

WHAT'S MEANT BY SOMETHING DOES NOT AGREE WITH YOUR SPIRIT

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We hear it all the time in the church. Someone gets offered a new job, meets a new person, or faces a major decision, and they pause and say, "Something about that just doesn't agree with my spirit."

But what are we actually saying when we use that phrase? Is it just church jargon? Are we experiencing a genuine, divine prompting from the Holy Spirit, or are we just projecting our own unchecked anxiety, trauma, and preferences onto God?

As believers, we are called to be led by the Spirit, but we also live in a culture where emotional burnout, anxiety, and unresolved inner wounds are at an all-time high. We have to know the difference between the voice of the Holy Spirit guarding our steps and the voice of our own fear trying to keep us in our comfort zone.

Here is how we unpack this concept, understand its biblical foundation, and learn to distinguish between a spiritual check and a mental roadblock.

1. WHAT IT MEANS TO HAVE A "CHECK" IN YOUR SPIRIT

When someone says something "doesn't agree with their spirit," they are describing a sudden lack of peace, an internal alarm, or a deep sense of spiritual friction. Everything might look perfect on paper. The money makes sense. The relationship looks good from the outside. The opportunity seems like a blessing. But deep down on the inside, there is an unshakable

hesitation. This is not a uniquely Charismatic phrase; it is a vital function of the believer's life. The Holy Spirit dwells inside of you, and His job is to lead you into all truth. When you are about to step out of alignment with God's will, step into a dangerous situation, or partner with the wrong spirit, the Holy Spirit will pull back His peace.

COLOSSIANS 3:15

And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

The word "rule" there literally translates to an umpire. Peace is the umpire of your soul. When the peace leaves, the Holy Spirit is calling a foul on the play.

Quote: "He who yields to the Holy Spirit will find that His whispers are louder than the world's shouts." — Charles H. Spurgeon

2. THE BIBLICAL FOUNDATION OF SPIRITUAL DISCERNMENT

The concept of your spirit rejecting or agreeing with something is absolutely biblical. God does not primarily communicate with us through our intellect; He communicates Spirit to spirit. We see this clearly in the life of the Apostle Paul. He had a strategic, logical plan to go preach the gospel in Asia. It made sense to his mind. It was a good thing to do. But his spirit would not let him do it.

ACTS 16:6-7

Now when they had gone throughout Phrygia and the region of Galatia, and were forbidden of the Holy Ghost to preach the word in Asia, After they were come to Mysia, they assayed to go into Bithynia: but the Spirit suffered them not.

Notice that the text says "the Spirit suffered them not." Paul experienced an

internal boundary. The Holy Spirit will often give you a “no” that your logical mind cannot immediately explain. We also see this positive affirmation in scripture.

ROMANS 8:16

The Spirit itself beareth witness with our spirit, that we are the children of God:

There is a divine witness, a supernatural agreement, that happens deep inside of us when we are standing in the truth.

Quote: “True spiritual knowledge is not found in the intellect, but in the spirit. When the Holy Spirit speaks, the spirit of man knows.” — Watchman Nee

3. THE SPIRIT VS. THE MIND (DISCERNING THE DIFFERENCE)

This is where life application gets real. How do we know if it is our spirit throwing a flag, or just our traumatized mind? Many of us are carrying compounded losses, grief, and disappointment. When you have been hurt in the past, your mind creates defensive walls to keep you from being hurt again. If you aren’t careful, you will call your trauma “discernment.” You will label your anxiety “the Holy Spirit.”

Your mind operates on logic, memory, and self-preservation. It asks, Will this hurt me? Does this make sense? What if I fail? Your spirit, however, operates on faith, surrender, and divine intuition. It asks, Is God in this? Does this align with the Word? Fear is frantic, loud, and rushed. It makes your heart race and demands that you run away immediately. But the Holy Spirit is steady, deep, and authoritative. A check in your spirit doesn’t usually feel like a panic attack; it feels like a heavy, sobering stillness that simply says, Do not move forward.

2 TIMOTHY 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

If what you are feeling is rooted in panic, insecurity, or a desire to control the outcome, that is your mind. If it is a quiet, persistent absence of God's peace despite all the external facts looking good, that is your spirit.

Quote: "Faith is the art of holding on to things your reason has once accepted, in spite of your changing moods." — C.S. Lewis

A REAL-WORLD ILLUSTRATION

Think about signing a major contract or entering a new business partnership. The lawyer read it. The numbers look phenomenal. Your friends are telling you it is the opportunity of a lifetime. Your mind is doing the math and getting excited. But when you sit down to sign your name, your stomach drops. A quiet agitation settles over you. You can't explain it to the board of directors, but you know you cannot put your pen to that paper. Six months later, you find out that company was under federal investigation for fraud. Your mind saw the math, but your spirit saw the trap.

Quote: "The voice of God is a friendly voice. No one need fear to listen to it unless he has already made up his mind to resist it." — A.W. Tozer

SELF-ASSESSMENT QUESTIONS FOR CLARITY

When you feel like something "doesn't agree with your spirit," take a moment to regulate your emotions and ask yourself these questions:

Am I feeling a lack of peace because this violates God's Word, or simply because it violates my comfort zone?

Is my hesitation rooted in a past wound that I haven't let the Holy Spirit heal

yet?

If I strip away the opinions of everyone around me, what is the quietest, deepest conviction I have about this situation?