

# BUILDING A STRONG SPIRIT

---

TRAINING MANUAL

---



MIKE CONNELL

# TABLE OF CONTENTS

---

<b>1. The Design And Functions Of The Human Spirit</b>	
1.1 The threefold nature of man	6
1.2 Key functions of the human spirit	11
<b>2. The Need To Develop a Strong Spirit</b>	
2.1 The human spirit can be strengthened	15
2.2 The benefits of developing your spirit man	19
2.3 For discussion	20
<b>3. The Benefits And Blessings of Praying In Tongues</b>	
3.1 The benefits & blessings of praying in tongues	22
3.2 For discussion	29
3.3 Some tongues activations:	30
<b>4. Meditation Upon the Word Of God</b>	
4.1 What is meditation?	32
4.2 Meditation and imagination	33
4.3 The benefits of meditation	36
4.4 Practical keys to meditation	38
4.5 Issues that can hinder meditation	39
4.6 For discussion	40
<b>5. Engaging The Presence Of God</b>	
5.1 Review:	42
5.2 Pressing through obstacles to engage God	44
5.3 Keys to pressing through to engage God	46
5.4 For personal reflection and application	50
5.5 Activations	51

## **6. Waiting Upon the Lord**

6.1	God desires to impart his strength to us	53
6.2	What does it mean to “wait upon the Lord?”	54
6.3	How do I “wait on the Lord?”	56
6.4	For personal application	61

## **7. Process Unresolved Issues of the Heart**

7.1	Summary: keys to develop a strong spirit	63
7.2	Issues of the heart	64
7.3	Valleys in the bible	65
7.4	Reasons people get stuck in the valley	67
7.5	Moving from strength to strength	69
7.6	For personal reflection	71
7.7	About the author	74

## Supplementary Video Content

1. The Functions of the Human Spirit  
<https://vimeo.com/873614318>

2. The Need to Develop a Strong Spirit  
<https://vimeo.com/874260171>

3. Praying in Tongues  
<https://vimeo.com/874671935>

4. Meditation on the Word of God  
<https://vimeo.com/876971464>

5. Engaging God's Presence Through Worship  
<https://vimeo.com/878148389>

6. Waiting Upon the Lord  
<https://vimeo.com/879352335>

7. Processing Issues of the Heart  
<https://vimeo.com/880391786>

# 1

## The Design and Functions of the Human Spirit

---

# 1.1

## THE THREEFOLD NATURE OF MAN

---

### 1. OUR THREEFOLD DESIGN

Key Verse: 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.

- We are designed by God to represent Him in the earth and advance His Kingdom
- We are created dual in nature. We can exist in a physical realm and also in the spirit realm
- The spirit realm and the physical realm exist together and overlap one another
- Our physical body is designed to dwell in and interact with the physical realm
- Our spirit is designed to dwell in and exist in and interact with the spirit realm
- There are many beings within the spirit realm, some good and some evil

### 2. YOUR SOUL HAS A SHAPE OR FORM

Key Verse: Luk 16:19

"There was a certain rich man who was clothed in purple and fine linen and fared sumptuously every day.<sup>20</sup> But there was a certain beggar named Lazarus, full of sores, who was laid at his gate,<sup>21</sup> desiring to be fed with the crumbs which fell from the rich man's table. Moreover the dogs came and licked his sores.

<sup>22</sup> So it was that the beggar died, and was carried by the angels to Abraham's bosom. The rich man also died and was buried.

<sup>23</sup> And being in torments in Hades, he lifted up his eyes and saw Abraham afar off, and Lazarus in his bosom. <sup>24</sup> "Then he cried and said, 'Father Abraham, have mercy on me, and send Lazarus that he may dip the tip of his finger in water and cool my tongue; for I am tormented in this flame.' <sup>25</sup> But Abraham said, 'Son, remember that in your lifetime you received your good things, and likewise Lazarus evil things; but now he is comforted and you are tormented.

*a) Notice the rich man*

- Eyes
- Fingers
- Tongue
- Memory
- Concerns

*b) The soul has a distinct shape or form shaped like the body that can be recognised as the person*

- The soul fills the body like a hand in a glove
- The rich man could see and recognise Lazarus clearly as a person with characteristics that could be recognised

*c) Your spirit fills the soul and body and give life to them, but it comes from the breath of God*

- It can be helpful to view the spirit as being an energy or light source that gives life
- Since the spirit belongs to the realm of the spirit it does not conform to the laws of nature
- The spirit is not limited in space and is able to flow beyond the body
- The spirit is not a stagnant structure of shape limited to within the body
- Pro 4:23: Keep your heart with all diligence, for out of it spring the issues of life

**3. SPIRIT, SOUL AND BODY FUNCTION TOGETHER AS A UNIT**

*a) Spirit, soul and body function together as one unit*

- Whatever happens in your spirit affects your soul and your body
- Whatever happens in your soul affects your spirit and body
- Whatever happens in your body affects you spirit and soul
- Emotions and thoughts and will operate in all three areas, body, soul and spirit, and are not confined to the soul only

*b) We are created as whole persons, not divided into three parts*

- The soul fills the body. The spirit fills the soul
- All three parts are integrated and superimposed one upon the other
- It is helpful to think of the body as the physical expression of our invisible existence
- What the body has, the soul has. What the soul has, the spirit has
- We are fearfully and wonderfully made

#### 4. WHAT ABOUT THE HEART?

- Your heart is the core of your being and fountain-head (spring or source) of life

##### *The physical heart*

- The heart is a physical organ which is located at the core of our being
- It pumps blood throughout the whole body

##### *The heart of man*

- Pro 4:23: Keep your heart with all diligence, For out of it spring the issues of life.
- This is the core of who we are. It is the seat of our identity
- The heart is the core of our being, the fountain-head of our life
- The heart is the seat of our desires, faith and purpose

##### *The heart exists throughout the spirit, soul and body*

- Just as the physical heart circulates blood, the heart of man circulates the issues or rivers of life
- The invisible heart draws in good through godly desires and draws in evil through lust
- Whatever the heart draws in then flows out through the soul and body and life
- Wherever the heart of the person is pointed and focussed the life will follow - troubles, difficulties, offences, anxiety? Or love, joy, peace, success, faith?

#### 5. THE FOCUS OF YOUR HEART OPENS DOORWAYS TO THE SPIRIT REALM

Key Verse: Mat 6:21

For where your treasure is, there your heart will be also. <sup>22</sup> "The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. <sup>23</sup> But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!

*Treasure refers to those things we highly value and desire*

- Whatever we focus our attention on and desire our heart draws and becomes attached to, whether good or evil
- The light and darkness referred to here are spiritual in nature

*The eye is the focus of the heart...where your heart and desires and affections are directed*

- Jesus connected singleness of the eye and the heart
- Depending on what we make our focus and set our heart upon we draw into our life from the spirit realm whether good or evil, light or darkness



- It does not just enter our heart but also flows out into every area of our life
- Focusing your heart and desire opens doorways into the realm of the spirit that attracts into your life either light or darkness

Example:

Mat 5:28 But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.

## 6. YOUR SPIRIT CAN FLOW BEYOND YOUR PHYSICAL BODY

*The difference between the spirit of a believer and the spirit of an unbeliever*

Key Verse: Rom. 8:10

If Christ is in you . . . the spirit is alive because of righteousness.

- Both a believer and unbeliever have a spirit that flows within their soul and body
- The spirit of a believer is alive because of the presence of the Spirit of God
- The rivers which flow within a believer are living waters because of the presence of Holy Spirit

*The spirit of a believer is joined to the Holy Spirit*

Key Verse: 1 Co 6:17

But he who is joined to the Lord is one spirit with Him.

- A believer is joined to the Spirit of God and has access to the supernatural life of God
- In a believer there is a union between the spirit of man and the Spirit of God
- The believer is born again, or born from above
- This makes the spirit of a believer different to the spirit of an unbeliever
- An unbeliever has a spirit that gives life to his soul and body
- The spirit of a believer is alive and has access to the very throne room of God

*The Life of your Spirit can flow out from you*

Key Verse: Jhn 7:38

He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water." <sup>39</sup> But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified.

- Your spirit is like an energy source within you giving life to your body and soul
- Your spirit can flow out of you like a river impacting the spiritual atmosphere and the spirits of people in the vicinity
- When your spirit flows outward, the anointing or presence of the Holy Spirit flows out also

*Your spirit is like an energy source and a detector within you*

- You can sense when someone is staring intently at you
- You can feel the presence of some people in the room
- You can feel the presence of people who carry great authority
- How can you feel this?
- Your spirit becomes aware of the spiritual presence of others in the room

# 1.2

## KEY FUNCTIONS OF THE HUMAN SPIRIT

---

Functio - means the purpose for which something has been designed

### 2.1 WHAT ARE THE KEY FUNCTIONS OF THE HUMAN SPIRIT?

#### *(1) To energise your body and keep it alive*

- Jas 2:26 For as the body without the spirit is dead, so faith without works is dead also

#### *(2) To keep your body healthy and energised*

- Pro 17:22 A merry heart does good, like medicine, But a broken spirit dries the bones
- Pro 18:14 The spirit of a man will sustain him in sickness, But who can bear a broken spirit?

#### *(3) To engage in worship and an intimate relationship with God*

- 1 Co 6:17 But he who is joined to the Lord is one spirit with Him.
- Jhn 4:23 But the hour is coming, and now is, when the true worshippers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. <sup>24</sup> God is Spirit, and those who worship Him must worship in spirit and truth."

#### *(4) To receive revelation, and guidance*

- Rom 8:14 For as many as are led by the Spirit of God, these are sons of God
- Rom 8:16 The Spirit Himself bears witness with our spirit that we are children of God
- 1 Co 2:12 Now we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God.

*(5) To provide insight, inspiration and ideas*

- Pro 20:27 The spirit of a man is the lamp of the Lord, Searching all the inner depths of his heart
- Job 32:8 But there is a spirit in man, And the breath of the Almighty gives him understanding
- Psa 77:6 I call to remembrance my song in the night; I meditate within my heart, And my spirit makes diligent search

*(6) To reveal the true inner motivations of the heart*

- 1 Co 2:11 For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God.

*(7) To know people, and be able to connect and engage*

- 2 Co 5:16 Therefore, from now on, we regard no one according to the flesh. Even though we have known Christ according to the flesh, yet now we know Him thus no longer.
- Mrk 2:8 But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, "Why do you reason about these things in your hearts?"
- Mat 9:4 But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts?"

*(8) To empower you to pray and intercede*

- 1 Co 14:14 For if I pray in a tongue, my spirit prays, but my understanding is unfruitful.

*(9) To discern the spirit realm*

- Heb 5:14 But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.
- 2 Ki 6:17 And Elisha prayed, and said, "Lord, I pray, open his eyes that he may see." Then the Lord opened the eyes of the young man, and he saw. And behold, the mountain was full of horses and chariots of fire all around Elisha.

*(10) To minister the life and power of God to others*

- Jhn 7:38 He who believes in Me, as the Scripture has said, out of his heart will

flow rivers of living water." <sup>39</sup> But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified.

- Luk 8:46 But Jesus said, "Somebody touched Me, for I perceived power going out from Me."
- The life and power of the Holy Spirit flows outward from within your spirit like a river
  - Your mind and soul can resist this flow of the Holy Spirit
  - Your body can also resist the flow of the Holy Spirit
  - When your mind is renewed and focussed upon God and your heart is open and yielded the anointing of the Holy Spirit flows through you to minister to needs

### *11. To bless your spouse in sexual intimacy*

- Mat 19:5 and said, 'for this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh' <sup>6</sup> So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate."
- Sexual intimacy involves more than just the body. It involves the souls and spirit
- God's purpose is oneness and that body soul and spirit would be refreshed by sexual intimacy

# 2

The Need to  
Develop a  
Strong Spirit

---

# 2.1

## THE HUMAN SPIRIT CAN BE STRENGTHENED & DEVELOPED

---

### 1. YOUR SPIRIT CAN BE STRENGTHENED

#### A). *John the Baptist became strong in spirit*

Key Verse: Luk 1:80

So the child grew and became strong in spirit, and was in the deserts till the day of his manifestation to Israel.

- “Became strong”...Gk.....krataioo....to become strong, to increase in vigor, become powerful
  - John received a prophetic calling to the nation of Israel
  - To fulfil this calling John needed to grow and develop and prepare for his assignment
- John was not born strong. He intentionally developed his inner man and he became strong
  - To become strong means there is a process of development of strength
  - We don't become strong by someone praying for us but by intentional development

#### B). *Jesus became Strong in Spirit:*

Key Verse: Luk 2:40

And the child grew and became strong in spirit, filled with wisdom; and the grace of God was upon Him.

- “Became strong”...GK ...krataioo...to become strong, to increase in vigor, become powerful, bring forth as an effect or in government, power over self
  - "vigour"...exuberant and resilient strength, substantial effective energy or force
  - Vigour is the complete opposite of passive, lethargic, fragility, feebleness
  - A person who is strong in spirit is resilient in the face of setbacks and difficulties
  - They are energetic and forceful in life and relationships

- Jesus was not born strong in spirit
  - He intentionally developed His inner man and He became strong
  - Jesus embraced a process of developing a strong spirit
- The Holy Spirit was involved in the process of Jesus becoming strong
  - Jesus was filled with wisdom....a precious quality that comes from a relationship with God
  - The grace of God was upon Him.....the grace of God is the empowering of the Holy Spirit to grow and develop
  - Wisdom and grace are qualities that Holy Spirit imparts to us through faith and prayer

### *C. David became Strong in Spirit*

Key Verse: 1 Sa 30:6

Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. But David strengthened himself in the Lord his God.

- David has suffered a massive personal setback
  - His city or refuge burned to the ground
  - His wives and family kidnapped
  - His wealth and finances all stolen
  - His followers disheartened and talking of stoning Him
- How David responded in the face of massive adversity and setback
  - David wept uncontrollably (vs.4)
  - David suffered grief and distress (vs.6)
  - David strengthened himself in the Lord
  - "Strengthen"...to become strong, to become resolute and firm, to prevail, take hold of
- David was able to express his emotions and then arise in spirit and strengthen himself in the Lord
  - God spoke grace, strategy and direction
  - David was able to pursue, overtake and recover all
  - Shortly afterwards David was lifted to become King over Israel (2 Sam.2:24)
  - Your promotion may follow your ability to arise in strength in adversity

## 2. YOUR SPIRIT CAN BECOME SUPERNATURALLY EMPOWERED

Paul's Prayer:

Ep 3:16 that He would grant you, according to the riches of His glory, to be



strengthened with might through His Spirit in the inner man

- Note Paul's prayer for the Ephesians church
  - "Strengthened".....Gk....Krataioo.....to become strong, increase in vigor, become powerful
  - "Might".....Gk....Dunamis.....supernatural power and ability, beyond normal or natural
  - Paul's prayer for the Ephesians is for supernatural energy and strength to flow into their inner man, their spirit so they can live a strong overcoming life
- The part of us needing to be strengthened is our "inner man"
  - It is the inner man that delights in the law of God (Rom.7:22)
  - It is the inner man that needs to be renewed (2 Cor.4:16)
- Paul prayed they would be strong and resilient and energetic and not sluggish, passive and lukewarm in their relationship and walk with God
  - Ephesus was the location of the Temple of Dianna and was a centre for occult and divination
  - For the church to survive and advance the people needed to be supernaturally energized
  - The church needed to be strengthened with might to resist and overcome temptation and persecution and to pursue their mission and assignment
- The Holy Spirit is the source of the church being strong and supernaturally empowered
- We also have a key part to play in becoming strong in Spirit

### 3. YOUR SPIRITUAL SENSES CAN BE DEVELOPED

Key Verse: Heb 5:14

But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.

- Paul is rebuking the church for its immaturity. Instead of being teachers they needed to be established in basic doctrine..."milk and not meat"
  - People do not mature just by coming to meetings but by "exercising their spiritual senses"
- "Senses" - faculties for perceiving, discerning and judging
  - We have natural senses which enable us to interact with the physical realm around us
  - Five natural senses: see, hear, taste, touch, smell
  - Our senses pick up signals and transmit them to the brain where we process and interpret them
- We also have spiritual senses which enable us to interact with the realm of

the spirit

- We have the senses but they can remain undeveloped. Senses must be exercised
  - “Exercised”....Gk .Gumnazo....to exercise naked, to train for the public games, exercise rigorously, become proficient by constant practice
  - Our spiritual senses enable us to interact with the realm of the spirit
- 
- Spiritual senses are developed and strengthened by regular practice
  - “By reason of use”...through habitual practice, vigorous exercise or training
  - We can learn to become proficient at
    - Seeing in the spirit
    - Hearing the voice of Holy Spirit
    - Tasting or experiencing God and engaging with Him
    - Smelling or discerning good and evil
    - Touching the presence and heart of God

# 2.2

## THE BENEFITS OF DEVELOPING YOUR SPIRIT MAN

---

1. We usually don't do things that require effort and perseverance unless we can see and experience the benefits

Key Verse: Eph 3:16

That He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, <sup>17</sup> that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, <sup>18</sup> may be able to comprehend with all the saints what is the width and length and depth and height—<sup>19</sup> to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

<sup>20</sup> Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, <sup>21</sup> to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.

2. What are some of the benefits of developing a strong spirit?
  1. Increase in the tangible presence of the Holy Spirit in our lives (vs17)
  2. Increasing revelation of the Father's love for us (vs17)
  3. Consistent filling with the Holy Spirit (vs19)
  4. Increased sensitivity to the Holy Spirit (vs19)
  5. Empowerment to discover and fulfil the unique assignment of God for us (vs20)
  6. Ability to release the power of God to others (vs20)
  7. Ability to arise in your spirit in the face of adversity, setbacks or warfare (vs.16)

# 2.3

## FOR DISCUSSION

---

1. Did you ever have an experience when you felt overwhelmed?  
How did it affect you?
2. Why do you think John the Baptist needed to develop a strong spirit?
3. What kinds of opposition do you think Jesus experienced during His life and ministry?
4. How did David turn a devastating experience into a victory?
5. Discuss what being strengthened with might by the spirit might be like?
6. What experience have you had of sensing something spiritually?
7. What are some of the benefits of developing a strong spirit

# 3

## The Benefits and Blessings of Praying in Tongues

---

# 3.1

## THE BENEFITS & BLESSINGS OF PRAYING IN TONGUES

---

### 1. TONGUES ACTIVATES YOUR SPIRIT IN PRAYER

Key Verse: 1 Co 14:14

For if I pray in a tongue, my spirit prays, but my understanding is unfruitful

- Tongues is a distinct language. It is a prayer language
  - When you pray with understanding your voice expresses the thoughts of your mind
  - You express thoughts in words that are audible in the natural physical realm
  - When you pray in tongues your voice expresses the thoughts of your spirit
  - When you pray in tongues your spirit is expressing its voice
- When you pray in tongues your understanding is unfruitful
  - There is no activity in the speech centre of your brain
  - Your mind is not involved in the process
  - The language originates from your spirit man and not from your mind
  - As you pray in tongues the source of inspiration for the words is your spirit
- For effective prayer and engaging God we need to engage the mind also

### 2. TONGUES OPENS A DIRECT FLOW OF COMMUNICATION WITH THE HOLY SPIRIT

Key Verse: Act 2:4

And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance.

- The first outworking of being filled with the Spirit was the overflow of language
  - The Holy Spirit gave them the utterance
  - "Utterance"...Gk ...to speak forth clearly and strongly
- The Holy Spirit imparts language and expression into your spirit as you pray in tongues
  - A flow of communication and yielding to Holy Spirit occurs as you pray

- Your spirit man begins to yield to the Holy Spirit flowing through you
- This is the same flow of communication that is used to operate in the gifts of the Spirit
- You are opening a flow of communication with Holy Spirit

### 3. TONGUES ENERGISES YOUR SPIRIT MAN

Key Verse: Php 2:13

For it is God who works in you both to will and to do for His good pleasure.

- "Work"...Gk...energeo...to energise, to show forth mighty in, to put forth power, display activity
- Words have a spirit quality and carry the power of life or death (Jn.6:63, Prov.18:21)
- As you pray in tongues your spirit man becomes energized with supernatural life
- Your spirit man becomes filled with energy and with life imparted by the Holy Spirit
- Your body and soul are also impacted by praying in tongues
  - Body - becomes energized with life, and may feel spirit sensations
  - Soul - your mind clears and your hearing opens up to revelation
- Eph 3:20 Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us
  - "Power"...Gk...dunamis...supernatural ability
  - "Works"...Gk...energeo....to energize, release energy and life

### 4. TONGUES EMPOWERS YOU IN PRAISE AND WORSHIP

Key Verse: 1 Co 14:15

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.  
<sup>16</sup> Otherwise, if you bless with the spirit, how will he who occupies the place of the uninformed say "Amen" at your giving of thanks, since he does not understand what you say? <sup>17</sup> For you indeed give thanks well, but the other is not edified.

- We are very limited in expression with words of our natural language
- Tongues gives us unlimited expression in harmony with the Holy Spirit
- As we pray in tongues we can express praise and worship in an unlimited flow
- Since the mind is not occupied we can pray as we do other activities and live a life of constant praise and worship

*By praying in tongues we have instant access to the realm of the spirit*

## 5. TONGUES BUILDS YOUR SPIRIT MAN

Key Verse: 1 Co 14:4

He who speaks in a tongue edifies himself, but he who prophesies edifies the church.

- “Edify”...Gk oikodomeo....to build up a house, construct, strengthen
- As you pray in tongues there is a building and strengthening of your spirit
- Your spirit becomes enlarged in its capacity
- Your spirit becomes energized with supernatural life
- The capacity of your spirit enlarges
- Unresolved issues in the soul begin to surface for resolution as you spirit expresses a flow of life

Key Verse: Jud 1:20

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

- “Build”....epoikodomeo.....to build upon
- The context of this is contending again for the supernatural power of God
- Tongues empowers you to be able to release the power of God from within

Key Verse: Luk 6:19

And the whole multitude sought to touch Him, for power went out from Him and healed them all

- You are responsible to build your Spirit man, to develop strength
- Unless you build in the spirit by praying in tongues your spiritual capacity and strength will be limited

## 6. TONGUES ALTERS THE SPIRITUAL ATMOSPHERE

Key Verse: Act 10:46

For they heard them speak with tongues and magnify God.

- “Magnify”.....gk... megaluno...to make great, to enlarge

Key Verse: 1 Co 14:16

Otherwise, if you bless with the spirit, how will he who occupies the place of the



uninformed say "Amen" at your giving of thanks, since he does not understand what you say? <sup>17</sup> For you indeed give thanks well, but the other is not edified.

- When we pray in tongues we magnify God, and we fill the atmosphere with praise
- Natural atmosphere can be clean or polluted
- Spiritual atmosphere can be clean or polluted and defiled by demonic activity
- Praise and worship in the spirit filled the atmosphere with praise and makes room for the Spirit of God to come and make His presence felt
- Sometimes the spiritual atmosphere can be cold and hard with no awareness of the presence of God
- In those times, strong praying in tongues can move the atmosphere and cause demonic spirits to flee away

Key Verse: Ps.8:2

Out of the mouth of babes and nursing infants You have ordained strength, Because of Your enemies, That You may silence the enemy and the avenger.

- "Ordained"...Heb....to establish or appoint
- God has established or appointed praise as a way of changing the spiritual atmosphere
- "Strength"...Heb....might, power, strength
- The impact of strong praying in tongues is to silence demonic activity and voices of accusation

Key Verse: Psa 22:3

But You are holy, Enthroned in the praises of Israel.

- "Enthroned"...Heb..to dwell in, to occupy, to sit down in,

## 7. TONGUES RELEASES A FLOW OF REVELATION

Key Verse: 1 Co 2:11

For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God. <sup>12</sup> Now we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God

- Praying in tongues energises your spirit man and changes the spiritual atmosphere around you
- Tongues also causes your mind to become clear and receptive to inspired

thoughts

- Holy Spirit releases a flow of inspired thoughts into your mind as you pray
- Inspired thoughts begin to drop into your mind. If you focus upon them and receive them then it can turn into a flow of revelation

Key Verse: 1 Co 14:18

I thank God that I speak in tongues more than any of you.

- Paul received more revelation than any other New Testament Apostle. His writings are full of revelation
- Praying in tongues makes room for revelation to flow into your heart and mind

Key Verse: Mrk 14:38

Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."

- Praying in tongues sensitizes us to the impressions of Holy Spirit
- It also strengthens our spirit to overcome our flesh
- It enables us to remain watchful and aware of spiritual pressures and temptations that may come
- When you speak in tongues strongly and suddenly stop, there is a continued flow of thoughts into mind
- Language flows into your mind....inspired thoughts

Key Verse: Pro 20:27

The spirit of a man is the lamp of the Lord, Searching all the inner depths of his heart.

- What kind of revelation flows?
  - Ideas
  - Insights to own life
  - Insights to the Word of God
  - Prophecy

## 8. TONGUES CALLS FORTH THE MYSTERIES OF GOD

Key Verse: 1 Co 14:2 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.

What is a mystery? .... something that is secret, or hidden, or not understood

- When the Bible speaks of mysteries, it refers to issues surrounding the Kingdom of God and also the will of God for our lives
- Mrk 4:11 And He said to them, "To you it has been given to know the mystery of the kingdom of God; but to those who are outside, all things come in parables
- God has plans for our life that are a mystery in that they are initially concealed from us
- You are the one who does not understand, you are the one who needs to know
- God desires that we seek him and discover the things that He has planned for us

Key Verse: Pro 25:2

It is the glory of God to conceal a matter, but the glory of kings is to search out a matter.

- When we pray in tongues we declare the will of God for our life under the inspiration of Holy Spirit
- We can pray and speak forth the will of God for our life and ministry as we pray in tongues
- We are to steward the mysteries of God
- When you pray in tongues:
  - You speak to God vs 2...prayer and praise
  - You speak to yourself vs...28, speak revelation into your spirit

## 9. TONGUES TRIGGERS AND ASSISTS INTERCESSION

Key Verse: Rom 8:26

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.

- What is Intercession?
  - Intercession is the role of a priest
  - It is the work of a priest to come before God on behalf of man and to speak forth and release blessing from God to man
- "Infirmities"...to be weak, to lack strength or ability
  - When praying for others we lack understanding of the real needs and issues and we need the Holy Spirit to help and assist us as we pray
- "Helps"...to take hold together with, to assist
  - Tongues bypasses our natural mind and reasoning and enables us to pray in harmony with the will of God
  - As we yield to Holy Spirit by praying in tongues it can lead to much deeper

expressions of prayer like a woman giving birth

- Eph 6:18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—
  - Praying in tongues enables us to develop a constant life of prayer and sensitivity to Holy Spirit

## 10. TONGUES FILLS YOU WITH THE HOLY SPIRIT

Key Verses: Act 2:4

And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance.

Act 13:52

And the disciples were filled with joy and with the Holy Spirit.

- Praying in tongues is connected with being filled with the Spirit
- As we yield to Holy Spirit in prayer our inner life becomes filled with the Holy Spirit
- Every believer needs to be daily and constantly filled with the Spirit
  - Stay constantly energized with the presence and power of God
  - Be prepared and able to release the power of God to people
  - Remain fresh and avoid stagnating spiritually
  - Avoid becoming spiritually dry and without joy, religious
- Praying strongly and consistently in tongues keeps us open to fresh encounters with Holy Spirit
  - Sometimes you may encounter resistance
  - Pray strongly until the resistance subsides and the flow takes place

# 3.2

## FOR DISCUSSION

---

1. What part of this teaching impacted or impressed you the most?
2. Why did it impact you?

### FIRST ACTIVATION

1. Have you been baptised in the Spirit yet?
2. Are you able to speak in tongues?

*Pray for people to receive Baptism in the Spirit and gift of speaking in tongues*

# 3.3

## SOME TONGUES ACTIVATIONS:

---

1. Pray strongly in tongues
2. Clap and shout and move Ps.47:1
3. Pray clearly in tongues - speak, articulate, don't mumble
4. Move your body as you pray, overcome body resistance
5. Pray strongly and identify sensations
  - Energy
  - Resistance
  - Awareness of presence
  - Thoughts
6. Speak in tongues strongly and suddenly stop....sense the overflow or thoughts
7. Pray as you read the Bible
8. Pray to build self ... arise within
9. Pray tenderly and worship ... conscious of presence
10. Pray in a new language
11. Pray and declare mysteries
12. Pray and interpret....focus mind on god and become aware of thoughts
13. Pray and release power

# 4

## Meditation Upon the Word of God

---

# 4.1

## WHAT IS MEDITATION?

---

### 1. MEDITATION IS A KEY TO DEVELOPING A STRONG SPIRIT

Key Verse: Psa 1:2

But his delight is in the law of the Lord, And in His law he meditates day and night.  
<sup>3</sup> He shall be like a tree planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.

- Biblical meditation leads to our personal life flourishing and being fruitful
- Eastern meditation involves making the mind empty, a vacuum
- It seeks to cease all thoughts and personal effort and empty self
  
- Meaning of "meditate":
  - To revolve in the mind over and over
  - To imagine, picture the reality of something
  - To murmur
  
- Biblical meditation intentionally focusses the mind and imagination on the word and person of God
  - Psa 119:15 I will meditate on Your precepts, And contemplate Your ways.
  - Psa 119:16 I will delight myself in Your statutes; I will not forget Your word.
  - It is the opposite of Eastern meditation which is passive
  - It requires that we actively focus on and engage the Word of God



# 4.2

## MEDITATION AND IMAGINATION

---

### 1. WHAT IS IMAGINATION?

- Imagination is a faculty of your heart/spirit
- Gen 6:5 And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually.
- Luk 1:51 He has shown strength with His arm; He has scattered the proud in the imagination of their hearts.
  - Your heart has thoughts
  - These thoughts can be seen in your imagination as pictures or visual images

*Imagination is a creative faculty of the heart*

- The ability to create images of things not physically present
- The ability to represent images of things previously seen or experienced (memories)
- The ability to create images of things not yet seen or experienced  
Eg. A building...first imagine, and then create and bring into reality  
Eg. A piece of art.....first imagine and then create and bring into reality  
Eg. Creation...first imagined by God and then created and brought into reality

### 2. PROPHETIC REVELATION IS RECEIVED IN YOUR IMAGINATION

Key Verse: Act 2:17

'And it shall come to pass in the last days, says god, that I will pour out of my spirit on all flesh; your sons and your daughters shall prophesy, your young men shall see visions, your old men shall dream dreams.

- God communicates prophetically through dreams and visions
- These are received in a persons spirit and then seen in their imagination

*Seeing spiritual realities takes place in your imagination like a movie on a screen*

- The Holy Spirit projects the image onto the screen of your imagination where you "see" it
- Imagination is a doorway to the realm of the spirit.

- Whatever controls your imagination will control your life

### 3. IMAGINATION IS NOT THE SAME AS FANTASY

- When people think of 'imagination' they think it imagination is 'not real'
  - "You just imagined that...it is not real"
  - Imagination can be used to create pictures or images of things not physically present
- Movie directors use images and music to engage and stir your imagination
  - Information is abstract. It does not impact you
  - Images that you see and feel and experience have great impact upon you
- Fantasy is an image or sequence of images created in your imagination
  - People can retreat or escape in to fantasy as a way of avoiding reality and responsibility
  - Fantasies usually have the person in the role of the hero
  - Fantasies can become idols that corrupt and defile
- Fantasies can abuse the imagination and open a door to demons
  - Eg. Pornography, video games
  - Mat 5:28 but I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.
  - Fantasy: evil imagination + lust (desire) = adultery in heart
  - Fantasy can open the door to demonic spirits to enter and express in the physical realm

### 4. MEMORIES REPLAY IN YOUR IMAGINATION

- The experiences that we remember are not abstract
- We experience memories in a visual form in our imagination
- Memories contain:
  - Pictures of an event or experience
  - Feelings associated with that experience
  - Reactions we made at that time
- Trauma experiences can be triggered in our imagination
  - Sights, sounds, smells, places, people can trigger major reactions
  - People do not remember abstract information, they remember concrete images
  - The imagination displays the event and triggers the emotions of that event
  - Old trauma images that are unresolved continue to empower judgments and ways we see ourselves

## 5. MEDITATION AND IMAGINATION

- Psa 63:6 When I remember You on my bed, I meditate on You in the night watches.
  - “Meditate”...Hb..hagah...to imagine, to utter, to ponder, to murmur
- 1 Ti 4:15 Meditate on these things; give yourself entirely to them, that your progress may be evident to all
  - “Meditate”...Gk.meletao...to imagine, to rotate in the mind, to ponder, give deep consideration to
- In meditation we can use our imagination to picture or visualise spiritual realities
  - We meditate on the Word of God and picture it as a reality, as present and real now
  - We welcome and embrace the truth as a friend
  - We can meditate on truth and be filled with light
  - We came meditate on lies and be filled with darkness
  - Everyone meditates to some extent. We can be intentional in our meditation
- Meditating upon the Word of God established the truth in our heart
- Meditating in the Word of God feeds our spirit and strengthens it
- 1 Jn 2:14 I have written to you, fathers, Because you have known Him who is from the beginning. I have written to you, young men, Because you are strong, and the word of God abides in you, And you have overcome the wicked one.

# 4.3

## THE BENEFITS OF MEDITATION

---

Meditation causes us to focus our inner man towards God and His Word

Here are four practical ways that meditation on the Word of God will benefit you:

### 1. REVELATION - GAIN INSIGHTS TO SCRIPTURE

Eph 1:17 that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, <sup>18</sup> the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,

- I don't think so just and perfect will of God
- "Transformed'...Gk.. metamorphoo.... a total transformation of your life
- "Renewing".....Gk ..anakainosis.....a renovation
- Thoughts are recorded in the cells and neural pathways in the brain
- Toxic thought patterns develop neural pathways that look like stunted thorny trees
- When we focus upon these thoughts, those "thorny trees" come alive and we can either welcome and reinforce them or we can choose to reject and destroy them by welcoming new thoughts
- Meditation on truth established new neural pathways in the brain

### 2. ENCOUNTERS - EXPERIENCE ENCOUNTERS WITH GOD

I was in the Spirit on the Lord's Day, and I heard behind me a loud voice, as of a trumpet

- Meditation brings a focus of the eyes of the inner man on spirit realities
- Whatever we focus our eyes and heart upon we open our life to and engage
- Focussing the inner man is a key way we engage the spirit realm
- Meditation on the Word of God can lead to encounters with God
- Once the encounter begins there is a flow of revelation like a movie

### 3. SUCCESS IN LIFE AND MINISTRY

Jos 1:8 This Book of the Law shall not depart from your mouth, but you shall meditate

in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

- “Prosperous”.....to push forward, succeed in what you do, break out
- “Success”.....to act wisely and with understanding

1 Ti 4:14 Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the eldership. <sup>15</sup> Meditate on these things; give yourself entirely to them, that your progress may be evident to all.

- Meditation is a significant key to progressing and advancing in the use of spiritual gifts
- Meditate and give yourself.... A devotion inwardly and outwardly to advancing
- Meditation results in manifestation
- The outcomes of the inner development of your spirit is visible to others

# 4.4

## PRACTICAL KEYS TO MEDITATION

---

1. Select a scripture and memorise it
2. Ask Holy Spirit to reveal truth through the scripture (John.16:13)
3. Activate your spirit by praying in tongues (1Cor.14:14)
4. Picture the scripture
  - Imagine the details of the situation or story
  - Take your time...slowly
  - What does it look like?...imagine
  - Imagine the details
  - What does this feel like?
  - Welcome and embrace the truth you are seeing
5. Maintain focus on the picture, train your mind not to wander
6. Tune into the spontaneous flow of thoughts, images and feelings
7. Pray or speak forth the Word of God
8. Repeat regularly to establish new neural pathways

### NOTE:

- The mind does not relate to negatives or to something abstract
- God is love .... abstract
- The prodigal son being loved.....concrete
- The good shepherd.....concrete
- The leper healed.....concrete

# 4.5

## ISSUES THAT CAN HINDER MEDITATION

---

### 1. HINDRANCES TO MEDITATION AND USE OF IMAGINATION

- Defilement of imagination by trauma
- Inner vows to shut down imagination
- Defilement of imagination by pornography
- Visual saturation of imagination by media
- Over use of mind to reason everything

### 2. HINDRANCES NEED TO BE REMOVED

- Acknowledge there is a hindrance
- Identify the cause of the hindrance
- Removed of the defilement or hindrance
  - Repentance
  - Forgiveness
  - Breaking soul ties
  - Deliverance

# 4.5

## FOR DISCUSSION

---

1. What most impacted you in this teaching? Why?
2. In what ways does meditation benefit our personal spiritual life?
3. What are the promised benefits of meditation found in Psalm 1?
4. How does biblical meditation differ from Eastern meditation?
5. In what ways does meditation benefit us?
6. What would be your greatest hindrance to meditation?
7. What could you do to minimise this?



# 5

## Engaging the Presence of God

---

# 5.1

## REVIEW:

---

### The Difference Between Praise and Worship

#### 1. DEFINITION OF PRAISE

- Praise - To express warm approval of, gratitude to, commendation for, or admiration for
- Praise; there are seven different words in the Bible all translated as praise but expressing different aspects of what praise means
- Praise means to declare aloud and honour the character, the glory and the mighty works of God
- Praise originates from a heart of humility and thankfulness to God
- Praise is expressed with loud celebration and joy using singing and instruments
- Praise is an action expressing our faith and trust in God and His goodness
- Praise is our pathway into the presence of God

#### 2. DEFINITION OF WORSHIP

- Worship - To have and express feelings of love, devotion and adoration to God
- Worship; Greek..proskuneo...to kiss the hand affectionately, to kneel or bow in reverence
- Praise; we actively build an atmosphere of celebration through singing and music and declaration
- The purpose of our praise is to bring us into the awareness of the presence of God and worship
- Worship; we respond to becoming aware of the presence of Almighty God, by surrendering to Him, affectionately loving Him and listening to Him
- When we surrender our lives and activities to God, then all our daily activities become an act of worship

#### 3. DIFFERENCES BETWEEN PRAISE AND WORSHIP

##### (i). *Praise can be distant*

- We may be very expressive but not feel or be aware of the presence of God
- Worship is intimate and involves experiencing the presence of God

*(ii). Praise can be seen and heard. It is usually loud and energetic*

Worship isn't not always visible to others. There is a strong inner awareness of the presence of God

*(iii). Praise usually involves faster songs and a strong beat*

Worship is slower, softer and gentle. Its focus is intimate connection

*(iv). Praise speaks about God and His works, declaring and celebrating them*

- Worship is always directed to God. It speaks to Him personally. God desires us to worship Him in spirit and in truth (John 4:23-24)
- Praise prepares us to break through our fleshy resistance and engage with our spirit

# 5.2

## PRESSING THROUGH OBSTACLES TO ENGAGE GOD

---

### 1. THE NEED TO PRESS THROUGH HINDRANCES

- God has done everything needed for us to enter and enjoy a deep relationship with Him
- Jesus prayed that we would experience the same relationship and love of the Father that he enjoyed constantly (Jn.17:26).
- There are many obstacles and hindrances to us engaging and enjoying God as He desires. Examples include:
  - Physical distractions
  - Our body
  - Our thoughts
  - Our emotions
  - Spiritual resistance
- We must be determined to press through these obstacles and engage God intimately

#### *Example: woman with the issue of blood*

Luk 8:43 Now a woman, having a flow of blood for twelve years, who had spent all her livelihood on physicians and could not be healed by any, <sup>44</sup> came from behind and touched the border of His garment. And immediately her flow of blood stopped.

<sup>45</sup> And Jesus said, "Who touched Me?" When all denied it, Peter and those with him said, "Master, the multitudes throng and press You, and You say, 'Who touched Me?' "

<sup>46</sup> But Jesus said, "Somebody touched Me, for I perceived power going out from Me."

- The woman was plagued with an issue of blood for twelve years and it could not be healed
- She came to Jesus with desperation and pressed through the crowd to touch Him and be healed of her incurable condition
- She pressed past the shame that she felt to engage Jesus
- She pressed past possible recognition and abuse from the crowd
- Her faith and persistence in pressing past the obstacles released a life changing encounter
- Her story teaches the need to hunger and press past every obstacle to experiencing the presence and power of God

*Example: The Canaanite woman*

- Math.15:22-28.
- Jesus commended her faith that persevered in pressing past obstacles to obtain her miracle

*Example: The woman and the unjust judge*

- Luke 18:1-8
- Jesus commended her faith that persevered in pressing past continued resistance
- We must be determined to press through obstacles to engage God's presence and power

## 2. THE NEED FOR FOCUS

- What is focus?
  - To converge on or toward a central point of focus
  - To adjust one's vision or an optical device so as to render a clear, distinct image
  - To concentrate attention or energy
- Engaging a person in conversation
  - When you focus your attention upon a person in order to hear and understand them, a mutual feeling or sense of connection is experienced
  - As soon as one person becomes distracted, the focus is broken, and the sense of connection immediately ceases
  - The sense of connection can only be present if your attention is focussed
- Engaging God in conversation
  - In order to experience a sense of spirit to spirit connection with God, we must give Him our focussed attention
  - There are many ways that our attention can be distracted and fellowship broken
  - The greatest challenge in worship and prayer is to establish and maintain focus upon Him
  - Every believer must learn how to press through every distraction and obstacle that keeps us from experiencing intimacy with God
- Pressing in to experience God and engage spirit to spirit will take time, effort, and focus

# 5.3

## KEYS TO PRESSING THROUGH TO ENGAGE GOD

---

### 1. WE ARE DESIGNED BY GOD TO HAVE A BODY, SOUL, AND SPIRIT

- We are a spirit being, with a soul, and living in a body (temple), (1 Thess.5:23).
  - Our body has five senses with which we interact with the physical world around us
  - Our soul consists of our mind, will and emotions with which we think, choose, and feel
- It is our spirit that is connected to the Holy Spirit and which enables us to communicate with God
- We are commanded to love God with all our heart and soul, and mind and strength (Mk.12:30)
  - When our body is passive, our soul distracted, there is no flow of life from our spirit
- We must choose with our will to arise in our spirit, focus our soul, and activate our body

### 2. WE MUST PRESS IN WITH OUR BODY TO ENGAGE GOD

- Our body enables us to connect and interact with the world around us
  - Our body longs for food, drink, pleasure, and sleep
  - Our body resists spiritual activity
- When we give ourselves to physically express praise we are taking dominion over our body
- Standing, moving to the music, dancing, clapping, strongly singing or shouting all stir our body into action and redirect our attention towards the Lord
  - Singing and clapping with music gathers the whole church into unity in praising the Lord
  - Don't be that one that folds their arms and is silent and passive and independent
- Make a decision to wholeheartedly participate in praise..."Love the Lord with all your strength"

### 3. WE MUST PRESS IN WITH OUR MIND TO ENGAGE GOD

Key Verse: Col 3:2

Set your mind on things above, not on things on the earth.

- Our mind is very easily distracted and drifts towards many other things as we try to worship
- Many thoughts can invade our mind as we attempt to engage and worship

Example:

- Condemnation: thoughts that condemn us, that we are "not good enough"
  - Rejection: thoughts that we are unacceptable because of our weaknesses or failures
  - Unclean: thoughts that are unclean or perverse that unexpectedly invade
  - Worries: thoughts that worry us...family, finances, work, relationships, sickness
  - Distractions: people, environment, mobile device
  - Offences: Thoughts about people that hurt us or that we disagree with
  - Unbelief: thoughts that cause us to doubt and not enter in and experience God
- Thoughts originate from somewhere...often from evil spirits assigned to frustrate our worship, by invading our mind with distracting thoughts and feelings
    - We can overcome these thoughts and press through them by rebuking the thought, fixing our mind on Jesus, and actively participating in strong praise....sing, clap etc.
    - In order to engage God in our spirit we must intentionally keep our mind focussed upon the Lord, or we never really engage and become intimate with Him
  - Make a decision to wholeheartedly praise and to fix your mind on Jesus
  - Use your imagination....Use a scripture to focus mind upon

### 4. WE MUST PRESS IN WITH OUR WILL TO ENGAGE GOD

Key Verses:

Psa 34:1 I will bless the Lord at all times; His praise shall continually be in my mouth.

Hab 3:17 Though the fig tree may not blossom, Nor fruit be on the vines; Though the labor of the olive may fail, And the fields yield no food; Though the flock may be cut off from the fold, And there be no herd in the stalls

Hab 3:18 Yet I will rejoice in the Lord, I will joy in the God of my salvation.

- Many people live and respond from their feelings and circumstances rather than live by faith
- We must choose to engage in praise no matter what our feelings or circumstances
- When we struggling with circumstances or feelings it is a sacrifice of praise that pleases God
- It is with our will that we decide to be complacent and passive or to be determined
- We can choose to arise and overcome the obstacles to engaging the presence of God
- Determine to press in to engage God no matter what you are experiencing or feeling

## 5. WE MUST PRESS IN WITH OUR EMOTIONS TO ENGAGE GOD

Key Verse: Psa 27:4

One thing I have desired of the Lord, That will I seek: That I may dwell in the house of the Lord All the days of my life, To behold the beauty of the Lord, And to inquire in His temple.

- Many people make decisions based primarily upon their feelings instead of on principle
  - No matter what I feel God is still worthy of our affection and our worship
- Feelings can change.... Eg: We can feel sad, hurt, angry, fearful, anxious, burdened
  - We cannot allow our feelings to control our decision to press into the presence of God
  - Our feelings frequently will change if we make the decision to press into God

Example: Paul and Silas

Act 16:24 Having received such a charge, he put them into the inner prison and fastened their feet in the stocks. <sup>25</sup> But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them.

- Paul and Silas had been rejected, beaten with rods publicly and bound in chains in a prison
- Certainly they did not feel good emotionally
- They chose to pray and praise the Lord and the power of God was supernaturally released.
  - We must choose to praise God in spite of our emotions
  - We must also choose to praise God with our emotions....to love Him passionately



## 6. WE MUST PRESS IN WITH OUR SPIRIT TO ENGAGE GOD

Key Verse: 1 Co 14:14

For if I pray in a tongue, my spirit prays, but my understanding is unfruitful. <sup>15</sup> 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.

- When we pray or sing in the spirit our spirit is expressing itself in praise and thanksgiving
- Praying and singing in the spirit powerfully energises our spirit and sensitises us to the Holy Spirit
  
- When we overcome the passivity of our body with strong expressions of praise, and we focus our mind upon Jesus and set our heart to engage God our spirit arises within us and becomes alert to the presence of God
  - As we become conscious of His presence, the flow of spiritual activity changes from expressive praise to quieter and more tender worship
  - We may bow down or kneel or become quiet as we feel His presence and begin to hear His voice in our spirit
  
- It is important not to draw back but to hunger to engage Him more deeply by worshipping Him
  - As we experience His presence we worship and begin to flow with the movement of His Spirit into deeper worship, or intercession, or listening, or responding
  
- We must choose to actively press through every hindrance and obstacle and to worship God

# 5.4

## FOR PERSONAL REFLECTION AND APPLICATION

---

1. What has the Holy Spirit impressed upon you in this teaching session?
2. Explain the difference between praise and worship
3. Identify and name some common hindrances to engaging God
4. Why did the woman with the issue of blood receive a miracle?
5. Why is it important to focus your attention in engaging another person?
6. How can we press in with our body to engage God? What are some hindrances?
7. How can we press in with our mind to engage God?
8. What are some common distractions?
9. How can we press in with our will to engage God?
10. How can we press in with our emotions to engage God?
11. How can we press in with our spirit to engage God?

# 5.5

## ACTIVATIONS:

---

Try practicing these activations and observe what you experience either positive or negative

1. Clap your hands strong praise for about 30 seconds
2. Shout out in triumph loudly for about 30 seconds
3. Clap and shout and jump in strong praise for about 30 seconds
4. Pray in tongues strongly for about 30 seconds
5. Fix your mind on Jesus and pray strongly in tongues for 30 seconds
6. Quiet down and begin to quietly express your love and longing for Him

# 6

## Waiting Upon the Lord



# 6.1

## GOD DESIRES TO IMPART HIS STRENGTH TO US

---

### 1. PAUL'S PRAYER

Eph 3:16 that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man

- Paul prays specifically that believers would be
  - “Strengthened”.....Gk...krataioo....become strong, empowered, increased in vigor, grow in strength
  - “With might” ..... Gk..dunamis....supernatural power, ability, strength that originated from God
- The strength that Paul is talking about is not natural strength or will power but a supernatural strength

### 2. THE SOURCE OF THIS STRENGTH IS THE HOLY SPIRIT HIMSELF

Eph.3:16...through His Spirit

- This supernatural strength is a gift imparted into our inner man
- The “inner man” can refer to either the spirit or heart or both
- This supernatural strength is received by faith
- A key way we receive this strength is by waiting on God

# 6.2

## WHAT DOES IT MEAN TO “WAIT UPON THE LORD?”

---

### 1. WHAT “WAITING” DOES NOT MEAN

- It does not mean “do nothing”, or just wait and see what happens
- Passivity does not come from God
- We are to be proactive in seeking God and His strength
  - Psa 105:4 Seek the Lord and His strength; Seek His face evermore!
  - “Seek”...to seek for carefully, to pursue, persevere in spiking in prayer
  - No team becomes strong waiting in a changing room

### 2. KEY PASSAGE

Isa 40:29 He gives power to the weak, And to those who have no might He increases strength.<sup>30</sup> Even the youths shall faint and be weary, And the young men shall utterly fall,<sup>31</sup> But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

#### *Note the Promise of God*

- He gives power (strength) to the weak (faint, weary, fatigued)
  - “Power”.....Hb...koach.....strength, might, ability, substance
- To those who have no might He increases strength
  - “Strength”. Hb...otmah.....power, might, abundance
- God gives us strength, and also increases what strength we have
  - We must receive this impartation of strength from Him by the exercise of faith and through “waiting on God”

#### *Note the Key Condition*

- “Those that wait on The Lord”
- “Wait”.....Hb...qavar....
- “To wait or look for, to expect, to hope, to look forward to
- “To entwine, to bind together like strands of a rope”
- “To twist together to become one”
- Waiting on God is a process of entwining oneself with God with expectation

until we become one with Him, and His strength fills us to face challenges courageously

- “Renew their strength”.....Hb ...chalaph...
  - To substitute, exchange, change for the better
- Waiting on God is an intentional exchange of what is lacking in our life for God's extravagant supply

### 3. SIMILAR PASSAGES

- There are other passages which also use the same word for “waiting” on God
  - Psa 52:9 I will praise You forever, Because You have done it; And in the presence of Your saints I will wait on Your name, for it is good.
  - Psa 130:5 I wait for the Lord, my soul waits, And in His word I do hope.
  - Psa 37:34 Wait on the Lord, And keep His way, And He shall exalt you to inherit the land; When the wicked are cut off, you shall see it.
  - Psa 27:14 Wait on the Lord; Be of good courage, And He shall strengthen your heart; Wait, I say, on the Lord!
- Each of these passages add to our understanding of what it means to “wait on the Lord”
- “Waiting upon the Lord” includes
  - Time in the presence of God intentionally seeking Him and His strength
  - Holding hope and expectation in the character (name)
  - Holding hope and expectation in the word of God
  - Willingness to bring our life into alignment and obedience (“keep His way”)
  - Maintain courage by holding fast our commitment in the face of adversity
- You can see that there is nothing passive about these actions

# 6.3

## HOW DO I “WAIT ON THE LORD?”

---

*How do I wait upon Him and exchange my weakness for His strength?*

### 1. ENGAGE THE PRESENCE OF THE LORD

- Spend time in prayer engaging with God through praise and worship
  - Pray in the spirit strongly and expectantly
  - Build an atmosphere of praise and gratitude
  - Enter into a time of worship
  - It is important to minister to the Lord and to be unhurried
  - Use appropriate music to assist this process

### 2. BEGIN THE EXCHANGE PROCESS

- “They shall renew their strength” is a process of exchange that involves surrender
- When you become conscious of the presence of God intentionally present yourself to Him
- This process involves:
  - Surrender of Heart, spirit, soul and body intentionally to the Lord
  - Letting go specific weakness, and consciously receiving his strength in that area
  - Confessing and declaring God’s great abilities flowing through you
  - Using the Word of God to make faith declarations

### 3. CONSCIOUSLY AND INTENTIONALLY PRESENT EVERY PART OF YOUR BEING

Rom 12:1 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.

- Be intentional in presenting different aspects of yourself to the Lord
- Do this with expectation of an exchange taking place
- Use the Word of God as you pray and exchange



### *Your heart and its desires and affections*

Col 3:2 Set your affection on things above, not on things on the earth.

- Your heart is the core of your identity , and affections and desires. Whatever has your heart has you
- Consciously present your heart to the Lord and set your affections upon Him
- Let go (repent) from heart defilement. Bring it to the cross and receive in exchange the heart of Christ
- Let go...and receive
  - Let go anger and pride.....receive a meek and humble heart
  - Let go lust and iniquity.....receive a pure and upright heart
  - Let go unfaithfulness and disloyalty.....receive a faithful and loyal heart
  - Let go bitterness and harshness.....receive a forgiving and kind heart
  - Let go weakness and discouragement.....receive a strong and courageous heart

### *Your Will*

Key Verses:

Mat 6:10 Your Kingdom come. Your will be done on earth as it is in heaven.

Php 2:13 for it is God who works in you both to will and to do for His good pleasure

- Your will determines ultimately the choices and decisions that you make, what you say and do
- Be intentional in surrendering your will to the Lord
- If need be acknowledge and repent of rebellion and stubbornness and exchange it for the humility and obedience of Christ
- Call forth the kingdom and will of God to manifest in your daily activities

### *Your mind and thoughts*

Key Verses:

Isa 26:3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.

2 Co 10:5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

- Your mind is the battlefield where spiritual warfare is waged
- Daily we are bombarded with thoughts contrary to God and His word and ways
- Intentionally surrender your mind and thoughts
  - Reject thoughts that resist the knowledge of God
  - Choose to set your mind upon Christ and His words

- Make strong declarations of the Word of God...quote the scripture and then personalise it

### *Your eyes, outer and inner, and ability to see*

Key Verse: Eph 1:17

That the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, <sup>18</sup> the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints

- We have natural eyes and also spiritual eyes
- Pray and surrender your eyes...they eyes of your inner man and outer man to The Lord
- Repent and turn from any defilement and receive the spirit of wisdom and revelation

### *Your Ears and ability to Hear*

Key Verse: Mrk 4:23

If anyone has ears to hear, let him hear." <sup>24</sup> Then He said to them, "Take heed what you hear. With the same measure you use, it will be measured to you; and to you who hear, more will be given. <sup>25</sup> For whoever has, to him more will be given; but whoever does not have, even what he has will be taken away from him."

- We have natural ears and also spiritual ears
- What determines our ability to hear from God is our heart and our response to what we hear
- Surrender the ears of your inner man and outer man to the Lord
- Ask for Him to give you a hearing heart, ears that hear clearly

### *Your Countenance*

Key Verses:

Gen 4:6 So the Lord said to Cain, "Why are you angry? And why has your countenance fallen?"

Rev 1:16 He had in His right hand seven stars, out of His mouth went a sharp two-edged sword, and His countenance was like the sun shining in its strength.

- Your countenance expresses the condition of your heart
- A heart filled with the presence of God will reveal itself as a joyful countenance

- Surrender your heart and countenance to be filled with joy and radiate the joy of The Lord
- Let go (repent) of those things that have stolen joy and receive a joyful heart

### *Your voice and tongue*

#### Key Verses:

Jhn 6:63 It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.

Eph 4:29 Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

- The spoken Word is how God brings spiritual realities and miracles from heaven into the earth
- We desire to speak words that are filled with the Spirit and impart life to others
- Surrender your heart and voice to The Lord
- Repent of words that have been negative and critical and exchange them for words and the spirit of Life to be imparted as you speak

### *Your hands*

#### Key Verses

Act 8:17 Then they laid hands on them, and they received the Holy Spirit.

Mrk 16:17 And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; <sup>18</sup> they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover."

- Hands are symbolic of our works, what we do daily
- Hands are also laid upon people to impart the supernatural life of God
- Surrender your hands, all your works of this day to The Lord and receive His anointing upon all you do

### *Your feet*

#### Key Verse Jos 1:3

Every place that the sole of your foot will tread upon I have given you, as I said to Moses.

- Our feet represent our daily walk, natural and spiritual
- Surrender your daily walk to the Lord exchanging your weakness for His strength

- Daily choose to
  - Walk in love
  - Walk in forgiveness
  - Walk in faith
  - Walk in generosity
  - Walk in authority
  
- These suggestions are ways that you can become conscious or aware of your life and its weaknesses and intentionally bring them to The Lord in exchange for His strength
  
- When we intentionally wait upon The Lord, spending time in His presence, holding onto His Word and exchanging our weaknesses for His strength...a significant change takes place in our life

# 6.4

## FOR PERSONAL APPLICATION

---

1. What impacted you most in this teaching? Why?
2. What was Paul praying that believers would be given?
3. What does it mean to “wait upon the Lord”?
4. What are the benefits of waiting on the Lord?
5. What part of your life would be your priority to surrender to The Lord?  
What do you desire to receive from the Lord in exchange?
6. What do you plan to incorporate in your prayer life after this teaching?

# 7

Process Unresolved  
Issues of The Heart

---

# 7.1

## SUMMARY: KEYS TO DEVELOP A STRONG SPIRIT

---

1. Strong praying in tongues (1Cor.14:4)
2. Meditate in the word of God (Josh.1:8)
3. Engage God in worship (Jn.4:24)
4. Wait upon God (Is.40:31)
5. Obedience: hearing and obeying God promptly (Dt.11:8)
6. Fasting with focus (Mt.17:21)
7. Face adversity courageously (Jam.1:1-5)
8. Resist the devil (Judg.3:1-2)
9. Association with people of faith (Prov.27:17)
10. Resolve issues of the heart (Prov.4:23)

# 7.2

## ISSUES OF THE HEART

---

### *1. The Importance of the Heart*

Key Verse: Prov.4:23 Keep your heart with all diligence, for out of it spring the issues of life.

- We have learned that body, soul, and spirit are all closely connected and that an issue causing pain in one area overflows and affects the other areas
- Unresolved pain and sorrows that we carry leak from our life and undermine our strength
- Developing a strong spirit requires that we also address issues that drain our energy and hinder our freedom
- The life and expression of our spirit must flow through our heart and soul. Hindrances and brokenness in these areas block the flow in these areas drain our strength

### *2. The Valley of Baca*

Key Verse: Psa 84:5 Blessed is the man whose strength is in You, whose heart is set on pilgrimage. <sup>6</sup> As they pass through the Valley of Baca, they make it a spring; The rain also covers it with pools. <sup>7</sup> They go from strength to strength; Each one appears before God in Zion.

- Baca means sorrow or weeping
- The valley of Baca represents grief and sorrow in our life that remains unresolved
- It keeps us in the valley of grief instead of progressing in our walk with The Lord
- God does not intend us to remain in the Valley of Weeping but to process our sorrow and grow from strength to strength



# 7.3

## VALLEYS IN THE BIBLE

---

### 1. What is the significance of a valley?

- A valley is a low-lying land between two mountains or high places
- Valleys were places that battles were fought between the people of God and their enemies
- Each valley mentioned in the Bible relates to experiences in life and where God teaches us lessons that empower us to grow from strength to strength

### 2. Valleys mentioned in the Bible

- There are many valleys mentioned by name in the Bible
- The Hebrew meaning of the name of each valley or the experience that occurred there corresponds to personal experiences that we can have in life

#### *Valley of Baca (Ps. 84:6)*

- Baca ....means weeping or tears
- This valley represents an experience of grief or loss that deeply affects us

#### *Valley of Rephaim (2 Sam.5:18)*

- Rephaim.....means giants
- This valley represents an experience of fear and intimidation, where we see to be confronted by an undefeatable “giant”

#### *Valley of Dry Bones (Ezek.37:1)*

- Dry Bones....A place of death and desolation
- This valley represents an experience where we have lost hope and are separated from friends

#### *Valley of Achor (Josh.7:26)*

- Achor ....means trouble
- This valley represents a painful experience where we have setbacks and trouble because of our sin or the sins of others against us

#### *Valley of Sorek (Jud.16:4)*

- Sorek.....means choice vines, and was the place that Delilah came from to seduce Samson
- This valley represents any experience that has seduced us from the call of God and has cost us our strength and freedom and vision

*Valley of Hinnom (2 Chron.28:3)*

- Hinnom ....means lamentation or deep grief
- It was in this valley that children were offered to the false foreign god Molech
- This valley represents deep grief because of the loss of a child, or the consequences of idols in our life upon our family

*Valley of Gerar (Gen.26:17)*

- Gerar....means dwelling place
- It was in this valley that Isaac dug a well and there was great contention over the well
- This valley represents conflict and reactions to the move of the Spirit in our lives

*Valley of Decision (Joel.3:14)*

- This valley represents any experience where we have a major decision to make that will affect the direction or course of our life

# 7.4

## REASONS PEOPLE GET STUCK IN THE VALLEY OF WEEPING (BACA)

---

### 1. Denial

- People refuse to face the impact of grief and disappointment and trauma in their lives
- They would rather deny and blame than be honest about the pain they have experienced

### 2. Unforgiveness

- Unforgiveness locks us into the pain of the sins of others against us and opens the door to tormenting spirits
- A decision to forgive will release the grace of God to cause us to grow stronger

### 3. Bitter judgments

- These are personal judgments or deep-seated opinions we form about others because of the pain we have experienced through them
- These judgments cause us to reap in our lives the very judgments that we have made against others
- Renouncing and releasing all judgments against people will release the grace of God to us and enable us to break free of the cycles of destruction

### 4. Inner Vows

- These are promises that we make to ourselves to protect ourselves from further hurt and pain
- They usually take the form: "I will never.....be like my father, marry someone like my father etc."
- Renouncing and repenting of inner vows will release the grace of God to us and set us free to open our heart to love

### 5. Grief

- Grief is the process of acknowledging painful loss and accepting the change
- There are multiple sources of grief, frequently as a result of experiences with people
- When we fail to resolve grief, familiar circumstances can trigger the grief and we overreact

- Admitting our grief, grieving openly and releasing it to The Lord releases the grace of God which frees us from the pain and sorrow and fears we have carried

#### 6. False burdens

- False burdens refers to responsibilities that's we have taken up in response to painful experiences that we have had with people close to us, usually family who have failed us
- People pick up responsibilities that belong to others, and which they have neglected, because of fear and desire to control further pain, or because others have placed an ungodly expectation upon them
- Repenting and forgiving those involved releases the grace of God to bring freedom from the burden and the grief with it

#### 7. Trauma impact

- A trauma is an experience that overwhelms us emotionally and leaves a lasting impact upon us
- Unresolved trauma experiences leave people open to demonic torment and grief
- When traumas are faced and resolved we can come out of the valley experience we have lived in

#### 8. Injustice

- Experiences of injustice leave deep grief in the lives of people and tendencies to react in anger or sorrow at any future experiences of injustice
- Admitting the injustice, forgiving and letting it go to The Lord makes room for the grace of God to free us from this valley

#### 9. False Comforts

- A false comfort is anything that we turn to self medicate pain and grief that we are feeling
- False comforts can turn into costly and addictive distractions from resolving the sorrow of injustice
- Admitting the injustice and sorrow, grieving the loss and repenting from the false responsibility can release the grace of God to free us from this valley

# 7.5

## MOVING FROM STRENGTH TO STRENGTH

---

1. God intends us to pass through valleys, and grow ...not remain in them

Psa 84:5 Blessed is the man whose strength is in You, Whose heart is set on pilgrimage.  
<sup>6</sup>As they pass through the Valley of Baca, They make it a spring; The rain also covers it with pools. <sup>7</sup>They go from strength to strength; Each one appears before God in Zion.

- We are to pass through the valley experience, not remain in it
- We are to lean into God, embrace His process, and resolve the issues that drain our strength

2. Surrender control to the Lord

Psa 84:5 Blessed is the man whose strength is in You,

- Strength...the ability to prevail, to gain the victory
- Acknowledge the accumulated and hidden core pain
- Surrender control to the Lord
- Invite Holy Spirit to bring to the surface the hidden issues of the heart

2. Embrace God's process for healing

Psa 84:5 .... Whose heart is set on pilgrimage

- Pilgrimage means a journey, or a process
- To set our heart on pilgrimage means to embrace God's process of healing
- Acknowledge the hidden pain
- Grieve openly and release it to The Lord
- Forgive people from the heart by a conscious decision to let go all debt
- Renounce and cancel any inner vows or bitter judgments, or ungodly attachments

3. Testify what God has done

Psa 84:6 As they pass through the Valley of Baca, They make it a spring;

- A spring is a well or place of life and refreshing for people to come
- When we encounter God's healing presence and love, our sorrow is healed
- When we testify to others what God has done and comfort them in their distress we have made our valley into a well or spring

Psa 84:7 They go from strength to strength

- What our enemy has intended for evil God has turned for good
- We grow from strength to strength when we process painful experiences
- Our faith also goes from strength to strength, from faith to faith

# 7.6

## FOR PERSONAL REFLECTION

---

1. What stood out to you the most in this teaching? Why?
2. How do unresolved heart issues affect our spiritual strength?
3. In what valley have you become stuck? Share your experience
4. What are some reasons people get stuck in a place of grieving over loss
5. Which of these is a challenge for you personally to overcome?
6. What are the key steps for moving out of the valley of grieving?







## About the Author

---



A internationally recognised teacher of the Word, Apostle Mike Connell moves powerfully in prophetic, deliverance and inner healing gifts.

His strong love and sensitivity for God and His people have enabled him to minister and bring great healing to the hurt and broken. A man full of the Spirit and faith, Apostle Mike will open and take you to another level of spiritual encounters with God.

He is sought after all over the world to bring teaching and great moves of God. He has standing yearly appointments teaching in international Bible Schools and impacting many of the worlds leaders in conventions and business conferences.

Mike has a heart for people and is able to bring a wonderful balance

of humour, compassion and truth to his teaching messages. Mike's anointed messages are ones that have affected the hearts of people worldwide.

Mike and Joy Connell were the senior pastors of Ascend Global Church for over 34 years and pioneered 5 other churches. Mike & Joy have seven children and are also very proud grandparents. They both believe in strong family values and this is obvious when you meet them.

Mike and Joy have a unique commitment to pursuing what God would have for their lives and continue to travel the globe ministering to broken hearted people and showing them God's love. Their love of laughter and positive attitudes to life make them dynamic people.