

# Build and Stimulate Yourselves with the Spirit

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## Jude 1:20 (King James Version)

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

### Lexham English Bible

*But you, dear friends, **by building yourselves up in your most holy faith, by praying in the Holy Spirit.***

1. We build up our holy faith by praying in the Spirit (in tongues).
  - A. What we believe as believers in the Lord is built up.
  - B. Our faith is made stronger by believing that what we are praying for will come to pass.

## Ephesians 5:18 (Amplified Bible Classic Edition)

*And do not get drunk with wine, for that is debauchery; but ever be **filled and stimulated** with the [Holy] Spirit.*

### International Standard Version

*Stop getting<sup>[a]</sup> drunk with wine, which leads to wild living, but **keep on being filled with the Spirit.***

1. Stimulate: to excite, activate, arouse.
2. Getting drunk or getting high will only lead to destruction.
3. Instead, we are to be **continuously filled and stimulated with the Spirit.**
4. As we pray in the Spirit (in tongues), we are given a "high" or stimulation that wine, liquor, or any drug can compare to.
5. Where being drunk (stimulated) with wine will lead to destruction, being filled (stimulated) with the Spirit will lead to absolute joy and peace.