

## HEALING: BODY SOUL SPIRIT 5 – Union with Christ Heals Our Spirit

### I. AWAKENING OUR SPIRIT TO HIS PRESENCE

**Our spirit is activated by the Presence of God's Spirit inside us.**

**1 Th. 5:23** Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

#### 1. OUR SERVICE TO HIM BEGINS IN OUR SPIRIT

**Rom. 1:9** For God is my witness, whom **I serve with my spirit** in the gospel of His Son, that without ceasing I make mention of you always in my prayers,

#### 2. OUR FELLOWSHIP with GOD and ONE ANOTHER IS IN THE SPIRIT (Attending with your spirit through prayer)

**1 Cor. 5:4** In the name of our Lord Jesus Christ, **when you are gathered together, along with my spirit**, with the power of our Lord Jesus Christ,

**Col. 2:5** For though I am absent in the flesh, yet **I am with you in spirit**, rejoicing to see your good order and the steadfastness of your faith in Christ.

#### 3. RECEIVING MINISTRY EDIFIES AND AWAKENS OUR SPIRIT

**1 Cor. 16:18** For **they refreshed my spirit and yours**. Therefore acknowledge such men. (RECEIVING MINISTRY AND HAVING FELLOWSHIP EDIFIES OUR SPIRIT)

### II. RESTORING OUR SPIRIT LIFE - The human spirit is often affected by grief, sadness, weariness, fear or turmoil. **We strengthen our spirit when we encourage and restore our weak spirit.**

#### A. SPIRIT LIFE is Living from our God connection (THE PILOT LIGHT). We receive LIFE through ABIDING. COMMUNION. CONTINUING.

- **HIS SPIRIT WITHIN MY SPIRIT IS WHERE ONENESS HAPPENS**

**1 Cor 6:17** But he who is **joined (COVENANT)** to the Lord is **one spirit with Him**.

- **ADAM CAME ALIVE when breath of God was breathed into him.**

**Gen. 2:7** And the LORD God formed man of the dust of the ground, and **breathed into his nostrils the breath (RUACH - WIND/SPIRIT) of life; and man became a living being.**

- **OUR SPIRIT CAN BE BROKEN (DAMAGED) AND RESTORED**  
**Job 17:1** “My spirit is broken, My days are extinguished, The grave is ready for me.
  
- B. WORD - SPIRIT ACTIVITIES THAT RESTORE OUR SPIRIT**  
 (USE THE SCRIPTURES AND YOUR SPIRIT-AWARENESS)
  
- 1. **TONGUES**  
**1 Cor. 14:14** For if I pray in a tongue, my spirit prays, but my understanding is unfruitful. (SPEAKING IN TONGUES EDIFIES MY SPIRIT)
  
- 2. **MEDITATION**  
**Psa. 77:6** I call to remembrance my song in the night;  
I meditate within my heart.  
And my spirit makes diligent search.
  
- 3. **REMEMBRANCE**
  
- 4. **DECLARATION**  
**Ps. 77:12** I will also meditate on all Your work,  
 And talk of Your deeds.
  
- 5. **WORSHIP**  
**Ps. 77:14** You are the God who does wonders;  
 You have declared Your strength among the peoples.
  
- 6. **PRAYER - ANSWERED PRAYER RESTORES OUR SPIRIT**  
**1 Sam. 1:15** But Hannah answered and said, “No, my lord, I am a woman of sorrowful spirit. I have drunk neither wine nor intoxicating drink, but have poured out my soul before the LORD.  
  
**1 Sam. 2:1-2** And Hannah prayed and said: “**My heart rejoices in the LORD**; My horn is exalted in the LORD. I smile at my enemies, Because I rejoice in Your salvation. “No one is holy like the LORD, For there is none besides You, Nor is there any rock like our God.
  
- 7. **REPENTANCE**  
**Acts 3:19** Repent therefore and be converted, that your sins may be blotted out, so that **times of refreshing** may come from the presence of the Lord,
  
- 8. **RENEWING OUR MIND (re-writing the record) REFRESHING**

### C. SPIRITUAL HUNGER MOTIVATES US TO FEED OUR SPIRIT

**Job 10:12** You have granted me life and favor, **And Your care has preserved my spirit.**

#### 1. THE HEALTH AND LIFE OF OUR SPIRIT

**Psa. 31:5** Into Your hand I commit my spirit;  
You have redeemed me, O LORD God of truth.

**Isaiah 26:9** With my soul I have desired You in the night,  
**Yes, by my spirit within me I will seek You early;**

For when Your judgments are in the earth,  
The inhabitants of the world will learn righteousness.

#### 2. ONENESS WITH HIS SPIRIT WILL LEAD US OUT OF OVERWHELM

**Psa. 61:2** From the end of the earth I will cry to You,  
When my heart is **overwhelmed**;  
**Lead me to the rock that is higher than I.**

#### 3. DEVELOPING A DIFFERENT SPIRIT - CALEB gave a good report full of faith. He maintained an attitude of victory. He asked for the mountain because giants lived there. He never stopped challenging himself.

**Num. 14:24** But My servant Caleb, **because he has a different spirit** in him and has followed Me fully, I will bring into the land where he went, and his descendants shall inherit it.

### III. HEALING OUR SPIRIT FROM OVERLOAD

**OVERWHELM** - Bury or drown beneath a huge mass or weight

**Psa. 77:1-15**

**I cried out to God with my voice—**

To God with my voice;

And **He gave ear to me.**

<sup>2</sup> In the day of my trouble I sought the Lord;

My hand was stretched out in the night without ceasing;

My soul refused to be comforted.

<sup>3</sup> I remembered God, and was troubled;

I complained, and **my spirit was overwhelmed.** Selah

<sup>4</sup> You hold my eyelids open;

I am so troubled that I cannot speak.

<sup>5</sup> I have considered the days of old,

The years of ancient times.

6 **I call to remembrance my song** in the night;  
**I meditate** within my heart,  
**And my spirit makes diligent search.**

7 Will the Lord cast off forever?  
And will He be favorable no more?

8 Has His mercy ceased forever?  
Has His promise failed forevermore?

9 Has God forgotten to be gracious?  
Has He in anger shut up His tender mercies? Selah

10 **And I said, "This is my anguish (verses 1-9);**  
**But I will remember the years of the right hand of the Most High."**

11 I will **remember the works** of the LORD;  
Surely I will **remember Your wonders** of old.

12 I will also **meditate on all Your work,**  
And **talk of Your deeds.**

13 **Your way, O God, is in the sanctuary;**  
Who is so great a God as our God?

14 **You are the God who does wonders;**  
You have declared Your strength among the peoples.

15 **You have with Your arm redeemed Your people,**  
The sons of Jacob and Joseph.

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