

## **Building A Strong Spirit**

Session 2 – The Need to Develop a Strong Spirit

Apostle Mike Connell

### **The Need to Develop a Strong Spirit**

#### **II. The Human Spirit can be Strengthened and Developed**

##### **1. Your Spirit can be Strengthened**

###### **A. John the Baptist Became Strong in Spirit**

- *Luk 1:80* So the child grew and became strong in spirit, and was in the deserts till the day of his manifestation to Israel.
- “Became strong”....Gk.....krataioo....to become strong, to increase in vigor, become powerful
  - John received a prophetic calling to the nation of Israel
  - To fulfill this calling John needed to grow and develop and prepare for his assignment
- John was not born strong. He intentionally developed his inner man and he became strong
  - To become strong means there is a process of development of strength
  - We don't become strong by someone praying for us but by intentional development

###### **B. Jesus became Strong in Spirit:**

- *Luk 2:40* And the Child grew and **became strong in spirit**, filled with wisdom; and the grace of God was upon Him.
- “Became Strong”....GK ...krataioo...to become strong, to increase in vigor, become powerful, bring forth as an effect or in government, power over self
  - “vigour”...exuberant and resilient strength, substantial effective energy or force
  - Vigour is the complete opposite of passive, lethargic, fragility, feebleness
  - A person who is strong in spirit is resilient in the face of setbacks and difficulties
  - They are energetic and forceful in life and relationships
- **Jesus was not born strong in spirit.**
  - He intentionally developed His inner man and He became strong
  - Jesus embraced a process of developing a strong spirit
- **The Holy Spirit was involved in the process of Jesus becoming strong**
  - Jesus was filled with wisdom....a precious quality that comes from a relationship with God
  - The Grace of God was upon Him....the Grace of God is the empowering of the Holy Spirit to grow and develop

- Wisdom and grace are qualities that Holy Spirit imparts to us through faith and prayer

### C. David became Strong in Spirit

- 1Sa 30:6 *Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. But David strengthened himself in the LORD his God.*
- **David has suffered a massive personal setback**
  - His city or refuge burned to the ground
  - His wives and family kidnapped
  - His wealth and finances all stolen
  - His followers disheartened and talking of stoning Him
- **How David responded in the face of massive adversity and setback**
  - David wept uncontrollably (vs.4)
  - David suffered grief and distress (vs.6)
  - David **strengthened** himself in The Lord  
*“Strengthen”....to become strong, to become resolute and firm, to prevail, take hold of*
- **David was able to express his emotions and then arise in spirit and strengthen himself in the Lord**
  - God spoke and gave strategy and direction
  - David was able to pursue, overtake and recover all
  - Shortly afterwards David was lifted to become King over Israel (2Sam.2:24)
  - Your promotion may follow your ability to arise in strength in adversity

### 2. Your Spirit can Become Supernaturally Empowered

- Paul's Prayer:
- Eph 3:16 that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man,
- Note Paul's prayer for the Ephesians Church
  - *“Strengthened”.....Gk....Krataioo.....to become strong, increase in vigor, become powerful*
  - *“Might”.....Gk....Dunamis.....supernatural power and ability, beyond normal or natural*
  - Paul's prayer for the Ephesians is for supernatural energy and strength to flow into their inner man, their spirit so they can live a strong overcoming life
- **The part of us needing to be strengthened is our “Inner Man”**
  - It is the inner man that delights in the law of God (Rom.7:22)
  - It is the inner man that needs to be renewed (2Cor.4:16)
- Paul prayed they would be strong and resilient and energetic and not sluggish, passive and lukewarm in their relationship and walk with God
  - Ephesus was the location of the Temple of Diana and was a centre for occult and divination

- For the Church to survive and advance the people needed to be supernaturally energized
- The church needed to be strengthened with might to resist and overcome temptation and persecution and to pursue their mission and assignment
- **The Holy Spirit is the source** of the Church being strong and supernaturally empowered
- We also have a key Part to play in becoming strong in Spirit

### **3. Your Spiritual Senses can be Developed**

- *Heb 5:14 But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.*
- Paul is rebuking the church for its immaturity. Instead of being teachers they needed to be established in basic doctrine..."milk and not meat"
- People do not mature just by coming to meetings but by "exercising their spiritual senses"
- "Senses"..... *Faculties for perceiving, discerning and judging*
  - We have natural senses which enable us to interact with the physical realm around us
  - Five natural senses: See, Hear, Taste, Touch, Smell
  - Our senses pick up signals and transmit them to the brain where we process and interpret them
- **We also have spiritual senses which enable us to interact with the realm of the spirit**
  - We have the senses but they can remain undeveloped. Senses must be exercised
  - "Exercised" ....Gk .Gumnazo....to exercise naked, to train for the public games, exercise rigorously, become proficient by constant practice
  - Our spiritual senses enable us to interact with the realm of the spirit
- **Spiritual Senses are developed and strengthened by regular practice**
- "By reason of use" ....through habitual practice, vigorous exercise or training  
We can learn to become proficient at
  - Seeing in the spirit
  - Hearing the voice of Holy Spirit
  - Tasting or experiencing God and engaging with Him
  - Smelling or discerning good and evil
  - Touching the presence and heart of God

## **III. The Benefits of Developing your Spirit Man**

### **1. We usually don't do things that require effort and perseverance unless we can see and experience the benefits**

- *Eph 3:16 that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man,*

*Eph 3:17 that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love,*

*Eph 3:18 may be able to comprehend with all the saints what is the width and length and depth and height—*

*Eph 3:19 to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.*

*Eph 3:20 Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,*

*Eph 3:21 to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.*

## **2. What are some of the Benefits of Developing a Strong Spirit?**

- 1. Increase in the tangible presence of the Holy Spirit in our lives (vs17)**
- 2. Increasing Revelation of the Father's love for us (vs17)**
- 3. Consistent filling with the Holy Spirit. (vs19)**
- 4. Increased sensitivity to the Holy Spirit (vs19)**
- 5. Empowerment to discover and fulfil the unique assignment of God for us (vs20)**
- 6. Ability to release the power of God to others (vs20)**
- 7. Ability to arise in your spirit in the face of adversity, setbacks or warfare (vs.16)**