

✓ Strength for Revival: Building a Strong Spirit

Saturday, 31 May 2025 9:32 AM

Strength for Revival: How to Build a Strong Spirit

I. We are Called to be Carriers of Revival

1. The Life of God's Spirit can flow out from your Spirit

- [Jhn 7:38](#) He who believes in Me, as the Scripture has said, out of his heart **will flow rivers of living water.**"
- [Jhn 7:39](#) But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified.
 - **Your spirit is like an energy source** within you giving life to your body and soul
 - **Your spirit can flow out** of you like a river impacting the spiritual atmosphere and the spirits of people in the vicinity
 - You are Joined to The Lord; Spirit to Spirit
 - When your Spirit flows outward the anointing or Presence of Holy Spirit within flows out also
 - The presence of God brings refreshing to those around us

2. We are Responsible to Build a Strong Spirit

- Sons are Builders
 - Sons build the House of their Father
 - First person to build is yourself
- John the Baptist developed a Strong Spirit
- [Luk 1:80](#) So the child grew and became strong in spirit
 - John had a national assignment. He needed a strong spirit
- Jesus developed a Strong Spirit.
- [Luk 2:40](#) And the Child grew and became strong in spirit, filled with wisdom; and the grace of God was upon Him.
 - Jesus had a national assignment. He needed a strong spirit
- All Believers can develop a Strong Spirit
- [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,
 - We need a strong spirit to carry the assignment God designed for us

II. The Importance of Your Spirit

○ Important Functions of Our Spirit

1. To Energise your Body and Keep it Alive

- [Jas 2:26](#) For as the **body without the spirit is dead**, so faith without works is dead also.

2. To Keep Your Body Healthy and Energised

- [Pro 17:22](#) A merry heart does good, like medicine, But a **broken spirit dries the bones**
- [Pro 18:14](#) The spirit of a man will sustain him in sickness, But who can bear a broken spirit?

3. To Engage in Intimate Relationship with God

- [Jhn 4:23](#) But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him.
- [Jhn 4:24](#) God is Spirit, and those who worship Him **must worship in spirit and truth.**"

4. To be a Channel for the Life and Power of God

- [Jhn 7:38](#) He who believes in Me, as the Scripture has said, out of his heart **will flow rivers of living water.**"

5. To Provide Resilience and Joy.

- [Col 1:11](#) strengthened(dunamoo) with all might,(dunamis)according to His glorious power, for all **patience and longsuffering with joy.**

- Resilience...ability to bounce back from setbacks and adversity
 - Patience...hupomene....to endure courageously and joyfully
 - Longsuffering...makrothumia....handle wrongs without reacting
- **Pro 24:10** If you faint in the day of adversity, Your **strength is small**.

III. The Two Main Resources to Build a Strong Spirit

1. The Word of God

- **1Th 2:13** For this reason we also thank God without ceasing, because when you received the word of God which you heard from us, you welcomed it not as the word of men, but as it is in truth, the word of God, which also **effectively works in you who believe**
- **"Effectually work"**Gk...energeo...to energize, be at work, show self strong in
- **"Believe"**Gk...Pisteuo....to be fully persuaded and to act upon, put into action
 - The Word of God has supernatural ability to strengthen and transform us
 - This happens when
 - We **believe** it in our heart
 - We **declare** and speak it forth
 - We **act** upon it and do what God says

2. The Spirit of God

- **Php 2:13** for it is God who **works** in you both to **will and to do** for His good pleasure.
- **"Works"**Gk...energeo.....to energize, to empower, operate with force.
 - The Holy Spirit can energize us, fill us with supernatural strength
 - Holy Spirit is joined to our spirit and imparts strength and life into our spirit
- **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**
- **"Strengthened"**Gk.....Krataioo....to become strong, increase in vigor,
- **"Might"**Gk.....Dunamis....supernatural a ability, strength or power
 - The Holy Spirit is the Source of strengthening
 - The Holy Spirit can strengthen us with might...supernatural strength
 - The source of our spirit's strength is the Holy Spirit and receiving impartation from Him

IV. How to Develop a Strong Spirit

1. Pray strongly in Tongues

- **1Co 14:4** He who speaks in a tongue edifies himself,
- **Edify means to build up a house. We are that house**
- **Sons are builders of their Father's House**
- **What Happens when we pray in Tongues?**
 - A flow of anointing is released from within our spirit
 - Our spirit becomes energized with the life of God
 - The spiritual atmosphere around us changes
 - Our mind clears and we receive a flow of inspired thoughts
 - Our body and soul become filled with life
 - We become filled with The spirit
- Praying strongly in tongues will strengthen your spirit and sensitize it to The Holy Spirit

2. Meditate in The Word of God

- **Psa 1:2** But his delight is in the law of the LORD, And in His law he meditates day and night.
- **Psa 1:3** He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.
- **Meditate means to revolve in the mind, repeat, imagine**
 - Meditating in the Word of God and embracing it imparts strength into our spirit and renews our mind
 - Meditate.....memorize, pray aloud, personalize, picture it and embrace it

3. Engaging and Waiting on God in Worship

- **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.
- **God desires that we engage Him in worship**

- True worship is from our spirit and enables us to receive impartation from God's presence
- **"Wait upon".....to bind together, to entwine like a rope, to eagerly look for**
 - Waiting on the Lord is a process of exchange
 - Wait...to exchange strength...an intentional entwining and surrendering our life with His

4. Fasting Lifestyle

- [Mat 17:21](#) *However, this kind does not go out except by prayer and fasting."*
- **Fasting weakens the flesh and its hold upon us**
 - Fasting causes our spirit to become strong
 - Fasting becomes a lifestyle for those who wish to develop a strong spirit
 - Fasting intentionally, with purpose strengthens our spirit and sensitizes it

5. Obedying God's Voice

- [Mat 7:24](#) *"Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock:*
- [Mat 7:21](#) *"Not everyone who says to Me, 'Lord, Lord, ' shall enter the kingdom of heaven, but he who does the will of My Father in heaven.*
- **To enter something means to experience it**
 - Obeying God and His Word enables us to experience Kingdom life
 - Obedience strengthens our spirit and weakens the Flesh life
 - Obedience strengthens our spirit and opens the way for the power of God to flow

6. Eliminate Energy Drains

- **Resolve Heart Issues Promptly**
- [Pro 4:23](#) *Keep your heart with all diligence, For out of it spring the issues of life. NKJV*
- [Pro 15:13](#) *A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken. NKJV*
- [Pro 15:13](#) *A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed. ESV*
 - Hurts and wounds and disappointments drain our energy
 - Offenses drain our energy and hinder our spirit flowing
 - Keep your heart tender and full of passion for Jesus
- [Gal 5:17](#) *For your self - life craves the things that offend the Holy Spirit and hinder him from living free within you! And the Holy Spirit's intense cravings hinder your old self - life from dominating you! So then, **the two incompatible and conflicting forces within you are your self - life of the flesh and the new creation life of the Spirit.***
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V. Activations

1. **Strong Praying in Tongues** (Jam.5:17)
2. **Clapping and Shouting** (Ps.47:1)
3. **Moving Body and Praying** (My.12:30)
4. **Demonstration**

