

I. Introduction/Scriptures

A. Various Scriptures / Notice the distinction between the flesh and the Spirit.

1. **1 Thes 5:23 NKJV** “And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ”
2. **Romans 8:9-11 NKJV** “But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his. And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness. But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.”
3. **Gal 5:16-18 NKJV** “I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. But if you are led by the Spirit, you are not under the law.”
4. **Matt 26:41 NKJV** “Watch and pray, lest you enter into temptation. The spirit indeed *is* willing, but the flesh *is* weak. Watch and pray, lest you enter into temptation. The spirit indeed *is* willing, but the flesh *is* weak.”

B. There is a distinction between the flesh and the Spirit.

1. **We are spirit, soul, and body.**
2. **We get to choose which realm we will live in.**
 - a. It is possible for the body to rule our lives and dominate.
 - b. It is possible for the soul/natural mind to rule and dominate.
 - c. It is possible for the SPIRIT to dominate.
 - d. WE are to be ruled by our SPIRIT not our bodies or natural mind.

II. Living in the Realm of the Spirit

A. Examples of staying in the Spirit:

1. **Matthew 5:11-12 NKJV** “Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.”

2. **1 Thes 5:18 NKJV** “In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”

AMP “In every situation [no matter what the circumstances] be thankful *and* continually give thanks *to God*; for this is the will of God for you in Christ Jesus.”

- a. Giving thanks during adverse circumstances is choosing to stay in the realm of the Spirit.
- b. All might be chaos in the realm of my flesh, but I can give thanks, because “ALL IS WELL” in the spirit realm.

3. **“All Is Well”**

2 Kings 4:26 NKJV “Please run now to meet her, and say to her, ‘*Is it well with you? Is it well with your husband? Is it well with the child?*’ And she answered, ‘*It is well*’.”

- a. How is it possible for her to answer, “All is Well”, when everything clearly wasn’t all well?
 - b. She answered from a different realm.
 - c. In the natural realm, her son was dead.
 - d. In the realm of the spirit, she knew all was well.
4. **It is possible for you to know that “ALL IS WELL”, in the spirit realm, when you are experiencing great turmoil.**
- a. **Paul and Silas choose to rejoice:**
Acts 16:25 KJV “And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.”
 - b. **Paul has peace in his spirit, even when his ship is going down.**
Acts 27:23-25 NKJV “For there stood by me this night an angel of the God to whom I belong and whom I serve, saying, ‘Do not be afraid, Paul; you must be brought before Caesar; and indeed God has granted you all those who sail with you.’ Therefore take heart, men, for I believe God that it will be just as it was told me.”
 - c. **Sometimes you must remind yourself of which realm you live in:** *I don’t live in that realm any longer.*
 - **When circumstances are speaking loudly**
 - **When my body is speaking the symptoms**
 - **When expenses and bills are speaking negatively**

B. Testing the realm in which you live.

1. **The realm of the spirit always includes things relating to life and peace.**
Romans 14:17 NKJV “for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit”
2. **Are my thoughts staying in the realm of life and peace?**
 - a. **God has not given us the spirit of fear – 2 Tim 1:7**
 - b. **Fear has torment – 1 John 4:18**
 - c. **John 14:1 NKJV** “Let not your heart be troubled; you believe in God, believe also in Me.”
 - d. **Whenever our heart is troubled, we are leaning to the realm of the flesh.**
 - e. **Isaiah 26:3 NKJV** “Thou wilt keep *him* in perfect peace, *whose* mind is stayed *on thee*: because he trusteth in thee.”

AMP “You will keep in perfect *and* constant peace *the one* whose mind is steadfast [that is, committed and focused on You—in both inclination and character], Because he trusts *and* takes refuge in You [with hope and confident expectation].”

- f. **Psalms 1:1-3 NKJV** “Blessed *is* the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; But his delight *is* in the law of the LORD, And in His law he meditates day and night. 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.”
3. **Are my words staying in the realm of life and peace?**
 - a. **Do I speak negatively about my circumstances?**
 - b. **Do I speak failure, sickness, defeat, loss, tragedy, worry, fear, etc.?**
 - c. **Notice, all these things are in the realm of the flesh, they are not associated with the realm of the spirit of life.**
 - d. **Prov 18:21 NKJV** “Death and life *are* in the power of the tongue, And those who love it will eat its fruit.”
 - e. **Deut 30:15-20 NASB** “See, I have placed before you today life and happiness, and death and adversity, in that I am commanding you today to love the LORD your God, to walk in His ways and to keep His commandments, His statutes, and His judgments, so that you may live

and become numerous, and that the LORD your God may bless you in the land where you are entering to take possession of it. But if your heart turns away and you will not obey, but allow yourself to be led astray and you worship other gods and serve them, I declare to you today that you will certainly perish. You will not prolong *your* days in the land where you are crossing the Jordan to enter and take possession of it. I call heaven and earth to witness against you today, that **I have placed before you life and death, the blessing and the curse. So choose life** in order that you may live, you and your descendants, by loving the LORD your God, by obeying His voice, and by holding close to Him; for this is your life and the length of your days, so that you may live in the land which the LORD swore to your fathers, to Abraham, Isaac, and Jacob, to give them”

NOTICE: You choose the realm of blessing or the realm of curse!

- **Check yourself**
- **Stay in the realm of the spirit**