

The Strong Spirit of a Man

Proverbs 18:14 says, **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?** (AMP)

God wants us to be strong spiritually so Satan will be unable to afflict us and push us around, or control us (Ephesians 6:10-18). One way we become strong and stay strong spiritually is to take the time every day to pray in the spirit. **But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost,** Jude 20

Another way to stay strong spiritually is to meditate on God's Word. **Be strong and of a good courage...Only be thou strong and very courageous... that thou mayest prosper whithersoever thou goest. This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.** Joshua 1:6-8 (Also read Psalm 1:2,3).

James 1:22 says, **But be ye doers of the word, and not hearers only, deceiving your own selves.** Doing the Word will produce good results in our life. It's not enough that we just hear God's Word; we also need to do it. One way of doing the Word is to meditate on it day and night. Meditating on the Word means to read it to yourself out loud over and over again. God promised in His Word that if we meditate on the Word day and night, we'll prosper and have good success. So, get a hold of a verse or two of scripture and during the day, spend some time reading it to yourself out loud. Then, when you go to bed at night, continue quoting the verse to yourself over and over again until you fall asleep. This requires a lot of effort on our part, but it is something we need to train ourselves to do. It's God's guarantee that if we meditate on His Word day and night, we'll have good success.

Praying in the spirit every day will also help build you up spiritually. **He that speaketh in an unknown tongue edifieth himself...** 1 Corinthians 14:4. Normally, no one who's ever put any quality time praying in the spirit would ever belittle or criticize the precious gift God gave the church: *the baptism of the Holy Spirit*. I want to encourage you to please take time out every day to pray in the spirit and meditate on God's Word day and night, and constantly thank God and praise Him that He supplies every one of your needs in abundance, in Jesus' Name.

The devil wants you sick and poor, weak and defeated. But God wants you healthy, prosperous, bold and strong, so keep standing on God's promises and continually fight the good fight of faith. **And, never give up or quit being a doer of the Word of God!**

Remember, God wishes above all things that you prosper and be in health, even as your soul prospers (3 John 2).

Your Word of faith pastor,

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