

How to be Led by the Spirit

Part 3

Training the Body

1. You are not your body. (2 Corinthians 5:8)
 - a. Your body is the vessel in which you live.
 - b. You (your spirit) should have control over your body.

2. What to do with your body
 - a. **Possess** (or take control of) your body. (1 Thessalonians 4:4)
 - b. **Discipline** your body. (1 Corinthians 9:27)
 - c. **Present** your body. (Romans 12:1)

3. What to do with your tongue. (James 3:4-10, James 1:26)
 - a. Your tongue controls your body.
 - b. The key to training the body is the tongue.
 - c. To control your body, you must first control the tongue.
 - i. First, you speak the Word.
 - ii. Then, you do the Word.

Action Steps:

Pay close attention to what you are saying by asking yourself the following questions. This practice will assist you in two ways. First, it will help you assess the level of control you have over your tongue. Second, it will help you train your tongue and body.

1. Is my speech proactive or reactive?
2. Am I saying things that I know I should not say? (*reactive*)
3. Am I saying whatever comes to mind without thinking? (*reactive*)
4. Do I regret saying what I just said? (*reactive*)
5. Am I saying what I know I should be saying? (*proactive*)
6. Am I saying what the Bible tells me to say? (*proactive*)