

Strong Spirit!

By Darien Cooper

We are always looking for ways to improve our bodies. We want to lose weight, get stronger, better clothes, etc. The Bible tells us to renew our minds in our soul, so we are always asking the Holy Spirit for help on getting rid of bad habits and developing good ones. But what do we do to make our human spirits strong? Very little teaching is done on this subject. This article is an introduction on helping your human spirit to become strong.

As I searched this topic several months ago, I learned that our spirit is made strong when we obey God and choose His will rather than our will. Only recently did I learn that our human spirit is to lead the soul and body through the empowering of the Holy Spirit. As this happens the alignment is as God set it up according to I Thessalonians 5:23...spirit, soul and body.

“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.”

Most people cannot tell the difference of where their soul and spirit stop and start. There is a difference between the two, and God wants to teach us how to discern the difference. Hebrews 4:12 reminds us that the Word is to be sharper than a two-edged sword, piercing even to the division of the soul and spirit.... God would have us to begin to recognize when we are allowing our souls to control us and when we are allowing our spirit to control us. When the human spirit takes its rightful place, we are then properly aligned because the soul and body are then obeying our spirit as it is empowered by the Holy Spirit.

Most of us have spent the majority of our lives having our bodies or our carnal flesh controlling our souls. As a result there have been many lies that others have told us and we have told ourselves that have wounded us. We have sinned and others have sinned against us causing great damage to our inner beings. There are no short cuts to crucifying the flesh. Daily we learn to lay down our desires, fleshy passions and appetites at the foot of the cross. We trust Jesus' shed blood to be applied to our lives experientially. That way we gain the true life of our souls as Luke 9:23-27; 21:19 and Galatians 5:24 describe.

As the spirit takes its rightful place, the soul undergoes an immense change. It is no longer acting independently, but the soul is now finding its proper place. We *“receive with meekness the implanted word, which is able to save your souls”* (James 1:21).

My cry is that our God sanctify me completely. I want my spirit to be quickened and strengthened, my soul enlightened, and my body cleansed. I want to be blameless at the coming of the Lord Jesus Christ. How about you?

HOW TO STRENGTHEN YOUR SPIRIT

1. Address Your Spirit

Arthur Burk has done extensive research on blessing the human spirit. He addresses one's human spirit directly by calling the human spirit to attention in the name of Jesus Christ. Strange, I know. But we tell our minds that we are talking to it. We tell our bodies to move forward or to stop by talking to it. We are not used to talking to our spirits because most of our activity in the past has been with our soul.

This is especially true for those that have not habitually walked in the presence of God as a way of life or have not known the place the human spirit was designed to occupy. By acknowledging the human spirit you give it legitimacy and encourage it to take the leadership. For your spirit to step up and receive will take longer for some than others.

However, as we continue to address by faith our human spirit, it will begin to receive. We will see a difference in God's timing. Many of us must learn to discern the difference between the voice of the soul, the voice of the

human spirit and the voice of the Holy Spirit.

2. Understand the Nature of Your Spirit

Our spirits are nurtured when we know that God's very essence or nature is placed in us. Our spirit is thereby legitimized. This truth is described I John 3:9. God's nature abides in us. His principle of life, the divine sperm, remains permanently within us. See the Amplified version. Our human spirit resides in our spirit with the Holy Spirit. (Write in the Human Spirit above the Holy Spirit in the above diagram.)

What does this mean? An example is the fact that God is light (I John 1:5). Each of our spirits was designed by God before the foundation of the world, and was made from the same light that He is. That essence cannot be removed from us. It can be compared to when one candle lights another, the first candle is not diminished and the second candle has the same kind of light as the first one. We are assured that we have the light we need from Him to fulfill our assignment or our destiny. Our light is a mere speck in comparison to His light. Nevertheless, it is His light or nature.

Not only do we have His nature within, but we also have God's fingerprint upon our life. He has provided an individualized plan for each of us that are unique and custom designed. We each are called to make Him known in a way that no one else can do.

3. Bless Your Spirit with Truth

Bless or nurture your spirit, after you call it to attention in the name of Jesus Christ. We do so by speaking the truth of who our God is, His plan for our life, His provision through Christ's death and resurrection, His nature within you, and His individualized plan for you.

For a specific problem such as fear, we might find truths about God's love, His trust worthiness, His faithfulness from His Word and speak these to the spirit. We can review how He has provided for us in the past. He does not change. We can study biographies from Scripture and gleam the rich truths in operation in their lives and apply it to our lives. See I Corinthians 10:11. We learn not to discontentedly complain as the children of Israel did in the wildness. Instead to replace the complaining with being thankful as I Thessalonians 5:18, Philipians 4:6-9 and other scriptures indicate.

Whatever is the stronghold or problem, find the opposite truth in scripture and bless your spirit with that truth. Speak it to your spirit over and over until it 'lands' in your spirit and begins to strengthen your spirit and then flows through into your soul and body bringing healing. You will become stronger and stronger in your spirit.

You can either speak to your spirit directly or have a close friend speak to your spirit. Start by using the book, Blessing Your Spirit, by Sylvia Gunter and Arthur Burk. The forty days of blessings of the Father are designed to get a person's spirit in tune with his/her Father's heart. These focus upon our identity, legitimacy and birthright and their by-products of the fruit of the Spirit. The twenty-one days of blessings at the end of the book on the names of God are intended to settle the spirit into the eternal realities of the magnificence, authority, and dominion of our God in whom we live, and move and have our being.

Some receive more effectively by speaking to their spirit themselves. Others benefit more by having another speak to their spirit. Distance does not seem to be a factor. In fact, you can bless another's spirit from a distance without their knowing anything about it. You are simply speaking life to them. You are instructing the spirit to understand the breadth of its latent abilities. Many have noticed profound differences by doing this for a loved one. Many have received healing to their bodies in profound ways while nurturing their human spirit.

Blessing one's spirit does not mean that we still do not have to crucify our flesh, have inner healing or deliverance. However, as our spirits become stronger and stronger we should see a marked difference in our healing and strength in all areas.

Once you have finished the 40/21 days of blessings, start over again and again. You will find new insights each time because of your level of maturity and your present circumstances.

To receive a verbal daily blessing to your human spirit from Arthur Burk go to: www.amethysthealingconcepts.com