

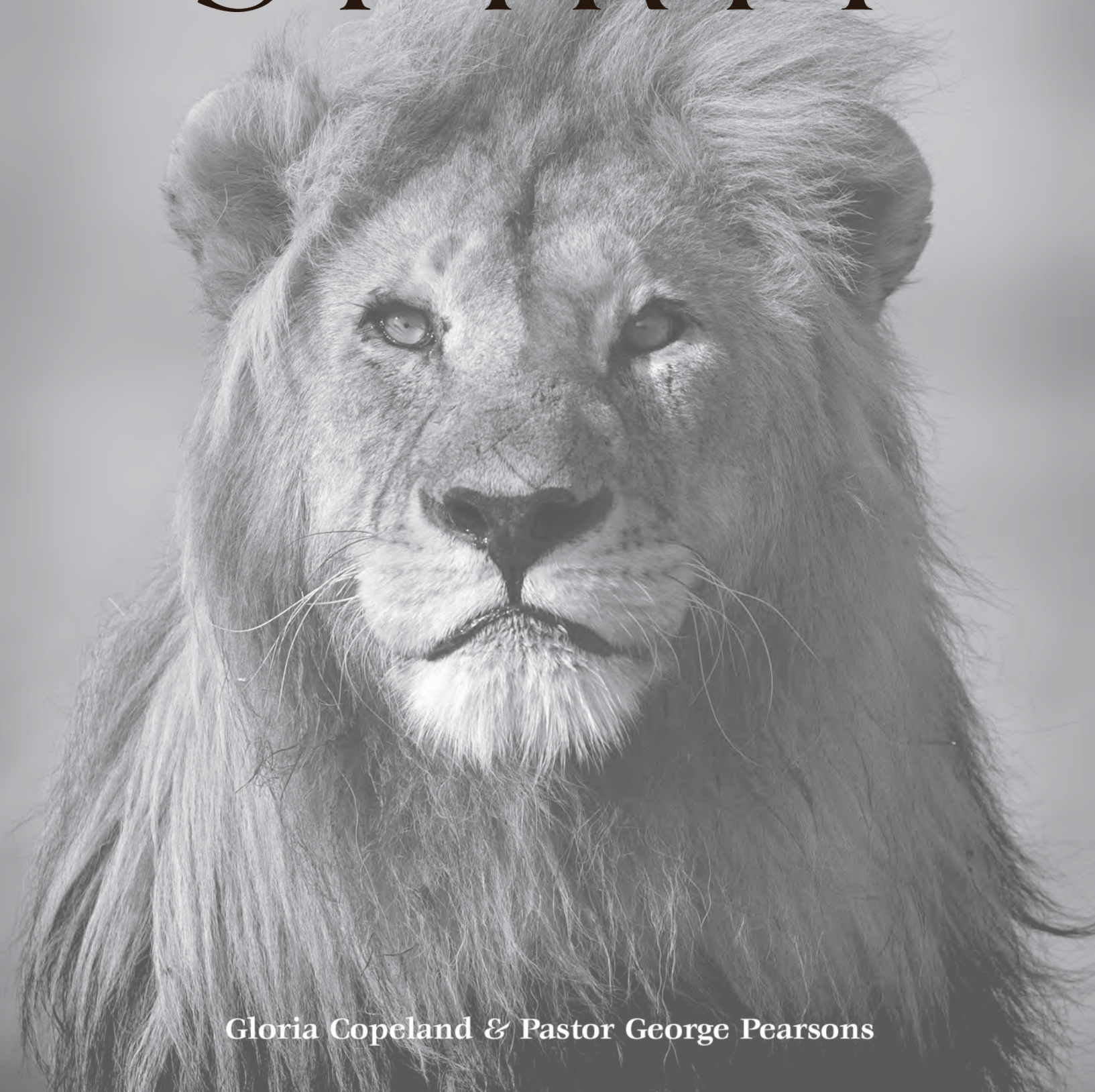
DEVELOPING A **STRONG** SPIRIT

STUDY GUIDE

#10-6056

Gloria Copeland & Pastor George Pearsons

DEVELOPING A **STRONG** SPIRIT



Gloria Copeland & Pastor George Pearsons

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Day 1

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Day 8

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Day 10

Quote from Gloria Copeland, *God's Will for You—Expanded Legacy Edition*, (Fort Worth: Kenneth Copeland Publications, 1972, 2012), pages 48, 40.

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DEVELOPING A **STRONG** SPIRIT

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DEVELOPING A **STRONG** SPIRIT

WHY DEVELOP YOUR SPIRIT?

DAY 1

FOUNDATION SCRIPTURE:

“The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?”

PROVERBS 18:14, AMP

“A strong spirit makes a way for God to move. If you're talking doubt and unbelief, it shuts the door to the supernatural. Having a strong spirit keeps the door open for God to move.”

—GLORIA COPELAND

A. Proverbs 18:14—A Strong Spirit Will Get Us Through Anything

1. AMP: “The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?”
2. A strong spirit will cause us to overcome physical attacks, financial problems, relational difficulties, job/career/ministerial setbacks, emotional challenges—everything the devil throws our way.
3. We can build a barrier, a force field, a wall of protection around us so when the storms of life hit, we stand like a rock—unshaken and unmovable.
4. Our spirits can become so rooted, grounded and established in the Word that we can actually repel disease, stop care, resist sin, override doubt, dissolve offense and block pressure.
5. We can build up our spiritual immune system to such a degree that sickness can't penetrate it, discouragement can't sway it, fear can't stop it, bad news can't move it and adversity can't affect it.
6. “How do we know if we're there? By what we are saying. Kenneth and I learned to not ever give the devil place by what we are saying.”
—Gloria Copeland
7. Luke 6:45: “...For out of the abundance of the heart his mouth speaketh.”

*"You get accustomed to living in the supernatural.
We didn't say it is always easy, but the Word will always work."*

—GLORIA COPELAND

B. 3 John 2—The Degree of Success We Experience Is Directly Connected to the Condition of Our Spirits

1. NLT: "Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit."
2. Without proper care, our spiritual immune system will weaken, opening the door to the effects of the curse.
3. The lack of success is an indicator of a weak spirit.
4. Our spirits must be fed, strengthened, trained, developed and exercised in the same way we do our bodies and minds.
5. We can become so spiritually strong that our mountain-moving faith will produce mighty results, unhindered by any force.
6. "When John said we should prosper and be in health, he added the phrase, '*even as thy soul prospereth.*' Man is a spirit; he has a soul consisting of the mind, the will and the emotions; and he lives in a body. Thus, there is *spiritual* prosperity; there is *mental* prosperity; and there is *physical* prosperity. "To prosper spiritually, you must be born again. When you accept Jesus as your Savior and make Him the Lord of your life, your spirit is reborn and brought into fellowship with the Father, the Almighty God. This then puts you in a position to receive from Him *all* the things promised in His Word."
—Kenneth Copeland, *The Laws of Prosperity*
7. How do you get a strong spirit? You must keep the Word of God going into your ears and eyes, let it be in your heart and come out of your mouth.

C. Ephesians 6:10—Be Strong in the Lord and in the Power of His Might

1. AMP: "In conclusion, be strong in the Lord [be empowered through your union with Him]; draw your strength from Him [that strength which His boundless might provides]."
2. Joel 3:10: "Let the weak say, I AM STRONG!"
3. Every believer has the potential to walk in a greater place of supernatural strength.
4. The stronger our spirits, the easier it is to receive, resist and stand.
5. The ultimate goal of developing a strong spirit is so we can be strong enough to strengthen others.

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DEVELOPING A **STRONG** SPIRIT

SEVEN BENEFITS OF A STRONG SPIRIT

DAY 2

FOUNDATION SCRIPTURE:

“The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?”

PROVERBS 18:14, AMP

“When you have a strong spirit you will rise up and declare your rights in Christ Jesus!”

—PASTOR GEORGE PEARSONS

“You have to have something to say, and what to say only comes from the Word.”

—GLORIA COPELAND

“When the devil puts the squeeze on you, only the Word should come out.”

—PASTOR GEORGE PEARSONS

A. A Strong Spirit Will Get You Through Anything

1. Proverbs 18:14 (AMP): “The strong spirit of a man will sustain him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?”
2. A strong spirit will cause us to overcome physical attacks, financial problems, relational/marital difficulties, job/career/ministerial setbacks, emotional challenges—everything the devil throws our way.

3. Proverbs 24:10 (AMP): “If you faint in the day of adversity, your strength is small.”
 - a. Your spirit is weak.
 - b. NLT: “If you fail under pressure, your strength is too small.”
4. If you stand firm and succeed under pressure, your spirit is strong.

B. A Strong Spirit Will Help You Receive From God

1. The stronger your faith, the more you can accomplish.
2. “You can’t catch much with a Snoopy fishing pole.” —Keith Moore
3. The stronger the pole and line, the bigger the fish you will catch.
4. The stronger your spirit is, the easier it becomes to receive.
5. Hebrews 6:12: Through faith and patience [endurance, constancy, standing your ground] we inherit the promises.
6. Reconsider your situation according to the Word.

C. A Strong Spirit Will Help You Hold on to What You Receive

1. Galatians 6:9 (AMP): “Let us not lose heart and grow weary and faint in acting nobly and doing right, for in due time and at the appointed season we shall reap, if we do not loosen and relax our courage and faint.”
2. Hebrews 10:23: “Let us hold fast the profession of our faith without wavering; (for he is faithful that promised).”
 - a. *Hold fast* (GK) = keep firm possession of
 - b. AMP: “Let us seize and hold fast and retain without wavering....”
 - c. Hold fast. Don’t be wimpy. Don’t waver.
3. There is a God-ward side and a man-ward side to this. God’s side is that He provides all we need. Man’s side is that we have to use our faith and be doers of the Word.
4. 1 John 5:4: “...And this is the victory that overcometh the world, even our faith.”
 - a. We must strengthen our faith and grow in faith. There’s no excuse.

D. A Strong Spirit Will Help You Resist the Devil and Temptation

1. Ezekiel 16:30: “How weak is thine heart, saith the Lord God, seeing thou doest all these things....”
2. Proverbs 16:32 (NKJV): “He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.”
3. Ephesians 6:10-11: “Be strong in the Lord, and in the power of his might.... that ye may be able to stand against the wiles of the devil.”
 - a. AMP: “That you may be able successfully to stand up against [all] the strategies and the deceits of the devil.”

E. A Strong Spirit Will Help You Help Others

1. Romans 15:1: "We then that are strong ought to bear the infirmities of the weak..."
2. Luke 22:31-32: "And the Lord said, Simon, Simon, behold, Satan hath desired to have you, that he may sift you as wheat: But I have prayed for thee, that thy faith fail not: and when thou art converted, strengthen thy brethren."
3. BBE: "Make your brothers strong."

F. A Strong Spirit Will Help You Withstand Impact and Pressure

1. Example: Skyscrapers in San Francisco designed to absorb the shock of earthquakes
2. Luke 6:47-49: The storm could not shake the house.
3. James 1:2-4: Pressure on faith puts the force of patience to work.

G. A Strong Spirit Will Build a Protective Barrier Around Your Heart

1. Sickness can't penetrate it.
2. Discouragement can't sway it.
3. Fear can't stop it.
4. Offense can't enter it.
5. Psalm 112:6-8: "Surely he shall not be moved for ever.... He shall not be afraid of evil tidings: his heart is fixed, trusting in the Lord. His heart is established."

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DEVELOPING A **STRONG** SPIRIT

WHY DEVELOPING YOUR SPIRIT MUST BE A PRIORITY

DAY 3

FOUNDATION SCRIPTURE:

“The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?”

PROVERBS 18:14, AMP

“The weakest person can take the Word of God and develop a strong spirit.”

—GLORIA COPELAND

“There is no limit to our capacity, to how strong we can become.”

—PASTOR GEORGE PEARSONS

A. 1 Thessalonians 5:23—Man Is a Three-Part Being

1. Verse 23: “And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.”
2. Brother Hagin developed a spirit consciousness by saying:
 - a. I am a spirit.
 - b. I have a soul.
 - c. I live in a physical body.¹
3. The body is the earth suit, tent, house, tabernacle, building.
 - a. Example: Kellie’s house before and after occupancy

¹ For more on this subject, see Kenneth E. Hagin’s book *The Threefold Nature of Man*. rhema.org

4. The spirit is the life of the man.
 - a. The hand in the glove
 - b. The knife in the sheath
 - c. The sword in the scabbard
 - d. The gun in the holster
5. The life that is in your body comes from your spirit, and the life that is in your spirit comes from God.
 - a. Proverbs 20:27: "The spirit of man is the candle of the Lord, searching all the inward parts of the belly."
 - b. Much effort is spent on developing the body and mind; not as much on the heart.
 - c. Romans 10:10: We believe with the heart.

"You're going to have to feed me if I'm going to continue shopping!"

Likewise, we have to 'eat' the Word."

—PASTOR GEORGE PEARSONS

B. Proverbs 4:20-23—The Spirit of Man Must Be Protected

1. Verse 23 (AMP/KJV): Keep, guard and protect your heart (your spirit) with all vigilance and diligence and above all that you guard, for out of it (out of your spirit) flow the issues, the life forces and the springs of life.
 - a. The forces of life from God come through our spirit to get to our mind and body.
 - b. They are the life forces that sustain us.
 - c. It must become standard protocol that we feed our spirits.
2. James 2:26—The body without the spirit is dead.
 - a. Your spirit is the generator and the power plant.
 - b. It is the most important part of your life.
3. 2 Corinthians 4:16: Though our outward man perish, the inward man must be renewed day by day.
4. Ephesians 3:14-16: Paul prayed that we would be strengthened with might by His Spirit in the inner man.
 - a. The stronger your spirit, the more you are able to receive and resist.
 - b. A strong spirit will get you through anything.

5. 1 Peter 3:4: “But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.”
 - a. God considers the spirit of man to be of great value.
 - b. That is why developing and strengthening our spirit is so important.

C. 1 Timothy 4:6-8—Keep Yourself Spiritually Fit

1. Verse 7 (TLB): “Don’t waste time arguing over foolish ideas and silly myths and legends. Spend your time and energy in the exercise of keeping spiritually fit.”
2. Proverbs 24:10 (AMP): “If you faint in the day of adversity, your strength is small.”
 - a. GNB: “If you are weak in a crisis, you are weak indeed.”
 - b. MSG: “If you fall to pieces in a crisis, there wasn’t much to you in the first place.”
 - c. If you stand in the day of adversity, your spirit is strong.
3. Your spirit has an immune system.
 - a. Built up, it will resist everything.
 - b. Weakened and depleted, it will be susceptible to anything.
4. The degree of success you experience in life is directly connected to the condition of your spirit.
5. Acts 20:24—We can get to the place where we can say like Paul, “None of these things move me.”

“No matter what you are going through, do not quit. You make a determination to develop your faith and strengthen your spirit.”

—PASTOR GEORGE PEARSONS

*“When the going gets tough, the tough get going.
You have to walk by faith.”*

—GLORIA COPELAND

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DEVELOPING A **STRONG** SPIRIT

INDICATORS OF A WEAK SPIRIT

DAY 4

FOUNDATION SCRIPTURE:

“The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?”

PROVERBS 18:14, AMP

“We have to develop our inward man because it is the power plant of our life.”

—GLORIA COPELAND

A. Ezekiel 16:30—How Weak Is Your Heart, Seeing You Do These Things

1. A patient is experiencing symptoms in their body but doesn’t know what is wrong.
2. The first thing the doctor does is check their vital signs.
3. Vital signs are indicators pointing out something is wrong.
4. We have spiritual vital signs that indicate a weak spirit.
5. If undetected, we seek outward consolation for an inward problem.
6. When things are negatively affecting me, it’s a sign that I need to build up my inward man.

B. Indicators of a Weak Spirit

1. Overwhelmed
 - a. Make much out of little
 - b. Mountains out of molehills
 - c. Can’t handle even the simple things

- d. Proverbs 24:10: "If thou faint in the day of adversity, thy strength is small."
 - i. GW: "If you faint in a crisis, you are weak."
 - ii. MSG: "If you fall to pieces in a crisis, there wasn't much to you in the first place."
- e. Psalm 61:2: "When my heart is overwhelmed: lead me to the rock that is higher than I."
- f. The stronger you are, the easier it is to do life.

"When you sense you're being overcome, you must take action!

Get in the Word of God. Listen to a CD. Go to church.

Ask someone to pray for you."

—GLORIA COPELAND

2. Hopeless

- a. Lack of joy
- b. Discouraged and despairing
- c. Desire to quit
- d. Proverbs 13:12 (AMP): "Hope deferred makes the heart sick, but when the desire is fulfilled, it is a tree of life."
- e. Proverbs 15:13 (NKJV): "A merry heart makes a cheerful countenance, but by sorrow of the heart the spirit is broken."
 - i. The stronger you are, the easier it becomes to overcome grief and sorrow.

3. Self-Centered

- a. No compassion
- b. Victim mentality—everyone else's fault
- c. Romans 15:1: "We then that are strong ought to bear the infirmities of the weak, and not to please ourselves."
- d. From a place of strength, we should be helping people, instead of moaning and groaning.
- e. The stronger you are, the more you desire to reach out to others.

4. Complacent

- a. Indecisive and indifferent
- b. Double-minded, making wrong decisions
- c. Romans 4:20-21: "He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God; and being fully persuaded that, what he had promised, he was able also to perform."
- d. The stronger you are, the more bold, focused and decisive you become.

5. Short-tempered
 - a. Touchy, offended and overly sensitive
 - b. Out of control, anger and rage
 - c. Proverbs 16:32 (NKJV): “He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.”
 - d. The stronger you are, the more spirit-controlled you become.
6. Fearful
 - a. Panicked and worried
 - b. Anxiety
 - c. Job 4:5 (NLT): “But now when trouble strikes, you lose heart. You are terrified when it touches you.”
 - d. 2 Timothy 1:7 (NKJV): “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”
 - e. You can’t give in to doubt and unbelief and walk in victory.
 - f. You can’t be fearful and full of faith at the same time.
 - g. The stronger you are, the more fear-free you will live.
7. Exhausted
 - a. Tired and weary
 - b. Stressed-out and drained
 - c. Inability to resist or receive
 - i. Resist sin and temptation
 - ii. Receive from God and others
 - d. 2 Corinthians 4:1 (AMP): “Therefore, since we do hold and engage in this ministry by the mercy of God...we do not get discouraged (spiritless and despondent with fear) or become faint with weariness and exhaustion.”
 - e. The stronger your spirit, the more of God’s blessing you experience.
 - f. The stronger you are, the stronger you are.

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DEVELOPING A **STRONG** SPIRIT

INDICATORS OF A STRONG SPIRIT

DAY 5

FOUNDATION SCRIPTURE:

“The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?”

PROVERBS 18:14, AMP

A. 2 Samuel 22:30—For by Thee I Have Run Through a Troop: by My God Have I Leaped Over a Wall

1. David is our example of a person with a strong spirit.
2. He did not give in to defeat but rather pressed on to victory.
3. Verses 33-34: “God is my strength and power: and he maketh my way perfect. He maketh my feet like hinds’ feet: and setteth me upon my high places.”
4. In the same way we have indicators that reveal a weak spirit, we have spiritual vital signs that reveal a strong spirit.
5. With a strong spirit, what seemed impossible before becomes the easiest thing to accomplish.
 - a. Mark 9:23 (NKJV): “...All things are possible to him who believes.”
 - b. The capacity to believe God grows as you strengthen your spirit.

B. Indicators of a Strong Spirit

1. Assured and confident
 - a. 2 Corinthians 4:8-9, 13-14: “We are troubled on every side, yet not distressed; we are perplexed, but not in despair; persecuted, but not forsaken; cast down, but not destroyed.... We having the same spirit of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak.”

- b. 1 John 5:14-15 (AMP): “And this is the confidence (the assurance, the privilege of boldness) which we have in Him: [we are sure] that if we ask anything (make any request) according to His will (in agreement with His own plan), He listens to and hears us. And if (since) we [positively] know that He listens to us in whatever we ask, we also know [with settled and absolute knowledge] that we have [granted us as our present possessions] the requests made of Him.”
- 2. Established and unmovable
 - a. Psalm 112:7-8: “He shall not be afraid of evil tidings: his heart is fixed, trusting in the Lord. His heart is established, he shall not be afraid, until he see his desire upon his enemies.”
 - b. Acts 20:24—“None of these things move me.”
 - c. Hebrews 10:39: “...But we are not of them who draw back.”
 - d. We don’t draw back. We don’t quit.
- 3. Ready for anything
 - a. Philippians 4:13 (AMP): “I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ’s sufficiency].”
 - b. 1 Samuel 30:8: “And David enquired at the Lord, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake them, and without fail recover all.”
- 4. An overcomer’s attitude
 - a. 1 John 5:4-5: “For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. Who is he that overcometh the world, but he that believeth that Jesus is the Son of God?”
 - b. Romans 8:37: “Nay, in all these things we are more than conquerors through him that loved us.”
 - c. 2 Corinthians 4:17: “For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory.”
- 5. Stays calm, cool and steady
 - a. 2 Timothy 4:5 (AMP): “As for you, be calm and cool and steady, accept and suffer unflinchingly every hardship, do the work of an evangelist, fully perform all the duties of your ministry.”
 - b. Proverbs 17:27 (NAS): “He who restrains his words has knowledge, and he who has a cool spirit is a man of understanding.”

6. Doesn't give up and quit
 - a. Galatians 6:9 (AMP): "And let us not lose heart and grow weary and faint in acting nobly and doing right, for in due time and at the appointed season we shall reap, if we do not loosen and relax our courage and faint."
 - b. Hebrews 10:32 (NIV-84): "Remember those earlier days after you had received the light, when you stood your ground in a great contest in the face of suffering."
7. Full of joy and peace
 - a. Joy and peace are indicators of strong faith.
 - b. Nehemiah 8:10: "The joy of the Lord is your strength."
 - c. Philippians 4:6-7: "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

C. Galatians 5—Those With a Strong Spirit Exhibit the Fruit of the Spirit

1. Verses 16-18: "This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. But if ye be led of the Spirit, ye are not under the law."
2. Verse 22: "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith."
3. Verse 23: "Meekness, temperance: against such there is no law."
4. Verse 24: "And they that are Christ's have crucified the flesh with the affections and lusts."
5. Verse 25: "If we live in the Spirit, let us also walk in the Spirit."

*"The moment you see you're under pressure, run to the Word.
Have scriptures ready to go. Speak the Word. Don't be a wimp!
Take the victory!"*

—GLORIA COPELAND

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DEVELOPING A **STRONG** SPIRIT

ENEMIES OF A STRONG SPIRIT

DAY 6

FOUNDATION SCRIPTURE:

“The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?”

PROVERBS 18:14, AMP

“A weak spirit will draw all bad things to you. Who is our enemy? The devil. He's looking for a place to work in. I'm not it!”

—GLORIA COPELAND

“It's dangerous not to be strong. Why? Because there's a curse out there. If we're not walking in THE BLESSING, we don't have anything to divert the curse.”

—GLORIA COPELAND

A. Hebrews 12:1-2—Time to Streamline

1. Verse 1 (TLB): “Let us strip off anything that slows us down or holds us back, and especially those sins that wrap themselves so tightly around our feet and trip us up.”
2. Verse 1 (AMP): “Let us strip off and throw aside every encumbrance, (unnecessary weight) and that sin which so readily (deftly and cleverly) clings to and entangles us, and let us run with patient endurance and steady and active persistence the appointed course of the race that is set before us.”

3. You can feed on the Word, exercise your faith and rest, and yet still be weak because of things that deplete your spirit. It's like:
 - a. Trying to fill a gas tank with a hole in it.
 - b. Trying to use a flashlight while it is needing to be recharged.
 - c. Trying to run a marathon loaded down with heavy clothes.
 - d. All of these things work against you.
4. We want to run the race.
 - a. Motorcycle modified to go faster
 - i. Engine was not any stronger.
 - ii. Nuts, bolts and key were shaved down.
 - iii. Frame was made of lighter alloys.
5. It is possible to accomplish more spiritually by shaving off all the unnecessary things.
 - a. You don't need more power.
 - b. You just need to get rid of the drain, hindrances and excess weight.

B. Five Enemies of a Strong Spirit

1. Worry and care
 - a. Ezekiel 21:7 (AMP): "And it shall be that when they say to you, Why do you sigh? that you shall answer, Because of the tidings. When it comes, every heart will melt and all hands will be feeble, and every spirit will faint and all knees will be weak as water."
 - b. Fear and anxiety will drain you.
 - c. 1 Peter 5:6-7 (AMP): "Therefore humble yourselves...under the mighty hand of God, that in due time He may exalt you, casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully."
 - d. You need to roll the care over onto the Lord.
2. Yielding to the flesh
 - a. Psalm 31:10 (NLT): "Sin has drained my strength."
 - b. Sin will take you farther than you ever wanted to go, keep you longer than you ever wanted to stay, and make you pay a higher price than you ever wanted to pay.
 - c. Samson became weak because he was sleeping with the Philistines.
 - d. 1 Peter 2:11: "Abstain from fleshly lusts, which war against the soul."

3. Overloaded life
 - a. Luke 10:40 (AMP): "But Martha [overly occupied and too busy] was distracted with much serving."
 - b. The problem for many
 - i. Too many irons in the fire
 - ii. Too many projects
 - iii. Overcommitted
 - iv. Day-planner full all the time
 - c. The first thing you have to do each day is spend time with the Lord and in His Word.
 - i. Make the Word of God first place and final authority.
 - ii. You get on the Word a step at a time.
 - iii. You take the answer, but you don't take the care.
 - d. Be selective as to how you expend spiritual energy.
 - e. Don't embellish on what God wants you to do. Stay focused.
4. Relationship problems
 - a. Genesis 26:34-35 (NLT): "At the age of forty, Esau married two Hittite wives: Judith, the daughter of Beerli, and Basemath, the daughter of Elon. But Esau's wives made life miserable for Isaac and Rebekah."
 - i. Genesis 27:46 (NLT): "I'm sick and tired of these local Hittite women! I would rather die than to see Jacob marry one of them."
 - b. Arguments will drain you of spiritual strength
 - c. A man is only as big as the things that annoy him.
5. Spiritual leeches
 - a. Condemnation
 - b. Jealousy
 - c. Offense
 - d. Bitterness
 - e. Strife
 - f. Unforgiveness
 - g. Judging others

"Let the Word of God get down in your heart to where it talks to you."

—GLORIA COPELAND

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DEVELOPING A **STRONG** SPIRIT

DEVELOP A STRONG SPIRIT THROUGH DIET

DAY 7

FOUNDATION SCRIPTURE:

“The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?”

PROVERBS 18:14, AMP

“The Word of God is food for our spirits.”

—GLORIA COPELAND

“What belongs to us in God? THE BLESSING. People can go a lifetime and never receive THE BLESSING that is theirs because they don't pay attention to God. Healing, prosperity, and all of the good things we need are in THE BLESSING.”

—GLORIA COPELAND

A. 1 Timothy 4:6-9—We Must Stay Spiritually Fit

1. Verse 7 (AMP): “Train yourself toward godliness...[keeping yourself spiritually fit].”
2. Instead of feeding on the Word of God, many people spend a lot of time feeding on television, fine cuisine and entertainment.
3. Proper diet, rest and exercise are necessary for a strong spirit, soul and body.
4. You must feed your spirit “faith food” in order for it to be strong.
 - a. God’s Word contains the proper nutrients for building a strong spirit.
 - b. It is our primary source of strength.
 - c. You put the Word in your eyes, ears and mouth. It will get down in

your heart. The Word will begin to talk to you. You then have to exercise and be a doer of whatever the Word tells you to do.

5. God's Word feeds your spirit just like natural food feeds your body.
 - a. God's Word to your spirit is like a healthy meal to your flesh.
 - b. Your spirit has a voracious appetite for the Word.
 - c. Romans 10:17—Faith comes by eating and eating by the Word of God.
 - d. You need a fresh meal to stay built up in faith.
6. Verse 6—Nourished up in the words of faith
 - a. WMS: "...Feeding your own soul on the truths of faith."
 - b. BER: "...Nurturing on the messages of faith."
 - c. TCNT: "...Sustained by the precepts of the Faith and of that Good Teaching."
 - d. GNB: "...Feed yourself spiritually on the words of faith and of the true teaching which you have followed."

B. God's Word Is Nourishment to Our Spirits

1. Job 23:12 (AMP): "I have not gone back from the commandment of His lips; I have esteemed and treasured the words of His mouth more than my necessary food."
 - a. *Esteem* (HEB) = hide, hoard, store, lay up
 - b. "Can" the Word. *Preserve* it down inside your heart and when you need it, it will be there.
2. Job 34:3 (AMP): "The ear tries words as a palate tastes food."
 - a. *Tries* = tastes, distinguishes
 - b. Babies are not discerning.
 - c. Keith Moore ate dirt as a baby.
 - d. That is why we need cabinet locks for our kids.
 - e. Justus wanted to eat the paintings at Uncle Julio's.
 - f. When was the last time you ate paste?
3. Psalm 119:103: "How sweet are thy words unto my taste! Yea, sweeter than honey to my mouth!"
 - a. MSG: "Your words are so choice, so tasty; I prefer them to the best home cooking."
 - b. The Lord told Rick Renner, "No Word, no breakfast."
4. Matthew 4:4 (AMP): "Man shall not live and be upheld and sustained by bread alone, but by every word that comes forth from the mouth of God."
 - a. John 6:48: "I am that bread of life."

- b. Verse 51: “I am the living bread.”
 - c. John 6:58: “This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live forever.”
- 5. Hebrews 6:4-5: “For it is impossible for those who were once enlightened, and have tasted of the heavenly gift, and were made partakers of the Holy Ghost, and have tasted the good word of God, and the powers of the world to come.”

“Everyone should pray and read the Word every day as they start their day. You may think, ‘I don’t have time to do that.’ Well, do you have time to go to the hospital?”

—GLORIA COPELAND

C. We Draw Strength From God’s Word

- 1. Psalm 119:28 (AMP): “Raise me up and strengthen me according to [the promises of] Your word.”
 - a. MSG: “My sad life’s dilapidated, a falling-down barn; build me up again by your Word.”
- 2. Jeremiah 15:16: “Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart.”
 - a. GW: “Your words were found, and I devoured them.”
 - b. MSG: “When your words showed up, I ate them—swallowed them whole. What a feast! What delight I took in being yours!”
 - c. Nehemiah 8:10: “...the joy of the Lord is your strength.”
- 3. Acts 20:32: “The Word of His grace will build you up and give you an inheritance.”
 - a. BBE: “...to make you strong.”
- 4. Romans 15:4 (NLT): “Such things were written in the Scriptures long ago to teach us. And the Scriptures give us hope and encouragement as we wait patiently for God’s promises to be fulfilled.”
 - a. TCNT: “Through the encouragement drawn from the Scriptures, we might hold fast to our hope.”
 - b. We draw strength from the Word.
 - c. *Hope* (GK) = Confidence and expectation
- 5. 1 Peter 2:2-3 (AMP): “Like newborn babies you should crave (thirst for, earnestly desire) the pure (unadulterated) spiritual milk, that by it you may be nurtured and grow unto complete salvation, since you have [already] tasted the goodness and kindness of the Lord.”

"Ken and I got on the Word in 1967, and we have continued to roll and roll and roll in THE BLESSING. It didn't take long until our immediate needs were met. We got out of debt. We've stayed out of debt all these years. We learned how to believe God for homes, vehicles, land and whatever we needed in the ministry—without debt. I used to buy things at Sears on a revolving charge when John was a little boy. We didn't know how to live without debt until we got in the Word. We were always limited until we got in the Word and began to find out how to live, how to prosper and how to increase. There's no lack in Him. Nourish your spirit with the Word of God today."

—GLORIA COPELAND

"The more Word you deposit in your spirit, the stronger your spirit will become. You cannot store up the Word for long periods of time. You have to keep putting it in fresh! It's like milk that goes sour. You'll forget it and won't want it. If you'll spend time in the Word every day, believe it, act on it, say it with your mouth, you'll begin to be free in all areas of your life."

—GLORIA COPELAND

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DEVELOPING A **STRONG** SPIRIT

DEVELOP A STRONG SPIRIT THROUGH REST

DAY 8

FOUNDATION SCRIPTURE:

“The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?”

PROVERBS 18:14, AMP

A. 1 Timothy 4:6-9—We Must Stay Spiritually Fit

1. Verse 7 (AMP): “Train yourself toward godliness...[keeping yourself spiritually fit].”
2. Proper diet, rest and exercise are necessary for a strong spirit, soul and body.
3. The stronger you are spiritually, the easier it is to believe God and to receive from Him.
4. You don’t wait until trouble comes to get in the Word. You stay in a place of spiritual readiness to be able to handle whatever situation may come.
5. 1 Peter 5:6-8 (NKJV): “Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you. Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith.”
 - a. How much care do we cast? All of it.
 - b. We believe we have received! We stay full of faith and rest in the Lord. We speak the Word, giving God something to work with.
 - c. We resist the devourer.
6. You can’t keep the pedal to the metal and expect to stay strong.
7. You can’t continually work out in the gym—muscles need to rest and recover to grow strong.

8. Jude 20 (NKJV): “Build yourselves up on your most holy faith, praying in the Holy Spirit.”
 - a. Spending time praying in other tongues will edify and build up your spirit.
9. Show me a person who has a strong spirit, and I will show you someone who takes the time to rest in the Lord.
 - a. A minister must take time to rest and replenish in order to be effective.
 - b. Sometimes I just need a good night’s sleep in order to continue a project. It enables me to think clearer and have a better perspective.
 - i. Think clearer
 - ii. Better perspective
 - c. John 11:11-13 (AMP): “He said these things, and then added, Our friend Lazarus is at rest and sleeping; but I am going there that I may awaken him out of his sleep. The disciples answered, Lord, if he is sleeping, he will recover. However, Jesus had spoken of his death, but they thought that He referred to falling into a refreshing and natural sleep.”

B. Matthew 11:28-30 (AMP)—I Will Give You Rest

1. Verse 28: “Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest....”
2. Verse 28: “...[I will ease and relieve and refresh your souls].”
3. Verse 29: “Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart....”
4. Verse 29: “And you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls.”
5. Verse 30: “For My yoke is wholesome (useful, good—not harsh, hard, sharp, or pressing, but comfortable, gracious and pleasant), and My burden is light and easy to be borne.”
6. We’re refreshed by spending time in the presence of the Lord.

C. Rest by Waiting on the Lord

1. Psalm 4:3-4: “But know that the Lord hath set apart him that is godly for himself: the Lord will hear when I call unto him. Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah.”
2. Psalm 46:10: “Be still, and know that I am God.”

3. Isaiah 40:28-30: "Hast thou not known? hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding. He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall."
 - a. Verse 31 (AMP): "But those who wait for the Lord [who expect, look for, and hope in Him] shall change and renew their strength and power; they shall lift their wings and mount up [close to God] as eagles [mount up to the sun]; they shall run and not be weary, they shall walk and not faint or become tired."
4. Hebrews 4:9: "There remaineth therefore a rest to the people of God."
5. Waiting on the Lord is resting in the Lord.
 - a. Don't exert—take in.
 - b. Put your flesh down.
 - c. Get your thoughts under control.
 - d. Isaiah 26:3: "Thou wilt keep him in perfect peace, whose mind is stayed on thee."

D. *Following God's Plan for Your Life* by Kenneth E. Hagin

"As you spend time in God's Presence, ministering to the Lord in praise and worship will quiet your mind and strengthen your spirit. That's why spending much time ministering to the Lord will greatly aid you in developing your spirit.

"What does ministering to the Lord mean? It means to linger in His Presence, loving and worshipping Him for all that He is and for all He has done for you. It means to drink in of His glory and power and to let Him saturate every part of your being...

"As you spend time just loving and worshipping the Lord, it's so much easier to quiet your mind and emotions and focus on Jesus...

"Take the time to let your body become quiet. Let your mind be still. Let your emotions subside, until there's no emotion at all in manifestation coloring your thoughts. Once your mind and body are quiet, listen way down deep in your innermost being to what the Holy Spirit is saying to you."

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DEVELOPING A **STRONG** SPIRIT

DEVELOP A STRONG SPIRIT THROUGH EXERCISE

DAY 9

FOUNDATION SCRIPTURE:

“The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?”

PROVERBS 18:14, AMP

“If you don't do anything, ain't nothing gonna happen supernaturally.”

—GLORIA COPELAND

A. 1 Timothy 4:6-9—We Must Stay Spiritually Fit

1. Proper diet, rest and exercise are necessary for the development of a strong spirit.
2. Feeding on the Word will strengthen your spirit.
 - a. Matthew 4:4 (AMP): “Man shall not live and be upheld and sustained by bread alone, but by every word that comes forth from the mouth of God.”
 - b. Psalm 119:28 (AMP): “Raise me up and strengthen me according to [the promises of] Your word.”
3. Resting in the Lord will strengthen your spirit.
 - a. Psalm 37:7 (AMP): “Be still and rest in the Lord; wait for Him, and patiently lean yourself upon Him.”
 - b. Isaiah 40:31: “But they that wait upon the Lord shall renew their strength.”

4. Exercising your faith will strengthen your spirit.
 - a. 1 Timothy 4:7-8 (NLT-96): “Do not waste time arguing over godless ideas and old wives’ tales. Spend your time and energy in training yourself for spiritual fitness. Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next.”
 - b. Hebrews 5:14: “But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.”
5. Developing a strong spirit will come by you reading, studying, confessing, praying and standing in faith.

B. James 1:22-25—We Must Be Doers of the Word

1. How many workout DVDs are sitting on shelves all over the country?
2. It is one thing to *talk* about exercise and another thing entirely to exercise.
 - a. James 2:17 (AMP): “So also faith, if it does not have works (deeds and actions of obedience to back it up), by itself is destitute of power (inoperative, dead).”
 - b. Faith without corresponding action does not produce results.
3. Joshua 1:8 (NKJV): “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.”
 - a. You don’t make your way prosperous by just knowing the Word of God. You make your way prosperous by obeying and doing the Word.
4. If you want to develop a stronger, more robust faith in a particular area, you must feed on the Word and then exercise your faith in that Word.
5. Kenneth Copeland had a fear of riding glass elevators.
 - a. He went to God’s Word.
 - b. 2 Timothy 1:7 (NKJV): “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”
 - c. He began to confess the Word.
 - d. He then acted upon the Word.
 - e. The Lord instructed him to ride up and down the elevator with his toes pressed up against the glass until all the fear was flushed out.
6. He was a doer of the Word who exercised his faith and overcame fear.

C. Mark 11:22-26—Exercising Your “Forgiveness Muscle”

1. We have spiritual muscles. One of the most difficult muscles to exercise is forgiveness.
2. The more you exercise forgiveness, the stronger you become at forgiving others.
3. You will get to the point where you don’t even notice suffered wrongs.
4. We forgive others by exercising faith in God’s Word concerning forgiveness.

“I’ve already overcome in Jesus and I’m not going backward.”

—GLORIA COPELAND

5. How to exercise forgiveness:
 - a. Locate the scripture that you are going to exercise.
 - b. Say, “By faith, I forgive them for what they have done to me or said about me, according to Mark 11:22-26.”
 - c. “I release every feeling of hurt, animosity or anger and do not hold anything against them.”
 - d. “I love them with the love of God in Jesus’ Name.”
 - e. “I refuse to ever bring this up again.”
 - i. Isaiah 43:25 (NKJV): “I, even I, am He who blots out your transgressions for My own sake; and I will not remember your sins.”
 - ii. NLT-96: I will never think of that offense again.
6. This will work in any area you exercise:
 - a. Health
 - b. Finances
 - c. Family
 - d. Marriage
 - e. Relationships
 - f. Future
 - g. Employment

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DEVELOPING A **STRONG** SPIRIT

SEVEN HABITS OF STRONG BELIEVERS

DAY 10

FOUNDATION SCRIPTURE:

“The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?”

PROVERBS 18:14, AMP

“Your strong spirit will put you over the top! It will remind you of the Word and what God is saying to you.”

—GLORIA COPELAND

“You just have to make a decision. Is victory important to you?”

—GLORIA COPELAND

The secret to our future is hidden in our daily routine. “Blessed is the man that heareth me, watching DAILY at my gates, waiting at the posts of my doors. For whoso findeth me findeth life, and shall obtain favour of the Lord” (Proverbs 8:34-35).

An anointed, daily routine produces glorious results. Galatians 6:8 (NKJV) says, “He who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.” The more we daily sow to the spirit, the stronger our spirits will become. We will confidently stand our ground, resist the enemy and receive more from God.

Seven Habits of Strong Believers

1. They Feed Their Spirits by Making a Habit of Reading God's Word Every Day.

- a. Matthew 4:4: "Man shall not live by bread alone, but by every Word that proceedeth out of the mouth of God."
- b. Matthew 6:11: "Give us this day our daily bread."
- c. "Arrange your schedule around the Word instead of trying to make the Word fit into your busy life." — Gloria Copeland, *God's Will for You—Expanded Legacy Edition*, page 48.

2. They Build Up Their Faith by Listening to God's Word Every Day.

- a. Romans 10:17: "So then faith cometh by hearing, and hearing by the Word of God."
- b. Proverbs 4:20-22: "My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh."
- c. "Romans 10:17 says, 'Faith cometh by hearing, and hearing by the Word of God.' But you need to know something else: Doubt comes by hearing also. That's why Jesus said, 'Be careful what you are hearing...' (Mark 4:24, *The Amplified Bible*)." — Gloria Copeland

3. They Strengthen and Encourage Themselves Daily by Speaking God's Word Over Their Lives.

- a. Matthew 8:8—Speak the Word only.
- b. Proverbs 18:21: "Death and life are in the power of the tongue...."
- c. "Put God's Word in your heart and you will speak it with your mouth. God's Word in your mouth will cause good things to happen in your life." — Gloria Copeland, *God's Will for You—Expanded Legacy Edition*, page 40.
- d. See the five confessions included to get you started.
 - i. Strengthen Your Spirit Declaring Who You Are in Christ Jesus
 - ii. Strengthen Your Spirit Declaring What You Have in Christ Jesus
 - iii. Strengthen Your Spirit Declaring What You Can Do in Christ Jesus
 - iv. God Is My Strength
 - v. Daily Confession

4. They Dominate and Control Their Thought Lives by Filling Their Minds With God's Word.

- a. Romans 12:2 (NKJV): "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."
 - i. Meditating on the Word of God is how you allow the Word to dominate your thinking.
 - ii. We establish and fix our hearts upon the Word by meditating on it.
- b. Joshua 1:8 (NKJV): "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."
- c. Philippians 4:8: "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

"Praise is the language of receiving. If you've believed you received it, you're going to be thanking God for it. If you're still trying to get it, then you're not going to be thanking God for it. Whether it manifests yet or not, you've received it. It's coming. You don't quit."

—GLORIA COPELAND

- d. 2 Corinthians 10:5: "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."
 - i. You have to already know what God says.
 - ii. When thoughts and situations come up, you say what the Word says.
 - iii. When you have a thought that is opposite of what God says belongs to you, you say, "I'm not taking that thought." Capture that wrong thought and cast it out.
- e. Isaiah 26:3: "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."

5. They Anchor and Establish Their Hearts by Giving God Continual Praise and Thanksgiving.

- a. Psalm 34:1: "I will bless the Lord at all times: His praise shall continually be in my mouth."
- b. Praise is the language of faith. It's the language of receiving. Praise believes that you have received.
- c. Psalm 8:2: "Out of the mouth of babes and sucklings hast thou ordained strength because of thine enemies, that thou mightest still the enemy and the avenger."
 - i. Matthew 21:16: "...And Jesus saith unto them, Yea; have ye never read, Out of the mouth of babes and sucklings thou hast perfected praise?"
- d. Praise produces spiritual strength.

6. They Edify Themselves and "Charge Their Batteries" by Praying Much in Other Tongues.

- a. 1 Corinthians 14:4: "He that speaketh in an unknown tongue edifieth himself."
- b. Jude 20: "But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost."
- c. "So we could paraphrase First Corinthians 14:4 like this: 'He that speaketh in an unknown tongue *edifies himself, builds himself up, or charges himself up like a battery.*' In other words, as we pray in tongues, we are charging up our spirits by the power of the Holy Spirit!" —Kenneth E. Hagin, *Tongues: Beyond the Upper Room*

7. They Become Streamlined by Getting Rid of Excess Baggage.

- a. Hebrews 12:1: "Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us."
- b. 1 Peter 5:6-7 (AMP): "Therefore humble yourselves...under the mighty hand of God, that in due time He may exalt you, casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully."
- c. It is possible to accomplish more spiritually by shaving off all the unnecessary things. You don't need more power. You just need to get rid of the drain, hindrances and excess weight.

STRENGTHEN YOUR SPIRIT

DECLARING WHO *YOU ARE* IN CHRIST JESUS

“...David encouraged and strengthened himself in the Lord his God.”

1 SAMUEL 30:6, AMP

Whatever the Word of God says I am...I AM!

I am a new creation, created in Christ Jesus. (2 Corinthians 5:17)

I am the righteousness of God in Christ. (2 Corinthians 5:21)

I am healed by the stripes of Jesus. (1 Peter 2:24)

I am more than a conqueror through Him that loves me. (Romans 8:37)

I am strong in the Lord and in the power of His might. (Ephesians 6:10)

I am rich through Jesus. (2 Corinthians 8:9)

I am complete in Him. (Colossians 2:10)

I am His workmanship created in Christ Jesus for good works. (Ephesians 2:10)

I am a son and an heir of God. (Galatians 4:7)

I am redeemed from the curse of the Law. (Galatians 3:13)

I am walking in the blessings of Abraham. (Galatians 3:14)

I am like a tree planted by the rivers of water. I bring forth my fruit in my season. My leaf won't wither and whatsoever I do shall prosper. (Psalm 1:3)

I am as bold as a lion. (Proverbs 28:1)

I am not ashamed of the gospel of Jesus Christ. (Romans 1:16)

I am free from fear. (1 John 4:18)

I am in this world just like Jesus is. (1 John 4:17)

I am a world overcomer. (1 John 5:4-5)

I am crucified with Christ: nevertheless I live; yet not I, but Christ lives in me. The life I now live in the flesh I live by the faith of the Son of God. (Galatians 2:20)

I am of quick understanding in the fear of the Lord. (Isaiah 11:3)

I am strong in faith giving glory to God. (Romans 4:20)

I am not afraid of evil tidings. My heart is fixed, established and trusting in the Lord. (Psalm 112:6-8)

STRENGTHEN YOUR SPIRIT

DECLARING WHAT *YOU HAVE* IN CHRIST JESUS

“...David encouraged and strengthened himself in the Lord his God.”

1 SAMUEL 30:6, AMP

Whatever the Word of God says I have...I HAVE!

I have the faith of God residing in me. (Mark 11:22)

I have boldness and access with confidence before God. (Ephesians 3:12)

I have the peace of God that passes understanding. (Philippians 4:7)

I have redemption through the blood of Jesus. (Colossians 1:14)

I have joy unspeakable and full of Glory. (1 Peter 1:8)

I have God's love. (1 John 4:16)

I have victory that overcomes the world. (1 John 5:4)

I have the mind of Christ. (Philippians 2:5)

I have all my need supplied according to His riches in Glory by Christ Jesus. (Philippians 4:19)

I have godly wisdom and understanding. (Ephesians 1:17-18)

I have been given the spirit of power and of love and of a sound mind—not the spirit of fear. (2 Timothy 1:7)

I have the right to come boldly to the throne of grace to obtain mercy and find grace to help in time of need. (Hebrews 4:16)

I have Christ in me, the hope of glory. (Colossians 1:27)

I have the Spirit of the Lord resting upon me: the spirit of wisdom and understanding, the spirit of council and might, the spirit of knowledge and of the fear of the Lord. (Isaiah 11:2)

I have the tongue of the learned, so that I should know how to speak a word to him that is weary. (Isaiah 50:4)

I have the joy of the Lord, which is my strength. (Nehemiah 8:10)

STRENGTHEN YOUR SPIRIT

DECLARING WHAT *YOU CAN DO* IN CHRIST JESUS

“...David encouraged and strengthened himself in the Lord his God.”

1 SAMUEL 30:6, AMP

Whatever the Word of God says I can do...I CAN DO!

I can do all things through Christ which strengthens me. (Philippians 4:13)

I can minister with God's ability. (1 Peter 4:11)

I can always triumph in Christ. (2 Corinthians 2:14)

I can walk by faith. (2 Corinthians 5:7)

I can call those things which be not as though they were. (Romans 4:17)

I can reign in life by Jesus Christ. (Romans 5:17)

I can be led by the Spirit. (Romans 8:14)

I can lay hands on the sick and see them recover. (Mark 16:18)

I can use the authority in the Name of Jesus to overcome sin, sickness, demons, fear, lack and death. (Philippians 2:9-11)

I can lead others to Jesus as an ambassador and a minister of reconciliation. (2 Corinthians 5:19-20)

I can believe that all things are possible to me. (Mark 9:23)

I can mount up with wings as eagles because my strength is renewed. (Isaiah 40:31)

I can run and not be weary. (Isaiah 40:31)

I can walk and not faint. (Isaiah 40:31)

I can preach the gospel to the poor, heal the brokenhearted, preach deliverance to the captives, recovery of sight to the blind, set at liberty them that are bruised and preach the Year of Jubilee because the Spirit of the Lord is upon me and has anointed me. (Luke 4:18)

I can fight the good fight of faith. (2 Timothy 4:7)

GOD IS MY STRENGTH

(PSALM 18:29-50)

“...David encouraged and strengthened
himself in the Lord his God.”

1 SAMUEL 30:6, AMP

For by Thee have I run through a troop,

by my God have I leaped over a wall.

God is my strength and power.

He makes my way perfect.

He makes my feet like hinds' feet.

He sets me upon my high places.

He teaches my hands to war.

A bow of steel is broken by my arms.

You have given me the shield of salvation.

Your gentleness has made me great.

You have enlarged my steps under me.

My feet do not slip.

I have pursued my enemies and destroyed them.

I turned not again until I had consumed them.

You have girded me with strength for battle.

Those that rose up against me,

You have subdued under me.

The Lord lives and blessed be my Rock,

Exalted is the God of the Rock of my Salvation.

You have lifted me high above my enemy.

You have delivered me from the violent man.

I will give thanks unto thee, O Lord, among the nations.

I will sing praises unto Thy Name.

You are the Tower of Salvation.

You show mercy to me and to my children forevermore.

DAILY CONFESSION

PASTORS GEORGE AND TERRI PEARSONS

(ABRIDGED VERSION)

We are expecting our greatest blessing EVER today, because great grace is upon us all.

We have victory over death and receive the manifestation of the love of Jesus.

We declare the glory of the Lord over our lives:

The manifested presence of God

The manifested power of God

The manifested goodness of God

The presence of God, heavy with everything good, is upon us this day.

This is the Year of the Open Door.

We are stepping through open doors into the glory.

This is the Year of Visitations, Manifestations and Demonstrations.

We receive signs, wonders and miracles in our lives, ministry and church.

This is the Year of the Overcomer.

We overcome by the blood of the Lamb and the word of our testimony.

This is the victory that overcomes the world, even our faith.

This is the Year of the Jubilee.

We are walking in freedom and liberty.

The Spirit of the Lord is upon us because He has anointed us

to preach the gospel to the poor, to heal the brokenhearted,

to preach deliverance to the captives, the recovering of sight to the blind,

to set at liberty them that are bruised and to preach the acceptable year of the Lord, the year of Jubilee.

We are walking in the supernatural today.

Supernatural health

Supernatural wealth

Supernatural provision

Supernatural protection

Supernatural direction

Supernatural wisdom

We are healed from the crown of our heads to the soles of our feet.

We are delivered from destruction and walk in divine protection.

No weapon formed against us shall prosper and every tongue that rises up against us, we condemn, for this is the heritage of the Lord, and our righteousness is of Him.

We are led, directed and guided by the Holy Spirit.

We hear the voice of the Good Shepherd, and a stranger's voice we shall not follow.

We are prospering and increasing every day, we and our children.

Because we are tithers, the windows of heaven are opened over us, pouring out a blessing we can't contain. The devourer is rebuked for our sakes. He shall not destroy the fruit of our ground and neither shall our vine cast her fruit before the time in the field. Nations call us blessed because we are a delightful land.

Because we are sowers, the hundred fold return is working on our behalf every day. God is able to make all grace, every favor and earthly blessing come to us in abundance, so that we may always, and under all circumstances, and whatever the need, be self-sufficient, possessing enough to require no aid or support, and furnished in abundance for every good work and charitable donation.

Because we are investors, our investments are producing mighty fruit. The Lord commands THE BLESSING upon us in our storehouses and upon all we set our hands to do.

Our spirits are strong, our emotions are settled, our minds are sharp and our bodies are healed.

We are strong in the Lord and in the power of His might.

We are like trees planted by the rivers of water who bear fruit in our season. Our leaves do not wither and whatsoever we do shall prosper.

Our steps are ordered by the Lord today and we declare the end from the beginning, in Jesus' Mighty Name.

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