



CITY CHAPEL
SCHOOL OF MINISTRY
LEADERSHIP SCHOOL LESSON 7
HOW TO DEVELOP A STRONG SPIRIT
(Or how to walk in the spirit)

INTRODUCTION

*The spirit of a man is the lamp of the LORD, searching all the inner depths of his heart.
Proverbs 20:27*

We have spent a few sessions addressing, defining, and looking at the concept of Self and Ego. We will now spend some time examining the solution which comes by allowing the spirit to override the flesh effectively.

Those who want to be effective for God and His Kingdom operate these principles in their lives. The real leaders in the Kingdom are those who walk closely with the Lord and Obey His instructions to them personally.

The main aim through this session is to examine, understand and action how our spirit in collaboration with the Holy Spirit overrides, and dethrones the dominance of self and the flesh in our lives; enabling us to bear everlasting fruit to the Glory of God.

HOW TO HAVE A SPIRIT-LED LIFE.

¹⁰ *In conclusion, be strong in the Lord [draw your strength from Him and be empowered through your union with Him] and in the power of His [boundless] might.*

Ephesians 6:10

⁴¹ *Keep actively watching and praying that you may not come into temptation; the spirit is willing, but the ^[1]body AMP*

⁴¹ *Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!" NLT*

⁴¹ *"Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."
Matthew 26:41 NIV.*

Please note that overcoming the flesh is not an issue of mind over matter or exercising a strong will.

The key phrase in the scripture above is "...be **strong IN the Lord**". It is His strength and energy flowing through our spirit that empowers us. This way, we cannot be proud or boast and take credit. We simply acknowledge Christ in us and give Him thanks and glory for what He does in and through us.

¹³ *for it is God who **works in you** to **will** and **to act** in order to fulfil his good purpose. NIV*

¹³ *For it is [not your strength, but it is] ^[2]God who is effectively at work in you, both to will and to work [that is, strengthening, energizing, and creating in you the longing and the ability to fulfil your purpose] for His good pleasure.
Philippians 2:13. AMP*

Let us now explore seven things that can actually contribute towards a spirit filled life.



CITY CHAPEL SCHOOL OF MINISTRY

#1- THE PRESENCE OF THE LORD

*You will show me the path of life; In Your presence is fullness of joy;
At Your right hand are pleasures forevermore.*

Psalm 16:11

...do not sorrow, for the joy of the LORD is your strength.

Nehemiah 8:10

You may have heard this said many times in church, wait on the Lord. Spend time with God.

The challenge is that many times the person teaching may introduce her or his preferred way of connecting with God as **THE** way. This then either puts people on a pointless fruitless quest to find God THAT WAY or switch them off all together.

For some reason, God seems to wait for me to get in the shower to talk with me! Other times it's been in my dreams or when I'm least expecting Him to talk. Do not get me wrong, The Lord communes with me during my Bible reflection times but He also talks with me in the everyday mundane things I do.

In other words, do not confine God to a religious time or place. He can commune with you any time.

So, **find your own spiritual WIFI spot** where the frequency of Heaven is strongest. What calms your mind, body and heart? Swimming, running, showering, resting on a luxury sofa, sitting in the garden, walking in the park, music with your headphones on, meditating in the Word, your waking moments, sitting along in a room, driving, library quietness....?

You cannot be a true Christian and not commune with God. It's a paradox or oxymoron to say a Christian who does not know God exists. It is impossible.

²⁷ The sheep that are My own hear My voice *and* listen to Me; I know them, and they follow Me.
John 10:27.

#2- WORD OF GOD

⁶³ *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

¹² *For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.*

Hebrews 4:12

One of the indispensable things for a successful Christian life is the Bible. As the writings are not 'man made' but spiritual, we would be foolish not to digest its contents. During the first series, we introduced you all to THE BLUE LETTER BIBLE APP. You may prefer another type of Bible study App, but we suggest strongly that you ensure you have **a Bible Study tool**.

Bible Study is like having wood logs chopped up and ready for the fireplace. Many Christians fool themselves that they have the Word because they listened to someone else preach or teach. Until



CITY CHAPEL

SCHOOL OF MINISTRY

they themselves can teach or preach that same sermon or word, it has not been digested. Bible Study helps you ingest the Word of God and builds up your spirit.

#3- SPIRITUAL SONGS

¹⁸ And do not be drunk with wine, in which is dissipation; but **be filled with the Spirit**, ¹⁹ speaking to one another in **psalms** and **hymns** and **spiritual songs, singing and making melody in your heart** to the Lord, ²⁰ giving thanks always for all things to God the Father in the name of our Lord Jesus Christ,
Ephesians 5:18-20

The Book of Psalms is testament to the importance of worship, praise, thanksgiving and singing in the spiritual life of believers. If you do not like music of any kind, then Heaven might not be the place for you.

⁸ And the four living creatures, each one of them having six wings, are full of eyes all over and within [underneath their wings]; and day and night they never stop saying, "HOLY, HOLY, HOLY [is the] LORD GOD, THE ALMIGHTY [the Omnipotent, the Ruler of all], WHO WAS AND WHO IS AND WHO IS TO COME [the unchanging, eternal God]."
(Rev 4:8)

Find your own type of music and use it to worship God and Praise Him. Much of the music around caters for the soul and excites the body. Have you ever danced before the Lord like David (2 Samuel 6:14)? Worship songs that exalt God, praise Him, or thank Him takes your eyes off yourself and focuses them on God. These are spiritual songs. Hymns generally are pointed towards God and what He has done. These types of music or singing charge up your spirit man.

#4- PRAYING IN THE SPIRIT

²⁸ Now it came to pass, about eight days after these sayings, that He took Peter, John, and James and went up on the mountain to pray. ²⁹ **As He prayed**, the appearance of His face was altered, and His robe became white and glistening
Luke 9:29

¹⁴ For if I pray in a tongue, **my spirit prays**, but my understanding is unfruitful. ¹⁵ What is the conclusion then? I will pray with the spirit, and I will also pray with the understanding. I will sing **with the spirit**, and I will also sing with the understanding.
1 Corinthians 14:14-15

²⁰ But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit,
Jude 20

² For he who speaks in a tongue does not speak to men but to God, for no one understands him; however, in the spirit he speaks mysteries. ³ But he who prophesies speaks edification and exhortation and comfort to men. ⁴ He who speaks in a tongue **edifies himself**, but he who prophesies edifies the church.
1 Corinthians 14:2-4

Praying by the spirit is a collaboration of the Holy Ghost and the inner man working together in tandem. It is not a mental exercise par se even though it may utilise the mental faculties. Praying in tongues generally does not involve the mind.



CITY CHAPEL

SCHOOL OF MINISTRY

#5-OBEYING THE HOLY SPIRIT

¹⁴ For as many as are led by the Spirit of God, these are **sons** of God.
Romans 8:14

Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit ^[a] into the wilderness,
Luke 4:1

There is a big difference between hearing the voice of God and obeying it. Sheep hear and respond by following whilst 'goats' hear but do their own thing. Those who hear and obey grow into 'sons' whilst those who don't remain children. The term sons, means to have a heart to learn and know God's heart and ways and to be engaged in His agenda for His Kingdom. Children take or consume whilst sons contribute and participate.

#6- TESTIFYING, PREACHING, PROPHECYING

¹⁹ But when they deliver you up, do not worry about how or what you should speak. For it will be given to you in that hour what you should speak; ²⁰ for it is not you who speak, but the Spirit of your Father who speaks in you.
Matthew 10:19-20

The Spirit of the LORD spoke by me,
And His word was on my tongue.
2 Samuel 23:2

⁸ Then Peter, filled with the Holy Spirit, said to them, "Rulers of the people and elders of Israel:
Acts 4:8

The more you allow the Holy Spirit to use you to speak and minister to others, the more you are flowing in the Spirit. Some have used the term 'anointing' for this phenomenon. It is a surrendering of yourself to the greater one who resides in your spirit. Every Christian can flow in the Spirit.

The preachers and teachers as well as church leaders cannot take the place of the Holy Spirit. So, sitting down in the pew and feeding off the Pastor is scriptural if that prompts you to do the same in your own sphere. Jesus taught His disciples and then sent them out to do the same. This is the spirit of discipleship which needs to return to the church.

#7- COMMUNION

³⁵ And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.
John 6:35

⁵³ Then Jesus said to them, "Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. ⁵⁴ Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day. ⁵⁵ For My flesh is ^[a] food indeed, and My blood is ^[b] drink indeed. ⁵⁶ He who eats My flesh and drinks My blood abides in Me, and I in him.
John 6:53-55

HOMEWORK

Reflect on yourself this week and find out the ways you are geared to hear God speak to you. The types of music you really love and how to use these to worship God.