

The Way Through – Feed Your Spirit

Almost all of us battle in some measure with an unwanted behavior which often has plagued us for most of our lives.

The verse we are looking at that builds hope and faith for us is:

1Cor. 10:13 “No temptation has overtaken you except what is common to mankind.

God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide **a way through or out** so that you can endure it.”

- We are all tempted. To be tempted is to be human.
- No matter how weak you may feel, or deep the claws of the enemy may be holding on to you, God is faithful and will not allow you to be tempted beyond what you are able to bear but will make a way through or out so you can endure it.

The reality for us is that we can be strong for a season and awhile, we can have the ability to stand some temptation for a little while, but eventually you will find yourself in a time of weakness and that is when we end up doing something we didn't want to do.

Over time, we seem to become consistently weak over the same things”

We ask ourselves: “Why am I so weak in this area of my walk with the Lord?”

If people were to ask us what happened, we'd say something like this:

- I really didn't want to gamble again, but I was so weak.
- I really didn't want to look again, but at that moment, I was weak.
- I didn't want to think those thoughts, but when they came, I just did.
- I was trying to eat better and someone brought this to me, on in the office – and I couldn't resist – I am so weak.

Why is it that our spirit can be willing, but our flesh is so weak?

Our flesh is so weak because we are not bonded with what makes us strong!

- We are weak and vulnerable because we are not abiding with the Vine from which we get spiritual strength to produce spiritual fruit which is not of our own power but by the power of the Holy Spirit within us.

When we get connected with the One who can strengthen us and make us spiritually strong, we will be able to consistently live a fruitful and strong spiritual life.

The question to answer today is this:

How can we become and stay spiritually strong so we can withstand the weaker moments of our flesh?

If you are or want to be a committed follower of Jesus Christ, there are some things that are radical you will have to do to be spiritually stronger than your fleshly desires.

1. FEED YOUR SPIRIT WITH PRAYER

- Prayer is intimacy towards God.

Why? Just like physical exercise makes the body strong, prayer makes the spirit strong. **Matt 26:41** Jesus said: “**Watch** and **pray** so that you will not **fall into temptation**. The spirit is willing, but the flesh is weak.”

Watch and pray, watch and pray.

When Jesus was teaching the 12 to pray, He told them to pray: “**Lead us not into Temptation, deliver us – set us free from evil.**”

- Prayer in dependence on God is a great tool given to us to assist us in not falling into temptation/evil.
- Everyone always says: “I fell into temptation; I fell into immorality;” but you never hear them say: “**The fell into righteousness.**”
- We don’t walk along and trip into holiness!

You trip and fall into temptation, but righteousness is only through the intentional pursuit of intimacy with God.

Jesus in the Garden of Gethsemane just before going to the cross to die, knew what He would be facing.

He had told His disciples to watch and pray so that they would not fall into temptation.

- He Himself followed His own words.
- The Garden was the greatest test He would face. This is where He actually died to His own human will before He was ever nailed to the cross.
- He was weak – so He prayed.

Mark 14:34, 36 “Then He said to them, My soul is exceedingly sorrowful, even to death. Stay here and watch. He said: Abba, Father, all things are possible for You, take this cup away from Me; **nevertheless; not what I will, but what You will.**”

Luke 22:43 records He was so weak that “An angel appeared to Him from heaven, strengthening Him.”

Key for us: When we are submitted to the will of God, we are stronger to resist temptation. When we are not submitted to God, the weaker we are and will fall.

- God, I submit my **mind** to You – I have the mind of Christ.
- I submit my **eyes** to You – only to look on the things pure & pleasing to You.
- I submit my **ears** to You – that I would hear what is consistent with Your Word.
- I submit my **mouth** to You – that my words would only be used to build others up and give glory to You.
- I submit my **heart** to You – its deceitful above all things – give me a pure heart and motives to serve You.
- I submit my **hands** and **feet** to You – to build Your Kingdom today.
- Take me to the places that will bring You glory.
- I submit my **whole life** to You to life up Your name in all that I do.

Rom. 6:11-14 “Likewise you also, consider yourself to be dead indeed to sin, but alive to God in Christ Jesus our Lord. Therefore, **do not let/allow sin to reign in your mortal body, that you should obey it in its lusts. And do not present/offer your members as instruments of unrighteousness to sin, but present your members to God as being alive from the dead, and your members as instruments of righteousness to God.**

For sin shall not have dominion over you, for you are not under law but under grace.”

2. FEED YOUR SPIRIT WITH GOD’S WORD

Psa. 119:9-11 “**How can a young person stay on the path of purity?
By living according to Your Word.**”

The answer was not: “By living according to what your culture says is cool and fun, by living according to whatever your friends are doing, By living according to what you see and read and hear others are doing. **NO!**”

“By living according to Your Word, I seek you with ALL my heart; do not let me Stray from YOUR commands. I’ve hidden YOUR Word in my heart that I might not sin against YOU.”

Jesus, Himself fought the attacks of satan by using the Word of God.
What makes you think you don’t need to use the same weapons that Jesus used.
He set the example of how to defeat the enemy when he tempts us to sin.

Luke 4: 3, 6, 9 satan attacks/tempts Jesus to do his own thing and sin: but Jesus answers the attack with the Word of God.

1. **“Turn these stones to bread and feed Yourself – NO, man shall not live by bread alone, but by every word that comes from the mouth of God.”**
2. **“Bow down and worship me and I’ll give you all the kingdoms of the world – NO, you shall worship the Lord your God, and Him only you shall serve.”**
3. **“Throw Yourself down from here and show the people You are special – NO, you shall not tempt the Lord your God.”**

All Jesus’ words came from The Word of Duet.

We too must hide His Word in our hearts so we don’t sin against Him.

People say: “I’m not good at memorizing the Bible.”

- **Really!** You seem to know every word of the songs you listen to.
 You seem to remember the stats of your favorite players and teams.
 You seem to be able to keep up with all the trivia of things that are carnal and will not be eternal.

The truth is: **You will memorize what is important to you!**

**Feed yourself the Word and just as food strengthens your body;
the Living Bread/God’s Word will strengthen your spirit!**

It’s even so easy to have God’s Word always with you on your phone or media device, you don’t have to read it, you can listen to it.

God’s Word strengthens your mind, it takes the trash out of your mind and fills it with the good news and strength of His Word.

You cannot live a victorious life without the offensive weapon of the Sword of the Spirit – God’s Word.

3. FEED YOUR SPIRIT WITH THE RIGHT PEOPLE

Paul is very direct and not being politically correct:

1Cor. 15:33-34 “Do not be misled: Bad company corrupts good character/morals. Come back to your senses as you ought, and stop sinning....

- Some of you have people in your life that are not good for you; they are taking you down spiritually.
- It’s time you “**UNHOOKED**” from them before they do take you down with them.

BEING AROUND THE WRONG PEOPLE NEVER HELPS YOU DO THE RIGHT THING!

- Some of you need some friendship UPGRADES.
- To have a victorious life in Jesus, we have to be around others who sharpen, strengthen and challenge us to rise to new levels.

Rom. 12:9 “Let love be without hypocrisy. Abhor- “feel hatred towards what is evil. Cling to what is good.”

1Thess. 5:22 “Abstain- “refrain deliberately” from every form of evil.”

- We all need friends and others around us who will be honest with us and not hold back but tell it to us like it really is.
- You are not helping anyone nor are they helping you by not telling the truth.
- We all need someone we can admit to that we are struggling.
- The reason many believers fall is because they don’t have someone they can tell and **SIN GROWS BEST IN THE DARK.**
- Some of you are lacking spiritual depth because you are lacking spiritual community where you share your weakness’ and need for prayer and support.
- The church is not something we go to, the church is the body of Christ and we are vulnerable without each other.

- When we come together: we are strengthened as we pray, worship, war, fellowship together.
- We are strengthened when we do life together.