



STRONG IN THE SPIRIT

**A BIBLICAL GUIDE TO GROWING IN
THE POWER OF GOD!**

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STRONG IN THE SPIRIT

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CHAPTER 1

01 INTRODUCTION

The Battle Within: Flesh vs. Spirit

THE BATTLE WITHIN: FLESH VS. SPIRIT

Every believer faces a battle. You may desire to pray but become distracted. You may want to study God's Word but struggle to remain consistent. You may know what God requires while still feeling the pull of old habits, desires, and temptations. Scripture identifies the source of this conflict:

"This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other." - Galatians 5:16-17 KJV

The flesh and the Spirit are moving in opposite directions. The flesh seeks its own satisfaction, while the Holy Spirit leads us toward obedience to God. Jesus acknowledged this struggle when He told His disciples,

"the spirit indeed is willing, but the flesh is weak" (Matthew 26:41 KJV).

The good news is that God has not left you powerless. Paul gives us the answer: "Walk in the Spirit." Spiritual victory is not simply about trying harder. It requires learning to surrender our desires, habits, and decisions to God.

That is why spiritual disciplines matter. Jesus taught His followers to pray (Matthew 6:6), spoke of "when ye fast" (Matthew 6:16), and declared, "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God" (Matthew 4:4 KJV).

These disciplines do not earn salvation. They help us develop a life centered on God rather than controlled by the appetites of

the flesh.

Throughout this book, we will follow a simple biblical path:

FAST - Deny the flesh.

PRAY - Seek God.

STUDY - Feed on His Word.

CRUCIFY - Put fleshly desires to death.

WALK - Live under the leadership of the Holy Spirit.

Paul writes, "If we live in the Spirit, let us also walk in the Spirit" (Galatians 5:25 KJV).

The question that begins our journey is simple:

Which are you feeding more, your flesh or your spirit?

CHAPTER 2 02 PRAYER

Developing Communion with God



Prayer is more than asking God for something when life goes wrong. Prayer is communion with God. It is where we worship Him, surrender our will, bring our needs before Him, intercede for others, and develop a consistent relationship with Him. Jesus said,

“Men ought always to pray, and not to faint” (Luke 18:1 KJV).

If fasting teaches the flesh that it is not in control, prayer teaches us who is.

PRAYER REQUIRES INTENTIONALITY

Jesus gave His disciples a simple instruction:

“But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret.” - Matthew 6:6 KJV

The principle is intentional separation. Prayer requires us to step away from distractions and deliberately turn our attention toward God.

You do not need impressive words to pray. In fact, Jesus warned against using “vain repetitions” and thinking we will be heard because of “much speaking” (Matthew 6:7 KJV). God is not impressed by religious vocabulary. He desires sincerity.

Prayer begins when we stop performing and start communicating.

PRAYER BRINGS OUR WILL UNDER GOD'S WILL

One of the greatest examples of prayer is found in Gethsemane. Facing the cross, Jesus prayed:

“Nevertheless not my will, but thine, be done.” - Luke 22:42
KJV

This is where prayer begins changing us.

We often enter prayer focused on what we want God to change around us. Yet prayer also gives God access to what needs to change within us. Our attitudes, motives, desires, fears, and plans are brought before Him.

This is why prayer and crucifying the flesh are connected. The flesh says, “I want my way.” Prayer teaches us to say, “Thy will be done.”

BEGINNING A CONSISTENT PRAYER LIFE

Start by setting aside intentional time each day. Remove distractions and give God your full attention. You can use a simple pattern:

WORSHIP - Honor God for who He is.

SURRENDER - Submit your plans and desires to His will.

PETITION - Bring your needs before Him.

INTERCESSION - Pray for the needs of others.

And when you do not know exactly what to say, remember that prayer is a relationship-not a performance.

Scripture gives this invitation:

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.” - Philippians 4:6 KJV

Do not wait until you are in trouble to develop a prayer life. Build communion with God before the crisis comes.

STRONG TAKEAWAY

Prayer is not about convincing God to follow your will. Prayer teaches you to surrender your will to His.

CHAPTER 3 FASTING

03 Bringing the Flesh Under Subjection

FASTING

DENY. SEEK. DRAW NEAR.

*"Man shall not live by bread alone,
but by every word that proceedeth out
of the mouth of God."*

MATTHEW 4:4 KJV

Fasting is one of the most powerful yet often neglected spiritual disciplines in the Christian life. Biblical fasting is the voluntary abstaining from food for a period of time in order to humble ourselves and give focused attention to seeking God through prayer. Jesus did not treat fasting as something unusual for believers. He said, "Moreover when ye fast" (Matthew 6:16 KJV). Notice that Jesus said when, not if.

Fasting is not a hunger strike designed to force God to answer our prayers. Neither is it a way to prove how spiritual we are. Jesus warned against fasting for public recognition, instructing His followers to fast before God rather than to "appear unto men to fast" (Matthew 6:18 KJV). The purpose is not performance. The purpose is surrender.

FASTING EXPOSES THE FLESH

One reason fasting is so revealing is that it intentionally tells the body no.

The flesh is accustomed to being satisfied. When we become hungry, we eat. When we become uncomfortable, we seek comfort. Fasting temporarily interrupts that pattern and exposes how strongly our physical appetites can demand our attention.

Paul understood the importance of bringing physical appetites under discipline:

“But I keep under my body, and bring it into subjection.” - 1 Corinthians 9:27 KJV

Fasting reminds us that our bodies are not supposed to rule us. Hunger may speak, but hunger does not have to command us.

Jesus demonstrated this principle during His temptation in the wilderness. After fasting forty days, Satan tempted Him to turn stones into bread. Jesus answered:

“Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” - Matthew 4:4 KJV

Food sustains the physical body, but God's Word sustains the spiritual life.

BEGINNING A BIBLICAL FAST

Start with purpose rather than duration. Ask yourself, Why am I fasting? Perhaps you are seeking God, praying for direction, confronting an area of weakness, or simply desiring greater spiritual discipline.

Choose an appropriate period of fasting and dedicate the time you would normally spend eating to prayer and God's Word. A fast without seeking God can become little more than skipping meals.

Begin humbly. You do not have to start with an extended fast to prove your commitment. The objective is not how long you can go without food. The objective is learning to deny yourself

while turning your attention toward God.

Fasting teaches a lesson that reaches far beyond food. Every desire does not have to be satisfied simply because you feel it. Jesus said:

“If any man will come after me, let him deny himself, and take up his cross daily, and follow me.” - Luke 9:23 KJV

That is the heart of biblical fasting: denying yourself so that your attention can become more focused upon God.

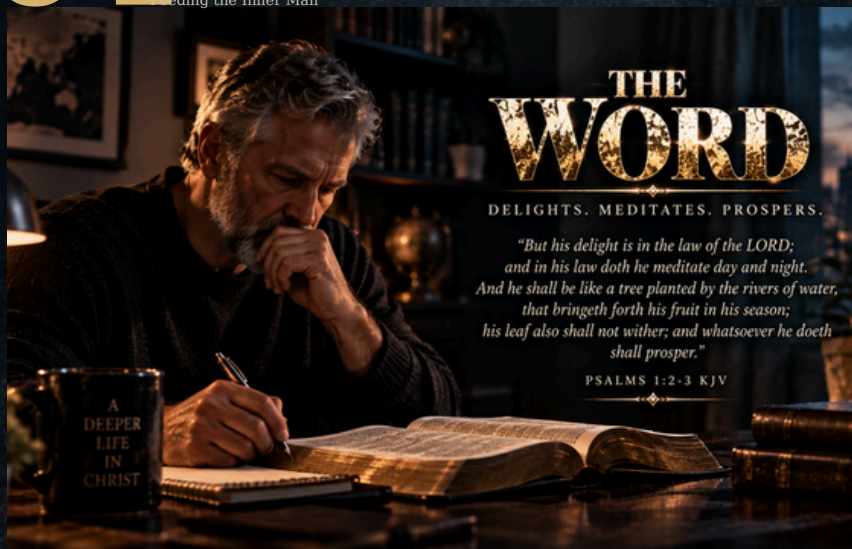
STRONG TAKEAWAY

Fasting doesn't make God obey us. Fasting teaches our flesh that it doesn't rule us.

CHAPTER 4

04 THE WORD

Feeding the Inner Man



Your physical body cannot remain strong without food, and your spiritual life cannot mature while being starved of God's Word. Jesus made this clear when Satan tempted Him in the wilderness:

"Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." - Matthew 4:4 KJV

We spend considerable time feeding the natural man, but spiritual growth requires us to intentionally feed the inner man. Peter writes, "As newborn babes, desire the sincere milk of the word, that ye may grow thereby" (1 Peter 2:2 KJV).

If you want to grow spiritually, you must develop an appetite for Scripture.

THE WORD CHANGES HOW YOU THINK

The battle against the flesh is also fought in the mind. What you continually allow into your mind influences how you think, what you desire, and ultimately how you live.

David understood the protective power of God's Word:

"Thy word have I hid in mine heart, that I might not sin against thee." - Psalm 119:11 KJV

God's Word does more than give us information. It reveals what is true and exposes what is operating within us. Hebrews declares:

"For the word of God is quick, and powerful, and sharper than any twoedged sword..." - Hebrews 4:12 KJV

The more Scripture fills your heart and mind, the easier it becomes to recognize thoughts, desires, and behaviors that contradict God's will.

DON'T JUST READ-STUDY

Reading Scripture is important, but spiritual growth requires us to go deeper. Paul instructed Timothy:

"Study to shew thyself approved unto God... rightly dividing the word of truth." - 2 Timothy 2:15 KJV

You do not need to be a theologian to begin studying the Bible. Start with a passage and ask four simple questions:

READ - What does the passage actually say?

UNDERSTAND - What does it mean in its biblical context?

EXAMINE - What does this reveal about God and about me?

APPLY - What should change in my thinking or behavior because of this truth?

The goal is not simply to finish chapters. The goal is for God's Word to become part of how you think and live.

James warns us:

“But be ye doers of the word, and not hearers only, deceiving your own selves.” - James 1:22 KJV

Knowledge without application will not produce spiritual maturity.

FEED YOUR SPIRIT DAILY

Do not wait until Sunday morning for someone else to feed you spiritually. Open the Bible for yourself. Study it. Meditate on it. Memorize it. Most importantly, obey it.

Fasting teaches the flesh that it does not rule us. Prayer brings our will into submission to God. The Word teaches us what God's will actually is.

As God's Word increasingly fills your heart, you become better equipped to recognize the difference between what your flesh wants and what God has spoken.

STRONG TAKEAWAY

You cannot starve yourself spiritually all week and expect to remain strong when temptation comes. Feed the inner man with God's Word.

CHAPTER 5 05 CRUCIFYING THE FLESH

Walking in the Spirit



Fasting, prayer, and studying God's Word are not isolated religious activities. They are spiritual disciplines that help bring us to the same destination: a life increasingly surrendered to God and led by the Holy Spirit.

Paul writes:

“And they that are Christ's have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit.” - Galatians 5:24-25 KJV

Crucifying the flesh means refusing to allow sinful desires, uncontrolled appetites, and ungodly passions to govern your life. Jesus described discipleship in similar terms:

“If any man will come after me, let him deny himself, and take up his cross daily, and follow me” (Luke 9:23 KJV).

Notice the word daily. Spiritual growth requires continual surrender.

STOP FEEDING WHAT YOU ARE TRYING TO CRUCIFY

We cannot continually feed the desires of the flesh and expect them to become weaker.

Paul gives believers a direct command:

To make “provision” means we intentionally leave room for something. Sometimes victory requires identifying what continually feeds a particular weakness and removing its access to us.

That may mean changing what you watch, what you listen to, where you go, what occupies your time, or what thoughts you continually entertain.

Crucifying the flesh is not merely saying no to sin. It is also saying yes to God.

WALK IN THE SPIRIT

Paul gives us the solution:

“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.” - Galatians 5:16 KJV

Walking describes a continuing lifestyle. Growing in the Spirit is not measured only by emotional experiences, how loudly we worship, or how much Scripture we can quote. Scripture gives us visible evidence of spiritual growth:

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance.” - Galatians 5:22-23 KJV

The fruit reveals what is growing.

As we surrender to the Holy Spirit, His work should increasingly become visible in our character. We begin responding differently. Our desires change. Self-control develops. Love replaces hatred. Peace begins replacing turmoil. Patience begins replacing impulsiveness.

This is growth.

PUTTING IT ALL TOGETHER

The disciplines we have studied work together:

FAST - Teach the flesh that it does not rule you.

PRAY - Surrender your will to God's will.

STUDY - Feed your inner man with God's truth.

CRUCIFY - Stop providing for fleshly desires.

WALK - Continually follow the leadership of the Holy Spirit.

Spiritual maturity does not happen overnight. It develops as we consistently surrender ourselves to God.

Paul writes:

"For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live." - Romans 8:13 KJV

The goal is not simply to become better at religious disciplines. The goal is to become more like Christ.

STRONG TAKEAWAY

Stop feeding what God has called you to crucify. Feed your spirit, surrender to the Holy Ghost, and walk daily in the life God has called you to live.

CHAPTER 6

06 GROW STRONGER

Put the Disciplines into Practice



You have learned the disciplines. Now comes the decision to practice them. Spiritual growth does not happen simply because we know what the Bible says. James reminds us:

"But be ye doers of the word, and not hearers only, deceiving your own selves." - James 1:22 KJV

You do not have to remain spiritually stagnant. You can develop a stronger prayer life. You can become more disciplined in fasting.

You can know God's Word for yourself. You can stop continually feeding the desires of the flesh and begin developing a life that is increasingly surrendered to the Holy Ghost.

But you must take the next step.

START TODAY

FAST. Begin bringing your appetites under subjection.

PRAY. Make consistent communion with God a priority.

STUDY. Feed your inner man with God's Word every day.

CRUCIFY. Stop making provision for the desires God is calling you to put to death.

WALK. Follow the leadership of the Holy Spirit daily.

Paul gives us the destination:

*"If we live in the Spirit, let us also walk in the Spirit." -
Galatians 5:25 KJV*

The world does not need weaker Christians who are controlled by every temptation, distraction, and changing cultural influence. This is the time to become rooted in God's Word, disciplined in prayer, sensitive to the Holy Ghost, and strong in the Lord.

Scripture commands us:

"Finally, my brethren, be strong in the Lord, and in the power of his might." - Ephesians 6:10 KJV

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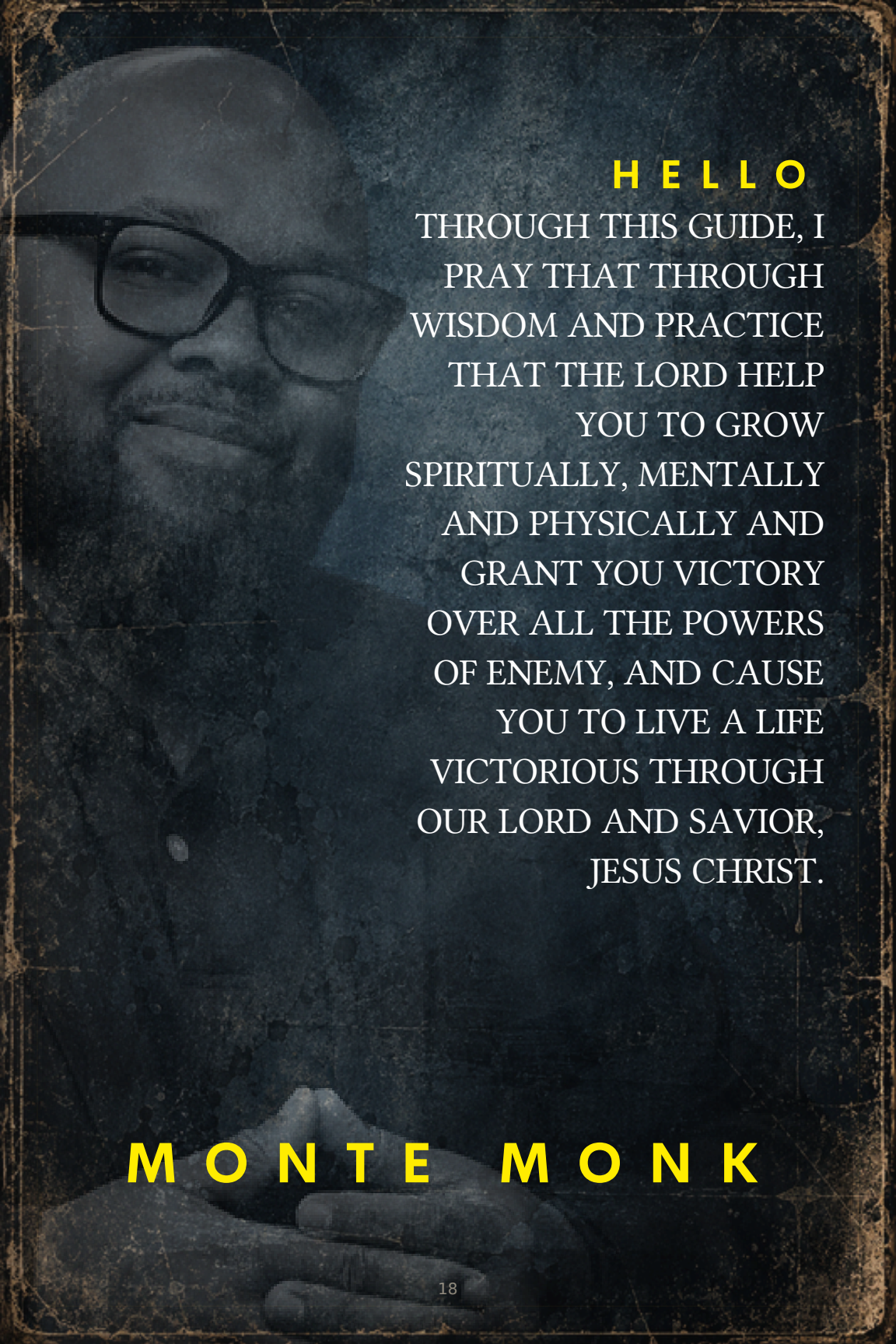
Continue growing.

Continue standing on the Word.

Because the goal isn't simply to know more about God.

The goal is to know Him, obey Him, and grow stronger in Him.

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H E L L O

THROUGH THIS GUIDE, I
PRAY THAT THROUGH
WISDOM AND PRACTICE
THAT THE LORD HELP
YOU TO GROW
SPIRITUALLY, MENTALLY
AND PHYSICALLY AND
GRANT YOU VICTORY
OVER ALL THE POWERS
OF ENEMY, AND CAUSE
YOU TO LIVE A LIFE
VICTORIOUS THROUGH
OUR LORD AND SAVIOR,
JESUS CHRIST.

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