

REVIVING THE HUMAN SPIRIT



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Reviving the Human Spirit

Session 1

Introduction to the Human Spirit

Questions:

- How often do you think about what is happening in your spirit?
- Do you ever pay attention to your spirit?
- Can you remember a class or sermon which taught about the human spirit?
- How many passages in God's Word talk about the human spirit?

- I. **God's design.** – Every person has a Spirit as well as a soul and a body
- A. . . . God of the spirits of all mankind. . . . Numbers 16:22 (NIV)
 - B. But it is the spirit in a man, the breath of the Almighty, that gives him understanding. Job 32:8 (NIV)
 - C. ... the Lord ...who forms the spirit of man within him.... Zechariah 12:1b (NIV)
 - D. Isaiah 42:5 – “5 Thus says God the LORD, Who created the heavens and stretched them out, Who spread forth the earth and that which comes from it, Who gives breath to the people on it, And spirit to those who walk on it”:
Isaiah 42:5 (NKJV)

II. **Functions of Our Human Spirit.**

A. **Communing with, and hearing from, God.**

- 1. But there is a spirit in man: and the inspiration of the Almighty gives them understanding. Job 32:8 (KJV)
- 2. With my soul I have desired You in the night, Yes, by my spirit within me I will seek You early.... Isaiah 26:9 (NKJV)
- 3. For if I pray in an unknown tongue, my spirit prayeth, but my understanding is unfruitful. 1 Corinthians 14:14 (KJV)
- 4. My sheep hear my voice, and I know them, and they follow me. John 10:27 (NKJV)

B. **Sanctified by God.**

- 1. Elect according to the foreknowledge of God the Father, through sanctification of the Spirit, to obedience. 1 Peter 1:2 (KJV)
- 2. And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless to the coming of our Lord Jesus Christ. 1 Thessalonians 5:23 (KJV)
- 3. But we should always give thanks to God for you, brethren beloved of the Lord, because God has chosen you from the beginning for salvation through sanctification by the Spirit and faith in the truth. 2 Thessalonians 2:13 (NASB)

C. **Joins with God.**

- 1. But he that is joined unto the Lord is one spirit with Him. 1 Corinthians 6:17 (NIV)
- 2. Hereby know we that we dwell in him, and he in us, because he hath given us of his Spirit. 1 John 4:13 (KJV)

D. Moved by God so that people to do God's will.

1. Ezra 1:5 Then the heads of the fathers' [houses] of Judah and Benjamin, and the priests and the Levites, **with all whose spirits God had moved**, arose to go up and build the house of the LORD which [is] in Jerusalem. - God moves the spirit of people to build.

E. Perception/intuition.

1. ... when Jesus perceived in his spirit.... Mark 2:8 (NKJV)
2. ... And hereby we know that he abideth in us, by the Spirit which he hath given us. 1 John 3:24b (KJV)
3. Nebuchadnezzar had dreams; and his spirit was so troubled that his sleep left him. Daniel 2:1b (NASB)

F. Bears witness.

1. The Spirit itself beareth witness with our spirit that we are the children of God. Romans 8:16 (KJV)
2. And it is the Spirit that beareth witness, because the Spirit is truth. 1 John 5:6b (KJV)
3. And there are three that bear witness in earth, the Spirit, and the water, and the blood. 1 John 5:8 (KJV)

G. Giving strength, health, and life to the body.

1. ... *But the spirit gives life.* 2 Corinthians 3:6 (NKJV)
2. 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 (NKJV)
3. "And it shall be, when they say to you, 'Why are you sighing'? that you shall answer, 'Because of the news;' when it comes, every heart shall melt, all hands will be feeble, every spirit will faint, and all knees will be weak as water. Behold, it is coming and shall be brought to pass,' said the Lord GOD." Ezekiel 21:7 (NKJV)

H. Giving us understanding.

1. But it is the spirit in a man, the breath of the Almighty, that gives him understanding. Job 32:8 (NIV)
2. ... His spirit was stirred in him, when he saw the city wholly given to idolatry. Acts 17:16 (KJV)
3. These also who erred in spirit will come to understanding... Isaiah 29:24 (NKJV)
4. The spirit of man is the lamp of the LORD, searching all his innermost parts. Proverbs 20:27 (NKJV)

I. **Serve God with our spirit.**

1. 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; Romans 1:9 (NKJV)

J. **We worship God with our spirit and rejoice**

1. Worship
 - a) *...Worship the Father in spirit and truth. John 4:23 (NIV)*
 - b) *Who worship God in the spirit, rejoice in Christ Jesus, and have no confidence in the flesh.... Philippians 3:3 (NKJV)*
 - c) *For you are bought with a price: therefore glorify God in your body, and in your spirit, which are God's. 1 Corinthians 6:20 (NKJV)*
2. Rejoicing
 - a) *In that hour Jesus rejoiced in the spirit Luke 10:21 (NKJV)*
 - b) *And my spirit has rejoiced in God my Savior. Luke 1:47 (NASB)*
 - c) *The light of the righteous rejoices.... Proverbs 13:9 (NASB)*

K. **God intends the spirit to lead the soul and the flesh (body).**

1. Our spirit can speak to our soul.
 - a) *Bless the Lord Oh, My soul and all that is within me.... Psalm 103:1 (NASB)*
 - b) *Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him for the help of His countenance.... Psalm 42:5 (NKJV)*
2. Our spirit guides us in what words to speak and where we should go.
 - a) *For I am full of matter, the spirit within me constrains me. Job 32:18 (NASB)*
 - b) *So he came by the Spirit into the temple. Luke 2:27 (NKJV)*
3. Our spirit is not the same as our soul.
 - a) *And may not be like their fathers, A stubborn and rebellious generation, A generation that did not set its heart aright, and whose spirit was not faithful to God. Psalm 78:8 (NKJV)*
4. Our spirit can be influenced by the weaknesses of our humanity.
 - a) *Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak. Matthew 26:41 (NIV)*

5. Our spirit can be influenced by other Christians spirits.
 - a) *Finding disciples there, we stayed with them seven days. Through the Spirit they urged Paul not go up to Jerusalem. Acts 21:4 (NIV)*
 - b) *For I indeed, as absent in body, but present in spirit, have judged already, (as though I were present), him who has so done this deed. 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, deliver such an one to Satan for the destruction of the flesh, that his spirit may be saved in the day of the Lord Jesus. 1 Corinthians 5:3-5 (NKJV)*
 - c) *Who also declared to us your love in the Spirit. Colossians 1:8*
 - d) *For though I be absent in the flesh, yet am I with you in the spirit, rejoicing and beholding your order, and the steadfastness of your faith in Christ. Colossians 2:5 (KJV)*
6. Our spirit **can receive blessings and can give away blessings.**
 - a) *The grace of our Lord Jesus Christ be with your spirit, brothers. Galatians 6:18 (NIV)*
 - b) *...that he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man; Ephesians 3:16 (NKJV)*
 - c) *The Lord Jesus Christ be with your spirit. Grace be with you. Amen. 2 Timothy 4:22 (NKJV)*
 - d) *The grace of our Lord Jesus Christ be with your spirit. Philemon 1:25 (NKJV)*
7. Take what we receive from God in our spirit and give it away to others.
 - a) *Now all things are of God, who has reconciled us to himself by Jesus Christ, and has given us the ministry of reconciliation.... 2 Corinthians 5:18 (NKJV)*
 - b) *... who comforts us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort with which we ourselves are comforted of God. 2 Corinthians 1:4 (NKJV)*
 - c) *A new commandment I give to you, That you love one another; as I have loved you, that you also love one another. John 13:34 NKJV*

CC 6 Reviving the Human Spirit

Exercise # 1 – Find a partner face them, look into their eyes. Speak the following blessing to their spirit. Then do it to the other. Be sure that you receive the message that is being spoken into your spirit. May your spirit be empowered and strengthened with His unlimited resources.

Blessing – May the grace of our Lord Jesus be with your spirit. May He grant you according to the riches of glory to be strengthened with might by His Spirit in your inner man/woman

Small Group Question: What was it like having someone speak a blessing to your spirit?

Session 2

Conditions of our Human Spirit

III. Harmful/Sinful Conditions of the Human Spirit:

- A. Grieving Spirit (Genesis 26:35, Isaiah 65:14).
- B. Troubled Spirit (Genesis 4 1:8).
 - a) *He groaned in the spirit, and was troubled... John 11:33b (NKJV)*
 - b) *... He was troubled in spirit ... Verily, verily; I say unto you, that one of you shall betray me. John 13:21 (KJV)*
- C. Anguished Spirit (Exodus 6:9, Job 7:11).
- D. Hardened (Deuteronomy 2:30).
- E. Angry (Judges 8:3, Ecclesiastes 7:9).
- F. Spirit of Ill Will (Judges 9:23).
- G. Sorrowful (1 Samuel 1: 15).
- H. Sullen (1 Kings 2 1: 5).
- I. Impatient (Job 21:4).
- J. Against God (Job 15:13).
- K. Slumber (Isaiah 29: 10).
- L. Errant (Isaiah 29:24).
- M. Overwhelmed (Psalm 77:3, Psalm 142:3, 143:4).
- N. Unfaithful (Psalm 78:8).
- O. Failing (Psalm 143:7).
- P. Judgment (Isaiah 4:4).
- Q. Perverse (Isaiah 19:14).
- R. Grieved (Isaiah 54:6).
- S. Heaviness (Isaiah 61:2-4).
- T. Troubled (Daniel 2:1).
- U. Anxious (Daniel 2:3).
- V. Jealous (Numbers 5:14).
- W. Lying Spirit (Micah 2:11).
- X. Distressing Spirit (I Samuel 16:15-23).
- Y. Broken Spirit (Job 17:1, Proverbs 15:4, 13, 17:22).
- Z. Proud (Proverbs 16:18).
- AA. Fear (2 Timothy 1:7)
- BB. Haughty/Proud (Proverbs 16:18).

IV. Healthy Spirit

- A. **Spirit of Love, Power and Sound Mind** – 2 Tim 1:7
1. 2 Timothy 1:7 (NKJV) For God has not given us a spirit of fear, but of power and of love and of a sound mind.
- B. **Rejoicing Spirit** –
1. In that hour Jesus rejoiced in the spirit . . . Luke 10:21 (NKJV)
 2. Rejoicing is commanded as a discipline we can choose
 3. Rejoicing is also a byproduct of kingdom living
- C. **Strong and growing Spirit**
1. Luke 1:80 And the child grew, and waxed **strong, in spirit**
 2. Luke 2:40 And the child grew, and waxed **strong in spirit**
- D. **Willing** – A healthy spirit is a willing spirit –
1. **Exodus 35:21** – people gave money and resources to God willingly for the building of the temple. God wants joyful givers. When we understand His kingdom with give with joy and gladness. We give of ourselves to others, to God.
- E. **Honest & faithful - Psalms 32:2, Proverbs 11:13**
- F. **Fervent -Acts 18:25**
1. Acts 18:25 being **fervent in the spirit**, he spoke and taught diligently the things of the Lord
 2. Romans 12:11 Not slothful in business; **fervent in spirit**; serving the Lord
- G. **Patient** - Ecclesiastes 7:8
- H. **Humble and Contrite**
1. Psalms 34:18, Isaiah 66:2
 2. Humble Proverbs 16:19 Proverbs 29:23,
 3. Lowly spirit gains honor Proverbs 29:23
- I. **Renewed Spirit** –
1. Romans 7:6 that we should serve in newness of spirit and not in the oldness of the letter
 2. 1 Corinthians 16: 1 8 they have refreshed my spirit and yours
 3. 2 Corinthians 7:13 his spirit was refreshed by you all
 4. Ephesians 4:23 And be renewed in the spirit of your mind
- J. **Other Qualities of a healthy spirit**
1. Doesn't crumble at failure
 2. Courageous

Exercise #2

Aaronic Blessing – Find your partner and speak this blessing that Aaron and His son's spoke over Israel. Notice God's promise that whenever they spoke this blessing over the people, God would actually bless them.

Numbers 6:22-27 - 22 Then the LORD said to Moses, 23 "Tell Aaron and his sons to bless the people of Israel with this special blessing: 24 'May the LORD bless you and protect you. 25 May the LORD smile on you and be gracious to you. 26 May the LORD show you his favor and give you his peace.' 27 Whenever Aaron and his sons bless the people of Israel in my name, I myself will bless them."

Blessing - 'May the LORD bless you and protect you. May the LORD smile on you and be gracious to you. May the LORD show you his favor and give you his peace.'

Take turns – one person speak the blessing and the other say, “My spirit receives this blessing”

Small Group Question: How would you rate the health of your spirit and why? You can also share what it was like having your spirit blessed a second time.

Session 3

How Our Spirit Can Be Damaged

Satan's plan is to distort our ability to communicate and fellowship with God

V. 8 Ways Our Human Spirit Can be Harmed

A. Words

1. Discouraging words/news.
 - a) *Then Jacob tore his clothes, put sackcloth on his waist, and mourned for his son. And all his sons and all his daughters arose to comfort him; but he refused to be comforted, and he said, "For I shall go down into the grave to my son in mourning." So his father wept for him. Genesis 37:34-35(HCSV)*
 - b) *And they told him all the words of Joseph, which he had said to them: and when he saw the wagons which Joseph had sent to carry him, the spirit of Jacob their father revived. Genesis 45:27 (AKJV)*
2. Condemning words.
 - a) *A gentle tongue is a tree of life, but perverseness in it breaks the spirit. Proverbs 15:4(ESV)*
3. Verbal abuse affects our spirit, soul and body.
 - a) *It can crush a person's spirit*

B. Abuse-Mental, Emotional, Physical, Sexual, Spiritual.

1. Every form of abuse affects our entire being
 - a) *Prolonged abuse can cause the spirit to be crushed, damaged, broken, defeated*
 - b) *Often a person's spirit needs to be built back up if they have endured prolonged abuse of any kind.*
2. Defeat & Failure

C. Defeat –

1. *And it came to pass, when all the kings of the Amorites, which were on the side of Jordan westward, and all the kings of the Canaanites, which were by the sea, heard that the LORD had dried up the waters of Jordan from before the children of Israel, until we were passed over, that their heart melted, neither was there spirit in them anymore, because of the children of Israel. Joshua 5:1(AKJV)*

D. Failure.

1. *And Hannah answered and said, No, my lord, I am a woman of a sorrowful spirit: I have drunk neither wine nor strong drink, but have poured out my soul before the LORD. 1Samuel 1:15(AV)*
2. *But Jezebel his wife came to him, and said to him, Why is your spirit so sad, that you eat no bread? 1 Kings 21:5 (AKJV)*

E. Witnessing something tragic.

1. A merry heart makes a cheerful countenance: but by sorrow of the heart the spirit is broken. Proverbs 15:13 (NKJV)
2. **Job's spirit was drinking in poison – multitude of trials and the rebuke of “friends” Job 6:4**

F. Toxic environments

1. Home,
2. Work
3. Church – could be either or both

G. Toxic relationships

H. Lack of nurture: Sometimes trauma to the spirit is covert

1. Abandonment.
a) For the LORD has called you Like a woman forsaken and grieved in spirit, Like a youthful wife when you were refused," Says your God. Isaiah 54:6 (NKJV)
2. Lack of food.
a) And they gave him a piece of a cake of figs, and two clusters of raisins, and he ate; then his spirit revived. For he had not eaten bread or drunk water for three days and three nights. 1 Samuel 30:12 (NASB)
3. Broken Trust - Not learning to trust people or God.
4. Unloving environment - Not learning how to give and receive love.

I. Judgment and anger (from God).

1. For I will not accuse /you/ forever, and I will not always be angry; for then the spirit would grow weak before Me, even the breath /of man/, which I have made. Isaiah 57:16 (HCSB)

J. Personal sins.

1. Did he not make them one, with a portion of the Spirit in their union? And what was the one God seeking? Godly offspring. So guard yourselves in your spirit, and let none of you be faithless to the wife of your youth. For the LORD, the God of Israel, said that he hates putting away: for one covers violence with his garment, said the LORD of hosts: therefore take heed to your spirit, that you deal not treacherously. Malachi 2:15-16 (ESV)

VI. Consequences of Damage to our Human Spirit.

A. Communication with God is Impacted.

1. **Damaged Spirit makes it feel like God is far away –**

- a) *I meditate within my heart, And my spirit makes diligent search. Will the Lord cast off forever? And will He be favorable no more? Has His mercy ceased forever? Has His promise failed forevermore? Has God forgotten to be gracious? Has He in anger shut up His tender mercies? Selah Psalm 77: 6-9 (NKJV)*
- b) *Answer me speedily, O LORD; My spirit fails! Do not hide Your face from me, Lest I be like those who go down into the pit. Psalm 143:7 (NKJV)*
2. **Shame** The enemy puts shame on us so we won't feel safe or worthy to join with God.
3. **Sin** can corrupt our spirits so we hide from God.
 - a) *...Adam and Eve hid themselves... Gen. 3:8*
 - b) *(AKJV) ...your sins hidden The Presence from you-from hearing. Is. 59:2(YLT)*

B. Emotional Illness:

1. **Discouragement:**
 - a) *Descriptive of courage/strength leaving. Joshua 5:1, 1 Kings 10:5*
2. **Depression:**
 - a) *Hannah was so sorrowful in spirit because she was childless that she wasn't eating and was always crying – depression. 1 Samuel 1:7*
3. **Anxiety:**
 - a) *I had no rest in my spirit, because I found not Titus my brother. 2 Corinthians 2:13a (KJV)*

C. Physical illness:

1. Body bent because of a spirit of infirmity. The spirit is keeping the body and soul under unhealthy control. Luke 13:10-11
2. Daniel was grieved in his spirit within his body and the visions of his head troubled him. Daniel 7:15
3. Daniel's vision resulted in his body becoming sick. Daniel 8:27
4. A broken spirit dries the bones. Proverbs 17:22

D. Mental Illness:

1. And be renewed in the spirit of your mind. Ephesians 4:23 (NKJV)
2. When your spirit is tormented, so is your soul and your mind.
3. Your mind will be anxiously trying to figure out what's going on and playing out scenarios.
4. I, Daniel, was grieved in my spirit in the middle of my body, and the visions of my head troubled me. Daniel 7:15 (AKJV)

E. Damage to the Will.

1. Descriptive of courage and strength leaving: Joshua 5:1, I Kings 10:5
2. Compelled by one's spirit: Job 32:18
3. The spirit of the people of Jericho failed them when they heard what
4. God did for Israel. ... And as soon as we heard it, our hearts melted, and there was no spirit left in any man because of you... Joshua 2:11 (ESV)
5. You lose the will to go on when your spirit is crushed. ... a wounded spirit who can bear? Prov. 18:14 Elijah's spirit was crushed after dealing with the prophets of Baal. I Kings 19

F. Discouragement in your spirit de-motivates you.

1. Hope deferred maketh the heart sick: but when the desire cometh, it is a tree of life. Prov. 13:12
2. The heart being sick has no desire, no motivation, no life moving it forward to the greater purposes of God.

Blessing Exercise 3 – Ephesians Prayer personalized – find your partner and pray this.

Ephesians 3:16-20 NLT - I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your heart as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand,... how wide, how long, how high, and how deep his love is [for you]. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. Now all glory to God, who is able, through his mighty power at work within [you], to accomplish infinitely more than we might ask or think.

Small Group Question: How has your spirit been damaged and how much does it need to be strengthened and built up.

Session 4

Healing the Human Spirit

VII. Passages relating to healing the human spirit

- A. When they drank water: Judges 15:19
- B. When Jacob heard Joseph was alive: Genesis 45:27
- C. When he had eaten: I Samuel 30:12 (NIV)
- D. The Lord restores our Spirit in various ways: Isaiah 38:16 Job 10: 12
- E. The Lord revives the spirit of the humble:
 - 1. For thus said the high and exalted One, Inhabiting eternity, and holy is His name: 'In the high and holy place I dwell, And with the bruised and humble of spirit, To revive the spirit of the humble, And to revive the heart of bruised ones,' Isaiah 57:15(YLT)
- F. We can *cleanse ourselves from all filthiness* of our spirit. 2 Corinthians 7:1 (NKJV)
- G. Paul's spirit was refreshed by his friends: 1 Corinthians 16:18
- H. ... his spirit was refreshed by you all. 2 Corinthians 7:13 (NKJV)
- I. And be renewed in the spirit of your mind, Ephesians 4:23 (NKJV)
- J. The spirit gives life; the flesh counts for nothing. The words I have spoken to you are spirit and they are life. John 6:63 (NIV)
- K. There be many that say, Who will show us any good? LORD, lift you up the light of your countenance on us. Psalm 4:6 (NKJV)
- L. You have put gladness in my heart, more than in the season that their corn and wine increased. Psalm 4:7 (NKJV)
- M. As for me, I will behold your face in righteousness: I shall be satisfied, when I awake, with your likeness. Psalm 17:15 (NKJV)

VIII. Practical ways to experience healing of damaged human spirit

- A. **Rest for the body, mind, soul, and spirit:** Sometimes the fatigue in our body is affecting our spirit. Your body can be resting but your spirit be troubled and rest is not as restful.
- B. **Eating healthy:** This can be a substitute and taken to an extreme, but it does affect our spirit.
- C. **Worship:**
 - 1. Spiritually refreshing and uplifting music: Listening to godly uplifting music can dramatically impact our spirit.
 - 2. Just sing and Dance before the Lord – it will lift and strengthen your spirit
 - 3. John 4:23-24 - 23 But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit [G4151] and in truth: for

the Father seeketh such to worship him. 24 God [is] a Spirit:[G4151] and they that worship him must worship [him] in spirit [G4151] and in truth.

- D. **Godly encouraging friends:** Being around encouraging people who can lift up your spirit through encouraging words, truth, and challenge.
- E. **Recreation and exercise.** – Not just a physical experience. It can refresh our spirit
 - 1. A walk at the beach
 - 2. Walk in nature
 - 3. Walking away from toxic situations – your spirit begins to calm
- F. **Artistic Expression** - Creativity through art.
- G. **Admiring God's creation and communing with God.**
- H. **Serving others**
- I. **Growing in Wisdom of God.**
 - 1. And the child grew and was strengthened in spirit, being filled with wisdom, and the grace of God was upon him. Luke 2:40 (NKJV)
 - 2. And the child grew, and was strengthened in spirit, and he was in the deserts till the day of his shewing unto Israel. Luke 1:80 (KJV)

IX. Pursue God for your healing

- A. Hope comes from God and is a key to restoration
 - 1. Be strong and take heart, all you who **hope** in the LORD. Ps 31:24
 - 2. Why are you downcast, O my soul? Why so disturbed within me? Put your **hope** in God, for I will yet praise him, my Savior ... Ps 32:5
 - 3. Find rest, O my soul, in God alone; my **hope** comes from him. Ps 62:5
 - 4. I rise before dawn and cry for help; I have put my **hope** in your word. Ps 119:147
 - 5. but those who **hope** in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Is 40:31
 - 6. You were wearied by all your ways, but you would not say, 'It is **hopeless.**' You found renewal of your strength, and so you did not faint. Is. 57:10

7. Therefore my heart is glad and my tongue rejoices; my body also will live in hope... Acts 2:26
 8. And **hope** does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us. Rom. 5:5
- B. Peace comes from God.
- C. **Mind set on God** - You will keep in perfect peace him whose mind is steadfast, because he trusts in you. Isaiah 26:3
- D. **Righteousness** - The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence forever. Isaiah 32:17
- E. Seek peace and pursue it. Psalm 34:14
- F. For he himself is our peace Ephesians 2:14
- G. **Rejoice and Pray** – His Peace will come - And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7
- H. **Who Rules?** - Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Colossians 3:15
- I. If it is possible, as far as it depends on you, live at peace with everyone. Romans 12:18
- J. Let us therefore make every effort to do what leads to peace and to mutual edification. Romans 14:19

X. Nurture brings healing

- A. **Family** - God puts the lonely in families.
- B. **Spiritual Parents** - God brings spiritual mothers and fathers to love those whose spirits have not learned to be loved.
- C. **Other Believers** - God bring Christians into our lives to be used by Him to provide nurture to areas where our spirit is lacking.
- D. Allow **God** to Nurture you – listening to His Voice, His Word
1. God the Father nurtures us
 2. The Holy Spirit comforts us
 3. Jesus provides us with unfailing and unconditional love.
- E. Love from God heals the human spirit
1. **Pursue God's love** – Song of Solomon
 2. Those who look to him are radiant; their faces are never covered with shame. Ps 34:5
 3. Shame often causes our spirits to be broken. God says to look to Him and we will be radiant. Light of our spirits be enlarged in His presence.

4. But may all who seek you rejoice and be glad in you...Psalm 40:16
5. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Psalm 51:12
6. Restore us, O LORD God Almighty; make your face shine upon us, that we may be saved. Psalm 80:19
7. Look for his mercy and kindness -The LORD is close to the brokenhearted and saves those who are crushed in spirit. Ps. 34:18
8. He heals the brokenhearted and binds up their wounds. Ps. 147:3
9. Allow your self to remember what God has done in the past and meditate on His Goodness and faithfulness

Exercise # 4: A Father's Blessing!

I realize I am not your father, but please allow me to stand in the gap for your father. He may not have said any of these things. Please open your spirit to receive these words: May the Heavenly Father bless you. May Jesus Christ deliver you from any and every curse that I may have spoken over you. May He heal your heart of an hurtful words that damaged your heart. May they be removed from your memory.

I pray that the Lord heal the wounds in your heart. I am so sorry for all the wounds that I may have caused. May the Lord set you free from any hurts or wounds you received while in my care or anyone whom I trusted you to. May you be free from this day forward from the pain, disappointments, anger, unforgiveness, fears, sorrows that I have caused. I repent for any and all the anguish that I have caused you.

I pray that the Lord heals you from every time and way that I abandoned you, ignored you, rejected you or belittled you. My you be free of any and all striving in your life to be good enough or reach a standard I had set for you.

It was not your fault. You deserved the kind of Love that the Heavenly Father alone is capable of.

You are amazing. You are good enough. You are a (man or woman) that any father would be proud of. May you never doubt the gender you were created to be. May the Lord set you free from an unhealthy soul tie with me. I set you free to be all that you were created to be and are capable of becoming.

May you Hear His voice and know Him so well. May He fill the void that I never could or even made worse. You don't have to be perfect. You are wanted and loved, and loveable.

You are an amazing (son/ daughter)—I love you. I am so proud of you. I am so glad you were born. May you walk in the fullness of God's divine destiny for your life.

Small Group Question: What are some ways that you strengthen your spirit? What is a new way you plan to incorporate?

Session 5

Healing the Human Spirit

XI. Battle between the Flesh and the Spirit

- A. Matthew 26:41 the spirit indeed is willing, but the flesh is weak
- B. Mark 14:38 The spirit truly is ready, but the flesh *is* weak
- C. 1 Corinthians 7:4 she may be holy both in body and in spirit
- D. Galatians 5:17 the flesh lusteth against the spirit and the Spirit against the flesh
- E. 1 Peter 3: 1 8 being put to death in the flesh, but quickened by the Spirit
- F. James 4:5 Do ye think that the scripture saith in vain, The spirit that dwelleth in us lusteth to envy?

XII. Romans 8 Understood

A. [Rom 8:1-17, 22-26 NKJV] 1 [There is] therefore now **no condemnation** to those who are in Christ Jesus, who do not walk according to the flesh, but **according to the Spirit**. 2 For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death. 3 For what the law could not do in that it was weak through the flesh, God [did] by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh, 4 that the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit. 5 For those who live according to the flesh set their minds on the things of the flesh, but those [who live] according to the Spirit, the things of the Spirit. 6 For to be carnally minded [is] death, but to be spiritually minded [is] life and peace. 7 Because the carnal mind [is] enmity against God; for it is not subject to the law of God, nor indeed can be. 8 So then, those who are in the flesh cannot please God. 9 But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His. 10 And if Christ [is] in you, the body [is] dead because of sin, but the Spirit [is] life because of righteousness. 11 But **if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you**. 12 Therefore, brethren, we are debtors--not to the flesh, to live according to the flesh. 13 For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live. 14 For **as many as are led by the Spirit of God, these are sons of God**. 15 For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." 16 **The Spirit** Himself bears witness with **our spirit** that we are children of God, 17 and if children, then heirs--**heirs of God and joint heirs** with Christ, if indeed we suffer with [Him], that we may also be glorified together. ... 22 For we know that the whole creation groans and labors with birth pangs together until now. 23 Not only [that], but we also who have the firstfruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body. 24 For we were saved in this hope, but hope that is seen is not hope; for why does one still hope for what he sees? 25 But if we hope for what we do not see, we eagerly wait for [it] with perseverance. 26 Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.

B. Explained

1. Living by the flesh. – carnal mind, soul that is in the process of being transformed.
2. Living by the spirit – when our spirit is strong, healthy it takes dominion over our soul and our flesh
3. When our human spirit is in tune with the Spirit of God, we are walking by the spirit.
4. A strong human spirit is essential to a vibrant Christian life. .

Session 6

Dancing with Jesus

I believe walking by the spirit has very little to do with the “Spiritual things we do”

1. I think a lot of very religious people miss the spirit a Lot!
2. Let’s talk about Jesus - He is the example, right? Basically!

John 5:16-23

1. Only do what he saw the father doing - we think we can do better?
2. multitude of sick, only healed one! - passed the gate beautiful
3. They asked why he worked - verse 17 - basically This is what God was doing in this moment
4. Do we have any say? if God has already made up his mind. Does God change His mind?
 - a. Kill Nineveh
 - b. When the circumstances change yes!

John 12:49 - For I did not speak on my own, but the Father who sent me commanded me to say all that I have spoken.

1. What would it look like in your life if you spoke heaven.

Vision of little son dancing on Father God's feet.

1. Only one can lead
2. Every time they got off and asked God they missed what he was saying - **KEEP DANCING**
3. The boy who was possessed, mad at the disciples unbelief - Jesus heard before and was prepared
4. You're not listening when you are giving options. - you have limited
5. This isn't a license to do nothing because you haven't heard from God, if you're really living this then you will see what Jesus saw because that's what our inheritance
6. Standing on the feet, you're not doing any work but getting a lot done. Easy yoke, light burden. - Just Obey - **CAN'T BE DONE BY THE SOUL**

How to live this life!

1. **Say yes!** when you think you heard God
2. **Trust God** more than you trust yourself
3. **Believe** that God won't be sad if you make a mistake. When your little kids make a mistake when trying to do something for you, you laugh and say thank you and let them know you are proud and encourage. That's God's heart towards you!
4. **Don't wait** - for the big words to start listening, if you can't hear god for right or left you won't hear him for husband or wife?
5. **IT CAN'T BE DONE BY A WORK!**

Testimonies

Ham sandwich - Kept Listening

Stand on your head - able to miss the important Christian thing

Airport Russia – Didn't do it his own way.

Does dancing have power?

Dancing killed John the Baptist

WHAT IF YOU DON'T HEAR? WALKING BY THE SPIRIT?

If you don't hear God or see Him dancing what do you do?

You don't sit and do nothing. You do what you are passionate about, what you know is Good according to Gods word, and what you are drawn to.

Think Peter, Jesus dies he doesn't sit and do nothing. He goes fishing. But when Jesus says to cast on the other side he obeys. **He was still listening and looking for Jesus** even while he was working. He didn't wait he moved with his eyes open!

That's what we need to do! Learn the Father's voice! OBEY IT no matter how big and scary, and **when we don't hear run after the things of God that excite us.**

- 1.) God is whimsical! He doesn't have a 5 year plan. God isn't bound by time. He doesn't experience it like we do. So, when you don't hear God for 39 minutes from now that could be because He doesn't know where you will be or what you will choose!
- 2.) The Centurion. That wasn't where Jesus was headed, but he went out of his way then didn't even finish going. Seems unproductive but its following the Father.
- 3.) Jesus says he is not going to pray and then does. Whimsical changing on a dime!
- 4.) Do you know how to hang on and just go where ever the father says?.

Prayers for Healing the Human Spirit

Father God,

I come to you with my brokenness and I choose to forgive those who have hurt me. (Name those who have crushed your spirit) I know your word says you are near the brokenhearted and those who are crushed in spirit. I realize that some of my brokenness has come from not seeing and understanding your love for me. Some has come from not believing and trusting you to be my God. I repent for my wrong beliefs about how you see me and who you have created me to be. I repent for not seeking you when things have hurt me. I ask you now to come and restore my human spirit to its full stature. I ask that you heal any brokenness in my spirit. I ask that you reveal your love to me and show me once again how you feel about me. I need to know your love for me in my spirit man. I ask that you restore peace in my spirit. I ask that you restore Hope. I thank you that you are my restorer, my healer, my God.

In Jesus Name, Amen

Bibliography

APPENDIX

Old Testament Passages on Human Spirit

I. The Human Spirit or Spirit of Man.

- A. Genesis 6:17 the breath of life
- B. Numbers 16:22 spirits of all flesh
- C. Job 32:8 there is a spirit in man
- D. Ecclesiastes 3:21 the spirit of the sons of men, and the spirit of the animal
- E. Ezekiel 13:3 follow their own spirit
- F. Zechariah 12:1 the spirit of man within him
- G. Isaiah 42:5 And spirit to those who walk on it
- H. Ecclesiastes 12:7 the spirit will return to God
- I. Isaiah 26:9 by my spirit within me

II. Human Spirit Passed to another.

- A. Elisha asks for a double portion of Elijah's Spirit and gets it. 2 Kings 2:9 2 Kings 2:15
- B. Solomon pours out his spirit onto his son. Proverbs 1:23

III. Collective Spirit of a People & the Spirit of a nation.

- A. The Spirit of God's people failed them. Joshua 2:11
- B. God stirs up the spirit of rulers I Chronicles 5:26, 2 Chronicles 36:22, Ezra 1: 1, Psalm 76:12 Ecclesiastes 10:4, Jeremiah 51:1 1, Haggai 1: 14
- C. God stirs up the spirit of entire nations 2 Chronicles 21:16, Isaiah 19:3, Haggai 1: 14, Ezekiel 2 1

IV. Negative Human Spirit.

- | | |
|---|---------------------------------------|
| Grieving Spirit Genesis 26:35, Isaiah 65:14 | Impatient Job 21:4 |
| Troubled Spirit Genesis 4 1: 8 | Failing Psalm 143:7 |
| Anguished Spirit Exodus 6:9, Job 7:11 | Unfaithful Psalm 78:8 |
| Hardened Deuteronomy 2:30 | Overwhelmed Ps.77:3, Ps. 142:3, 143:4 |
| Angry Judges 8:3, Ecclesiastes 7:9 | Errant Isaiah 29:24 |
| I Will Judges 9:23 | Slumber Isaiah 29: 1 0 |
| Sorrowful 1 Samuel 1: 15 | Against God Job 15:13 |
| Sullen 1 Kings 2 1: 5 | Judgment Isaiah 4:4 |
| Perverse Isaiah 19:14 | Grieved Isaiah 54:6 |
| Heaviness Isaiah 6 1 | Troubled Daniel 2:1 |
| Anxious Daniel 2:3 | Jealous Numbers 5:14 |
| Lying Spirit Micah 2:11 | Haughty/Proud Proverbs 16:18 |
| Distressing Spirit 1 Samuel 16:15-23 | Broken Spirit Job 17:1, Proverbs |
| 15:4, 13, 17:22 | |

V. Lying Spirit.

1 Kings 22:21-24 Micah 2:11; 2 Kings 19: 2 Chronicles 18:20-23

VI. Distressing Spirit from the Lord.

I Samuel 16:15-16, 16:23, 18:10, 19:9

VII. Broken Spirit.

A. Positive - Psalms 51:17 Negative - Job 17: 1, Proverbs 15:4, 13; 17:22; 18:14

VIII. Positive Human Spirit.

Willing - Exodus 35:21

Lowly spirit gains honor Proverbs 29:23

Honest - Psalms 32:2

Fervent -Acts 18:25

Faithful - Proverbs 11: 13

Patient - Ecclesiastes 7:8

IX. Humble or Contrite Spirit vs. Proud/Haughty Spirit.

A. Contrite Psalms 34:18, Isaiah 66:2

B. Humble Proverbs 16:19 Proverbs 29:23

C. Proud Proverbs 16:18

X. A New Spirit.

A. God will give His people a New Spirit. Ezekiel 11: 19, 36:26, 37:5-10

B. We are commanded to get a new spirit. Ezekiel 18:31

XI. Revived Spirit.

A. When they drank water Judges 15:19

B. When Jacob heard Joseph was alive Genesis 45:27

C. When he had eaten I Samuel 30:12

D. The Lord restores our Spirit in various ways Isaiah 38:16 Job 10: 12

E. The Lord revives the spirit of the humble Isaiah 57:15

F. Refreshed by friends – 2 Corinthians 7:13; 16: 18

XII. Human or Demonic?

A. Spirit of Harlotry Hosea 4:12; 5:4

B. Lying Spirit from the Lord 2 Chronicles 18:21-22, 1 Kings 22:22-23

C. Distressing Spirit from the Lord 1 Samuel 16:14-16, 23; 18:10, 19:9

XIII. No Spirit in them.

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- A. Descriptive of courage/strength leaving Joshua 5:1, I Kings 10:5
- B. Descriptive of death Psalm 104:29, Psalm 146:4
- C. Descriptive of idols Jeremiah 51:17, Habakkuk 2:19

XIV. Miscellaneous.

- A. Caleb had a different Spirit Numbers 14:24
- B. God moves some people to build Ezra 1:5
- C. God weighs our spirits Proverbs 16:2
- D. Job's spirit was offensive Job 19:17
- E. Spirit of one's understanding Job 20:3
- F. Job's spirit was drinking in poison Job 6:4
- G. Compelled by one's spirit Job 32:18
- H. Spirit searches diligently for God Psalm 77:6
- I. Spirit of men vs. spirit of animals Ecclesiastes 3:19
- J. Failing human spirit Isaiah 57:16
- K. One can follow his or her own spirit Ezekiel 13:3 Ezekiel 20:32
- L. Injunction to take heed to our Spirit Malachi 2:16
- M. Hosea 9:7 The days of punishment have come; The days of recompense have come. Israel knows! The prophet *is* a fool; The **spiritual** man is insane, Because of the greatness of your iniquity and are at enmity.
- N. Your Spirit can change Habakkuk 1: 11

New Testament Outline of Human Spirit

I. Descriptive of Human Spirit.

- A. Matthew 5:3 Blessed *are* the **poor in spirit**
- B. Luke 1:80 And the child grew, and waxed **strong, in spirit**
- C. Luke 2:40 And the child grew, and waxed **strong in spirit**
- D. Luke 9:55 **what manner of spirit ye are of**
- E. Acts 18:25 being **fervent in the spirit**, he spoke and taught diligently the things of the Lord
- F. Romans 12:11 Not slothful in business; **fervent in spirit**; serving the Lord
- G. Galatians 6:1 restore such a one in the **spirit of meekness**
- H. 1 Peter 3:4 *even the ornament* of a meek and **quiet spirit** which is in the sight of God of great price
- I. 2 Corinthians 7:1 let us cleanse ourselves from all **filthiness of the flesh and spirit**
- J. Ephesians 1: 1 7 may give unto you the **spirit of wisdom** and revelation in the knowledge of him
- K. 2 Timothy 1:7 For God hath not given us the **spirit of fear...**

II. Activities of the Human Spirit

- A. Mark 2:8 Jesus **perceived in his spirit**

- B. Mark 8:12 and he **sighed deeply in his spirit**
- C. Luke 10:21 **in that hour Jesus rejoiced in his Spirit**
- D. John 4:23 **worship the Father in spirit** and in truth
- E. John 11:33 **he groaned in the spirit, and was troubled**
- F. John 13:21 **he was troubled in spirit, ... Verily, verily, I say unto you, that one of you shall betray me**
- G. Acts 17:16 **his spirit was stirred in him, when he saw the city wholly given to idolatry**
- H. Acts 18:5 Paul was **pressed in the spirit** and testified to the Jews *that Jesus was Christ*
- I. Acts 19:21 Paul **purposed in the spirit ... I must also see Rome**
- J. Acts 20:22 I Go **bound in the spirit** unto Jerusalem, not knowing the things that shall befall me there. . .
- K. Acts 6: 10 they were not able to resist the wisdom **and the spirit by which he spoke**
- L. Matthew 22:43 **in spirit call him Lord**
- M. 1 Corinthians 2:11 no one knows the things of man **save the spirit of man which is in him**
- N. 1 Corinthians 6:17 But he that is joined unto the Lord is one spirit with Him
- O. 1 Corinthians 6:20 **glorify God in your body, and in your spirit**
- P. 1 Corinthians 14:16 thou shalt **bless with the** spirit
- Q. 1 Corinthians 14:32 And **the spirits of the prophets are subject to the prophets**
- R. 2 Corinthians 2:13 I had no **rest in my spirit**
- S. Philippians 3:3 which **worship God in the spirit,** and rejoice in Christ Jesus, and have no **confidence in the flesh**

III. Life and Death.

- A. Matthew 27:50 yielded up the ghost
- B. Luke 8:55 And her spirit came again, and she arose straightway
- C. Acts 7:59 Stephen, calling upon *God,* and saying, Lord Jesus, receive my spirit
- D. James 2:26 For as the body without the spirit is dead, so faith without works is dead

IV. Spirit gives life.

- A. John 6:63 It is the spirit that gives life; the flesh profiteth nothing: the words that I speak unto you, *they* are spirit, and *they* are life.
- B. Romans 8:10 And if Christ *be* in you, the *body is* dead because of sin; **but the Spirit is life** because of righteousness.
- C. 2 Corinthians 3:6 but the spirit giveth life.

V. Renewed in Spirit.

- A. Romans 7:6 that we should serve in newness of spirit and not in oldness of the letter
- B. 1 Corinthians 16: 18 they have refreshed my spirit and yours
- C. 2 Corinthians 7:13 his spirit was refreshed by you all

D. Ephesians 4:23 And be renewed in the spirit of your mind

VI. Present in Spirit but not in body.

- A. 1 Corinthians 5:3 For I verily, as absent in body, but present in spirit
- B. Colossians 2:5 yet am I with you in the spirit
- C. 1 Corinthians 5:4 when ye are gathered together, and my spirit

VII. Tongues and the Human Spirit.

- A. 1 Corinthians 14:14 For if I pray in an *unknown* tongue, my spirit prayeth, but my understanding is unfruitful
- B. 1 Corinthians 14:15 [will pray with the spirit ... I will sing with the spirit
- C. Ephesians 6: 1 8 Praying always with all prayer and supplication in the Spirit

VIII. Battle between the Flesh and the Spirit.

- A. Matthew 26:41 the spirit indeed is willing, but the flesh is weak
- B. Mark 14:38 The spirit truly is ready, but the flesh *is* weak
- C. 1 Corinthians 7:4 she may be holy both in body and in spirit
- D. Galatians 5:17 the flesh lusteth against the spirit and the Spirit against the flesh
- E. 1 Peter 3: 1 8 being **put** to death in the flesh, but quickened by the Spirit
- F. James 4:5 Do ye think that the scripture saith in vain, The spirit that dwelleth in us lusteth to envy?

IX. The Lord's Spirit Speaks to our Human Spirit.

- A. Romans 8:16 The **Spirit itself beareth witness with our spirit** that we are the children of God
- B. 1 John 3:24 ... And hereby we know that he abideth in us, by the Spirit which he hath given us
- C. 1 John 4:13 Hereby know we that we dwell in him, and he in us, because he hath given us of his Spirit
- D. 1 John 5:6... And it is the Spirit that beareth witness, because the Spirit is truth
- E. 1 John 5:8 And there are three that bear witness in earth, the Spirit, and the water, and the blood

X. Miscellaneous.

- A. 1 Corinthians 5:5 To deliver such a one unto Satan for the destruction of the flesh, that the spirit may be saved
- B. 1 Corinthians 15:45 the last Adam *was made* a quickening spirit
- C. 2 Corinthians 3:8 How shall not the ministration of the spirit be rather glorious?
- D. 2 Corinthians 4:13 We having the same spirit of faith
- E. Galatians 6:8 he that soweth to the Spirit shall of the Spirit Leap life everlasting
- F. Galatians 6:18 Brethren, the grace of our Lord Jesus Christ be with your spirit

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- G. Philippians 1:27 that ye stand fast in one spirit, with one mind
- H. 1 Thessalonians 5:19 Quench not the Spirit
- I. 1 Thessalonians 5:23 may your whole spirit, soul, and body be preserved blameless
- J. 2 Thessalonians 2:2 That ye be not soon shaken in mind, or be troubled, neither by spirit, nor by word
- K. 1 Timothy 4:12 be thou an example of the believers... in spirit
- L. 2 Timothy 4:22 The Lord Jesus Christ be with thy spirit. Grace be with you. Amen.
- M. Philemon 1:25 The grace of our Lord Jesus Christ be with your spirit Amen
- N. Hebrews 4:12 and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit
- O. Hebrews 12:9 be in subjection unto the Father of spirits, and live?
- P. Hebrews 12:23 to the spirits of just men made perfect
- Q. 1 Peter 3:19 By which also he went and preached unto the spirits in prison