

## The Spirit Life Session 9 – Be Sure to Feed Your Spirit

### I. Review

#### A. Recent Sessions

1. Born of the Spirit
2. Filled/Baptized in the Spirit
3. Understanding Tongues
4. Full of the Spirit
5. Life in the Spirit
  - a. Flesh vs Spirit
  - b. Live to your spirit not to your flesh.

### II. Building up your spirit.

*The Holy Spirit in you has no need to be built up, however for your spirit to be continually connected to Him, it needs to be spiritually nourished every day.*

#### A. The Example of Jesus

**Luke 4:1-15 (NKJV)** – <sup>1</sup>Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, <sup>2</sup>being tempted for forty days by the devil. And in those days, He ate nothing, and afterward, when they had ended, He was hungry. <sup>3</sup>And the devil said to Him, “If You are the Son of God, command this stone to become bread.” <sup>4</sup>But Jesus answered him, saying, “It is written, ‘Man shall not live by bread alone, but by every word of God.’” <sup>5</sup>Then the devil, taking Him up on a high mountain, showed Him all the kingdoms of the world in a moment of time. <sup>6</sup>And the devil said to Him, “All this authority I will give You, and their glory; for this has been delivered to me, and I give it to whomever I wish. <sup>7</sup>Therefore, if You will worship before me, all will be Yours.” <sup>8</sup>And Jesus answered and said to him, “Get behind Me,

*Satan! For it is written, ‘You shall worship the LORD your God, and Him only you shall serve.’”<sup>9</sup>Then he brought Him to Jerusalem, set Him on the pinnacle of the temple, and said to Him, “If You are the Son of God, throw Yourself down from here.”<sup>10</sup>For it is written: ‘He shall give His angels charge over you, to keep you,’<sup>11</sup>and, ‘In their hands they shall bear you up, lest you dash your foot against a stone.’”<sup>12</sup>And Jesus answered and said to him, “It has been said, ‘You shall not tempt the LORD your God.’”<sup>13</sup>Now when the devil had ended every temptation, he departed from Him until an opportune time. <sup>14</sup>Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region.<sup>15</sup>And He taught in their synagogues, being glorified by all*

1. Jesus is our supreme example of “Living in the Spirit.”
  - a. “Living in the Spirit” – “Walking in the Spirit”  
*To live/conduct your life following the directives of your born-again spirit (Which is also following the Holy Spirit) vs following the flesh (natural senses).*
  - b. When tempted, Jesus did not allow the flesh to dictate his choices, but followed the directives of the Holy Spirit working **in him.**
2. **Jesus reveals the strength of the spirit in His statement, “Man shall not live by bread alone, but by every word of God”.**
  - a. Man’s flesh lives from natural bread.
  - b. Man’s spirit needs nourishment from spiritual bread – the word of God.
  - c. **Live** – gr – to live, breath or be among the living. To be full strength, to be fresh, strong, and efficient. To be active or powerful.
  - d. The reason why Jesus was strong, active, fresh, powerful in spirit was because he continually lived by the word of God/His Father.

**John 5:19 (NKJV)** – *Then Jesus answered and said to them, “Most assuredly, I say to you, the Son can do nothing of Himself, but what He sees the Father do; for whatever He does, the Son also does in like manner*

**John 5:30 (NKJV)** – *I can of Myself do nothing. As I hear, I judge; and My judgment is righteous, because I do not seek My own will but the will of the Father who sent Me.*

**John 5:30 (BLB)** – *I am able to do nothing of Myself. As I hear, I judge; and My judgment is just, because I do not seek My will, but the will of the One having sent Me*

- e. Jesus was able to conduct himself according to the will of the Father because he knew the Father. He followed the Father’s words – thus making every judgment/decision based on those words.
- f. The more you live by the word of God, vs the words of this world’s system, the more you will live to the spirit.
- g. **Luke 4:14 (NKJV)** – *Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region.*

**Note:** Because He lived to “The Spirit” not the flesh, He experienced living in “The Power of the Spirit.”  
*The more we learn to live in the spirit, the more the power of the Spirit will be released in and through us.*

### III. How to build yourself up in the Spirit

#### A. Spending time in the Word of God tunes your spirit to the leading of the Holy Spirit.

1. **John 6:63 (NKJV)** – *It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.*

**John 6:63 (GNT)** – *What gives life is God's Spirit; human power is of no use at all. The words I have spoken to you bring God's life-giving Spirit.*

**John 6:63 (GWT)** – *Life is spiritual. Your physical existence doesn't contribute to that life. The words that I have spoken to you are spiritual. They are life.*

**2. Spirit words will edify/build up your spirit.**

*Jesus was full of the Father's words – He had no issue while in an earthly body fulfilling the directives of the Spirit.*

3. The reason so many in the church struggle with areas of the flesh is because they have not spent time building up their spirit in the living word of God.

**B. The right kind of prayer will build up your spirit and connect you to the power of the Holy Spirit.**

1. Not everything called prayer is biblical prayer.
2. It is possible to go through the motions of prayer and build up your flesh vs building up your spirit.
3. The religious leaders loved to pray. Jesus did not commend them, he rebuked them.
4. Prayer that builds up the flesh in pride and self-righteousness is an enemy to your spirit.
5. Prayer that does nothing but rehearse the problem will not build up your spirit.
6. Prayer that agrees with God and His promises will build your spirit.
7. **1 John 5:14-15 (NKJV)** – <sup>14</sup>*Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. <sup>15</sup>And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.*

8. **Philippians 4:6 (NKJV)** – *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;*

9. **Praying in the Spirit** (Praying in Tongues)

**Jude 1:20 (NKJV)** – *But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit,*

**1 Corinthians 14:15 (ESV)** – *What am I to do? I will pray with my spirit, but I will pray with my mind also; I will sing praise with my spirit, but I will sing with my mind also.*

**1 Corinthians 14:15 (AMP)** – *Then what am I to do? I will pray with the spirit [by the Holy Spirit that is within me] and I will pray with the mind [using words I understand]; I will sing with the spirit [by the Holy Spirit that is within me] and I will sing with the mind [using words I understand].*

**1 Corinthians 14:15 (CEV)** – *Then what should I do? There are times when I should pray with my spirit, and times when I should pray with my mind. Sometimes I should sing with my spirit, and at other times I should sing with my mind.*

10. Jude, by the direction of the Holy Spirit, tells us that praying in the Spirit is connected to building ourselves up in faith.

**Building yourselves up** = to build up from the foundation – to restore, rebuild or repair.

**Note:** When we are saved, we are established upon the foundation of Christ, the chief cornerstone. However, we are a spiritual house being built.

**1 Peter 2:5 (NKJV)** – *you also, as living stones, are being built up a spiritual house, a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ*