

Building a Strong Spirit
Session 7 – Waiting Upon God
Apostle Mike Connell

Waiting Upon the Lord

I. God Desires to Impart His Strength to Us

1. 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,
- **Paul prays specifically that believers would be**
 - “Strengthened”.....Gk...krataioo....become strong, empowered, increased in vigor, grow in strength
 - “With might” Gk..dunamis....supernatural power, ability, strength that originated from God
- The strength that Paul is talking about is not natural strength or will power but a supernatural strength

2. The Source of this Strength is The Holy Spirit Himself

- *Eph.3:16...through His Spirit*
 - This supernatural strength is a gift imparted into our inner man
 - The “Inner Man” can refer to either the spirit or heart or both
 - This supernatural strength is received by faith
 - A Key way we receive this strength is by Waiting on God

II. What does it mean to “Wait Upon The Lord?”

1. What “Waiting” does NOT Mean

- **It does not mean “Do Nothing”, or just wait and see what happens**
 - Passivity does not come from God
- **We are to be proactive in seeking God and His strength**
 - *Psa 105:4* Seek the LORD and His strength; Seek His face evermore!
 - “Seek”...to seek for carefully, to pursue, persevere in spiking in prayer
 - No team becomes strong waiting in a changing room

2. Key Passage

- *Isa 40:29* He gives power to the weak, And to those who have no might He increases strength.
Isa 40:30 Even the youths shall faint and be weary, And the young men shall utterly fall,
Isa 40:31 **But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.**
- **Note the Promise of God**
 - He gives power(strength) to the weak (faint, weary, fatigued)
 - “Power”.....Hb...koach.....strength, might, ability, substance

- *To those who have no might He increases strength*
- *“Strength”.Hb...otmah.....power, might, , abundance*
- **God gives us strength, and also increases what strength we have.**
 - We must receive this impartation of strength from Him by the exercise of faith and through “waiting on God”
- **Note the Key Condition**
 - “Those that Wait on The Lord”
- *“Wait”.....Hb...qavar....*
 - *“To wait or look for, to expect, to hope, to look forward to*
 - *“ To entwine, to bind together like strands of a rope”*
 - *“To twist together to become one”*
- **Waiting on God is a process of entwining oneself with God with expectation until we become one with Him, and His strength fills us to face challenges courageously**
 - *“Renew their strength”.....Hb ...chalaph...*
 - To substitute, exchange, change for the better
- **Waiting on God is an intentional exchange of what is lacking in our life for God’s extravagant supply**

3. Similar Passages

- **There are other passages which also use the same word for “waiting” on God**
 - *Psa 52:9 I will praise You forever, Because You have done it; And in the presence of Your saints **I will wait on Your name**, for it is good.*
 - *Psa 130:5 **I wait for the LORD**, my soul waits, And **in His word I do hope.***
 - *Psa 37:34 **Wait on the LORD, And keep His way**, And He shall exalt you to inherit the land; When the wicked are cut off, you shall see it.*
 - *Psa 27:14 **Wait on the LORD; Be of good courage**, And He shall strengthen your heart; Wait, I say, on the LORD!*
- Each of these passages add to our understanding of what it means to “Wait on The Lord”
- **“Waiting upon The Lord” includes**
 - Time in the presence of God **intentionally seeking Him and His strength**
 - Holding hope and expectation in the **character** (Name)
 - Holding hope and expectation in the **Word of God**
 - Willingness to bring our life into **alignment and obedience** (“keep His way”)
 - Maintain courage by holding fast our commitment in the face of adversity
- You can see that there is nothing passive about these actions

III. How Do I “Wait on The Lord?”

- How do I wait upon Him and exchange my weakness for His strength?

1. Engage The Presence of The Lord

- Spend time in prayer engaging with God through praise and Worship
 - Pray in the spirit strongly and expectantly
 - Build an atmosphere of praise and gratitude
 - Enter into a time of worship
 - It is important to minister to The Lord and to be unhurried
 - Use appropriate music to assist this process

2. Begin the Exchange Process

- “*They shall renew their strength*” is a process of exchange that involves
- When you become conscious of the presence of God intentionally present yourself to Him
- This process involves:
 - **Surrender** of Heart, spirit, soul and body intentionally to The Lord
 - **Letting Go Specific Weakness,** and **consciously receiving His strength in that area**
 - **Confessing and declaring** God’s great abilities flowing through you
 - **Using the Word of God** to make faith declarations

3. Consciously and Intentionally present every part of your being

- *Rom 12:1 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.*
 - Be intentional in presenting different aspects of yourself to The Lord
 - Do this with expectation of an exchange taking place
 - Use the Word of God as you Pray and exchange
- **Your Heart and its Desires and Affections**
- *Col 3:2 Set your affection on things above, not on things on the earth.*
 - Your heart is the core of your identity , and affections and desires. Whatever has your heart has you
 - Consciously present your heart to the Lord and set your affections upon Him
 - Let go(repent) from heart defilement. Bring it to the cross and receive in exchange the heart of Christ
 - Let Go.....and receive
 - Let go Anger and Pride..... Receive a Meek and Humble heart
 - Let go Lust and Iniquity.....Receive a Pure and Upright heart
 - Let go Unfaithfulness and Disloyalty....Receive a Faithful and Loyal heart

- Let go Bitterness and Harshness.....Receive a Forgiving and Kind heart
- Let go weakness & discouragement.....Receive a Strong and Courageous heart

- **Your Will**

- *Mat 6:10 Your kingdom come. Your will be done On earth as it is in heaven.*
- *Php 2:13 for it is God who works in you both to will and to do for His good pleasure*
 - Your will determines ultimately the choices and decisions that you make, what you say and do
 - Be intentional in surrendering your will to The Lord
 - If need be acknowledge and repent of rebellion and stubbornness and exchange it for the humility and obedience of Christ
 - Call forth the Kingdom and will of God to manifest in your daily activities

- **Your Mind and Thoughts**

- *Isa 26:3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.*
- *2Co 10:5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,*
 - Your mind is the battlefield where spiritual warfare is waged.
 - Daily we are bombarded with thoughts contrary to God and His Word and Ways
 - Intentionally surrender your mind and thoughts
 - Reject thoughts that resist the knowledge of God
 - Choose to set your mind upon Christ and His Words
 - Make strong declarations of the Word of God...Quote the scripture and then personalise it

- **Your Eyes, Outer and Inner, and Ability to See**

- *Eph 1:17 that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him,*
- *Eph 1:18 the **eyes of your understanding being enlightened**; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,*
 - We have natural eyes and also spiritual eyes
 - Pray and surrender your eyes...they eyes of your inner man and outer man to The Lord
 - Repent and turn from any defilement and receive the spirit of wisdom and revelation

- **Your Ears and ability to Hear**

- *Mrk 4:23 If anyone has ears to hear, let him hear."*

Mrk 4:24 Then He said to them, "Take heed what you hear. With the same measure you use, it will be measured to you; and to you who hear, more will be given.

Mrk 4:25 For whoever has, to him more will be given; but whoever does not have, even what he has will be taken away from him."

- We have natural ears and also spiritual ears
- What determines our ability to hear from God is our heart and our response to what we hear
- Surrender the ears of your inner man and outer man to The Lord
- Ask for Him to give you a hearing heart, ears that hear clearly

- **Your Countenance**

- *Gen 4:6 So the LORD said to Cain, "Why are you angry? And why has your countenance fallen?"*

- *Rev 1:16 He had in His right hand seven stars, out of His mouth went a sharp two-edged sword, and His countenance was like the sun shining in its strength.*

- Your countenance expresses the condition of your heart
- A heart filled with the presence of God will reveal itself as a joyful countenance
- Surrender your heart and countenance to be filled with joy and radiate the joy of The Lord
- Let go (repent) of those things that have stolen joy and receive a joyful heart

- **Your Voice**

- *Jhn 6:63 It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.*

- *Eph 4:29 Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.*

- The spoken Word is how God brings spiritual realities and miracles from heaven into the earth
- We desire to speak words that are filled with the Spirit and impart life to others
- Surrender your heart and voice to The Lord
- Repent of words that have been negative and critical and exchange them for words and the spirit of Life to be imparted as you speak

- **Your Hands**

- *Act 8:17 Then they laid hands on them, and they received the Holy Spirit.*

- *Mrk 16:17 And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues;*

- *Mrk 16:18 they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover."*

- Hands are symbolic of our works, what we do daily
- Hands are also laid upon people to impart the supernatural life of God

- Surrender your hands, all your works of this day to The Lord and receive His anointing upon all you do
- **Your Feet**
- *Jos 1:3 Every place that the sole of your foot will tread upon I have given you, as I said to Moses.*
 - Our feet represent our daily walk, natural and spiritual
 - Surrender your daily walk to the Lord exchanging your weakness for His strength
 - Daily Choose to
 - Walk in Love
 - Walk in Forgiveness
 - Walk in Faith
 - Walk in Generosity
 - Walk in Authority
- These suggestions are ways that you can become conscious or aware of your life and its weaknesses and intentionally bring them to The Lord in exchange for His strength
- **When we intentionally wait upon The Lord, spending time in His presence, holding onto His Word and exchanging our weaknesses for His strength...a significant change takes place in our life**