

Exercising Spiritually

Read Out Loud Daily for Results

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? Proverbs 18:14 AMP

The most important thing you want to accomplish, as a born again Christian, is to get your spiritman strong. You want to get him built up spiritually so he is strong in the Lord and in the power of His might:

Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high *places*. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; Ephesians 6:10-18

Satan's plan for your life is to destroy you any way he can, and he will be able to accomplish his goal if you allow him to. You want to become strong spiritually and have a strong spiritual resistance so Satan cannot touch you. Some indications that your spiritman is not strong are: you *worry* about things, you're *confused*, you're *afraid*, you *don't know God's will* for your life (nor are you interested in finding out), you *don't put any time in the Word*, you *haven't* gotten *control of your mouth*, you *talk your problems*, you *don't talk the Word*, you *don't have any joy* because you're *walking by sight* and not by faith, and you *allow your mind to wonder* why things happened or didn't happen.

It isn't a given that you are strong spiritually just because you've been saved for a long time, or because you go to church. You become strong spiritually *by doing spiritual exercises*.

I will therefore that men pray every where, lifting up holy hands, without wrath and doubting. 1 Timothy 2:8

But refuse profane and old wives' fables, and exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come. 1 Timothy 4:7,8

And herein do I exercise myself, to have always a conscience void of offence toward God, and toward men. Acts 24:16

If a person wants to become strong physically, they would have to exercise physically. It's the same spiritually: You're going to have to exercise the Word of God in your life if you want to become spiritually strong. Spiritual exercises consist of doing the Word (James 1:22).

- **Worshiping and praising God is a spiritual exercise.**

By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of *our lips* giving thanks to his name. Hebrews 13:15

Let them shout for joy, and be glad, that favour my righteous cause: yea, let them say continually, Let the LORD be magnified, which hath pleasure in the prosperity of his servant. Psalm 35:27

- **Meditating on God's Word day and night is a spiritual exercise.**

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 1:8

But his delight *is* in the law of the LORD; and in his law doth he meditate day and night. Psalm 1:2

- **Praying in tongues is a spiritual exercise.**

But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost, Jude 20:

- **Walking in the God kind of love is a spiritual exercise.**

And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour. Ephesians 5:2

- **Putting your body, (or your flesh) under is a spiritual exercise.**

But I keep under my body, and bring *it* into subjection: lest that by any means, when I have preached to others, I myself should be a castaway. 1 Corinthians 9:27

As a believer, you want to be more aware of the Holy Spirit, and led by Him every moment of your life, about every thing in your life.

For as many as are led by the Spirit of God, they are the sons of God. For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. The Spirit itself beareth witness with our spirit, that we are the children of God: Romans 8:14-16

If we receive the witness of men, the witness of God is greater: for this is the witness of God which he hath testified of his Son. He that believeth on the Son of God hath the witness in himself: he that believeth not God hath made him a liar; because he believeth not the record that God gave of his Son. 1 John 5:9,10

In the natural, when you exercise, you become more aware of your body. The more you exercise your muscles, the more aware of your muscles you will be.

You may not give a whole lot of thought about your legs, but if you do a hundred knee squats, you are going to be aware of your leg muscles tomorrow! Likewise, the more you meditate on God's Word and pray in the spirit, (*which is praying in tongues*) the more aware of your spiritman you will become.

We need to be sensitive to the leading and the guidance of the Holy Spirit, because God doesn't lead you externally. In your New Covenant, God leads you internally. So, before you do something, you need to search your heart and find out what you've got in your spiritman.

There have been many ministers who were unable to stop Satan from attacking them and robbing them of their health and life, all because they weren't strong enough spiritually to stop Satan. Satan was able to touch them because they didn't exercise enough spiritually. They may have been able to move God, they may have known the Bible more than others, they may have been a very loving and caring minister, as well as dedicated to serve God, but that in itself will not stop Satan!

Most ministers I know of do not exercise spiritually, or at least not enough to get their spiritman strong. So, when Satan comes to afflict or kill them so they die prematurely, it brings confusion to the carnal Christian, and to the world.

You want to develop your faith so it can move God on your behalf, and so you can stop Satan. You want to stay strong spiritually, because Satan and a trial of your faith are coming. You want to make yourself exercise spiritually every day.

- **Exercise spiritually by making your mind think in line with God's Word.**

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if *there be* any virtue, and if *there be* any praise, think on these things. [Philippians 4:8](#)

- **Exercise spiritually by making yourself be joyful.**

Tell yourself that you're full of joy and you've got the victory. Say it out loud. Don't tolerate grief, depression or sorrow to be around you or to get on you.

Rejoice in the Lord always: and again I say, Rejoice. [Philippians 4:4](#)

My brethren, count it all joy when ye fall into divers temptations; Knowing *this*, that the trying of your faith worketh patience. [James 1:2,3](#)

- **Exercise spiritually by resisting the devil.**

Submit yourselves therefore to God. Resist the devil, and he will flee from you. [James 4:7](#)

Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world. [1 Peter 5:8,9](#)

If you don't want Satan to hurt you, you're going to have to build yourself up spiritually. You do that by exercising spiritually every day.

This isn't something God is going to do for you. This is your responsibility to get yourself in spiritual shape. And the sooner you do, the sooner you're going to be able to stop Satan.

God bless,

Your Word of faith pastor,
Pastor Jesse Rich

JESSE RICH MINISTRIES
P.O. Box 237170
NYC N.Y. 10023
212. 501.7999
www. JesseRichMinistries. com
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