

# A STRONG SPIRIT

## Proverbs 4:20–23 NKJV

My son, give attention to my words;  
Incline your ear to my sayings.  
21 Do not let them depart from your eyes;  
Keep them in the midst of your heart;  
22 For they are life to those who find them,  
And health to all their flesh.  
23 Keep your heart with all diligence,  
For out of it spring the issues of life.

## 1. STRENGTH INSIDE & OUT

### Proverbs 18:14 NKJV

The spirit of a man will sustain him in sickness,  
But who can bear a broken spirit?

### Proverbs 18:14 AMPC

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 4:23 NKJV

23 Keep your heart with all diligence,  
For out of it spring the issues of life.

### Proverbs 4:23 AMPC

Keep *and* guard your heart with all vigilance *and* above all that you guard, for out of it flow the springs of life.

## 2. DEVELOP A STRONG SPIRIT

### 1 Timothy 4:6 NKJV

If you instruct the brethren in these things, you will be a good minister of Jesus Christ, nourished in the words of faith and of the good doctrine which you have carefully followed.  
7 But reject profane and old wives' fables, and exercise yourself toward godliness.  
8 For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

## HERE'S HOW YOU GET STRONG SPIRITUALLY

It's the same way we do it in our body.

- Eating
- Exercise

### **Luke 4:4 NKJV**

But Jesus answered him, saying, "It is written, 'Man shall not live by bread alone, but by every word of God.'

### **John 6:63 NKJV**

It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.

## **EXERCISE YOUR SPIRIT**

How do you exercise you spirit.

- One of the best way to exercise spiritually is by confessing the Word.
- Speaking in Tongues is a good spiritual exercise. "*But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit*" (Jude 20 NKJV)
- Praise & Worship.
- Every time your use your faith you are exercising your spirit.
- Walking in Love.
- Walking in the Fruit of the Spirit.

## **3. STOP THE DRAINS**

### **Joel 3:10b NKJV**

Let the weak say, 'I am strong.'

### **Psalm 18:32 NKJV**

It is God who arms me with strength,  
And makes my way perfect.

### **Psalm 27:1 NKJV**

The Lord is my light and my salvation; Whom shall I fear? **The Lord is the strength of my life;** Of whom shall I be afraid?

### **Psalm 29:11 AMPC**

The Lord will give [unyielding and impenetrable] strength to His people; the Lord will bless His people