians and died. (it is implied here that we should seek the Lord first).

Sometimes friends and family will try to rush you into things. Always think about what the word says first before acting.

Step 4—Instantly obey the voice of your spirit. In the Old Testament in Ps. 78:14, the word says “In the daytime **He led them** with the cloud and all the night with a light of fire”. Because they were not born again, having the spirit of God in them, God led or revealed Himself in the sense realm. But in the New Testament “your spirit has a voice” and most call it conscience, intuition, inner voice or guidance. The world calls it a “hunch”.

BUT, it is your spirit speaking to you, trying to give you guidance. II Cor. 4:16 calls it the “inward man”.

II Cor. 5:17 calls it the “new creation in Christ” or born again spirit.

Both Ezekiel and Jeremiah prophesied, by the Spirit of God He would take out the old stony heart and put in a new one. He said He would then put His Spirit in us. This happened in the New Covenant (Acts 2 first and then II Cor. 5:17).

As you give this new born spirit the privilege of meditating on the Word of God, it (word)

becomes the source of its information. Your spirit will become strong and the inward voice of your conscience, educated in the spirit, will become a true guide.

Notice! Meditating in the word, practicing the word and putting the word first place all occur before obeying your spirit. It is only then that your spirit becomes a reliable guide. You see the spirit of man is a lamp - where the Lord enlightens (reveals) the word, (gives knowledge and understanding)

You have the life and nature of God in you as a new creation. I John 4:4 says “the Holy Spirit is in us”. God must communicate with you through your spirit man because He is spirit and that’s where He is. Your spirit gets its information through Him.

Learn to obey the voice of your spirit. It can be educated. It can be built up and you will receive “guidance”.

Step 5—Pray in the Spirit. I Cor. 14:14-15. One of the greatest spiritual exercises is to pray in tongues every day. You are then in direct contact with the Father of spirits. When we do, the Holy Spirit gives the utterance (words and power or style of speaking), but it is your spirit praying. I Cor. 14:14 says “my spirit prayeth.” This keeps your spirit in contact with the Father and helps you be- come more “spirit conscious”. When you pray in tongues, your mind grows quiet. Once this happens, your spirit rises up to govern and you become more conscious of spiritual things. (no longer in the sense realm). You are in the faith realm. Rom. 8 26-27—Holy Spirit knows all.