How to Be Strong Spiritually

Ephesians 6:10-18: Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

God wants us strong spiritually because of Satan. He’s the one that comes to steal, kill and destroy, so if you eliminated him, you’d get rid of all these tests and trials. Look at what he did to Job in Job 2:7 - he smote Job with sore boils. So we see it is the devil that comes and brings the affliction.

Acts 10:38: How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him.

Jesus came to destroy the works of the devil, according to 1 John 3:8 and Hebrews ch. 2. And Satan has works, which are stealing, killing and destroying (John 10:10).

To combat the devil and his works, Jesus gave us His Name, which is above every name (Phil. 2:9-11) and He gave us His Word, which is the sword of the spirit we just referred to in Ephesians 6:17.

It’s important that we become strong. We have a sheet called: God is My Strength, and it has a scripture, Proverbs 18:14 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?
1 Peter 5:8,9: **Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:** Whom resist steadfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.

God is telling us to resist the devil and anything he would bring against us, so we need to get our spiritman strong and keep him strong.

In the natural, if you want your body to be strong, you not only have to eat, you also have to exercise. Well, spiritually speaking, it’s the same way: we need to feed our spiritman on God’s Word (1 Peter 2:2) and we need to exercise spiritually.

Meditating on God’s Word is one way of exercising spiritually. Worshiping God is another way.

1 Timothy 2:8: **I will therefore that men pray every where, lifting up holy hands, without wrath and doubting.**

Hebrews 13:15: **By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name.**

God is teaching us that we need to praise Him. Let’s offer the sacrifice of praise continually.

Psalm 35:27: **Let them shout for joy, and be glad, that favour my righteous cause: yea, let them say continually, Let the LORD be magnified, which hath pleasure in the prosperity of his servant.**

I linked all these scriptures together and walked around my apartment with my hands lifted unto the Lord, thanking God and praising Him, first of all, because He is Who He is. Then, you can thank God
that you’re saved and that your name is written in the Lamb’s Book of Life. That’s the greatest blessing that God has given us, which is the new birth.

When we receive Jesus as our Lord and Savior, we’re born into the family of God, and God becomes our Father, Jesus is our Lord, we’re an heir of God, a joint heir with Christ Jesus, and an heir of Abraham’s blessing.

Then, we need to renew our mind to God’s Word and develop our spiritman so we can walk by faith and not by sight, walk in the God kind of love and walk in the spirit so that we do not fulfil the lust of the flesh.

Meditating on the Word day and night is a spiritual exercise that is going to help us grow and develop spiritually. Another thing we can do is praise and worship God in your own home… you don’t have to wait to go to church to do this. Your spirit needs to be strong so it can sustain you in bodily pain or trouble.

How can you receive physical healing as a believer? Get into the Word. Get yourself some scriptures and write them down.

For healing, write down Isaiah 53:4,5: **Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.**

1 Peter 2:24: **Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.**

Matthew 8:17: **That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses.**
Galatians 3:13,14: Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is every one that hangeth on a tree: That the blessing of Abraham might come on the Gentiles through Jesus Christ; that we might receive the promise of the Spirit through faith.

Or, you could just take one of them like 1 Peter 2:24 and keep writing it over and over. Attending to the Word and hearing it and meditating on it over and over strengthens your spiritman.

This is because God’s Word is life, and it’s health to all your flesh. Jesus said in John 6:63, It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.

God wants us strong so we can resist Satan, so He gave us His Word, and He gave us the Name of Jesus.

Right now, you’re either in a fight, or you’re going to come into one. Every verse of scripture you don’t know is a verse of scripture you can’t use against Satan. The more verses of scripture you know and use, the less Satan will be able to deceive you. The devil is a deceiver, and he used to deceive us, but not now, that we know God’s Word.

For example, now, you will stop yourself when you say a negative confession, because you caught yourself. Then you ask God to forgive you and command those negative words that you caught yourself saying not to come to pass.

Speak the Word, and not words that are contrary to the Word of God. If you ever catch yourself saying something contrary to God’s Word, immediately counter it with the Word of God.

Isaiah 54:17 says no weapon that is formed against you shall prosper, and that you will condemn every word, or tongue that comes against you. So, when there is a negative word spoken against you, immediately counter it by saying: “I come against that word, in Jesus’ Name, I take authority over it and it shall not come to pass.”
The centurion, who had a servant at home sick, said in Matthew 8:8 said, *Speak the Word only and my servant shall be healed.* Jesus marveled at what the centurion said. But the centurion understood his natural authority and how to use it. He also understood Jesus had authority in His Words, and He knew how to use it.

People really rebel against authority today. They don’t want to submit, and this has repercussions when it comes to submitting to God and His Word. But the centurion said *Speak the Word only...* He was in submission to God’s Word. He believed it and had faith that it would do what Jesus sent it to do. As a result of the centurion’s faith in Jesus’ Words, Jesus said He hadn’t seen so great faith, even in Israel. So, thank God the centurion got his miracle!

Isaiah 55:11: *So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.*

Psalm 107:20: *He sent his word, and healed them, and delivered them from their destructions.*

Mary said, …*be it unto me according to thy word* (Luke 1:38).

Peter said, …*nevertheless at thy word I will let down the net* (Luke 5:5).

These people were acting on God’s Word. The nobleman, whose son was sick, acted on Jesus’ Word and went home and his son was healed even before he got there (John 4:46-54).

Naaman was told to go dip in the Jordan to get his leprosy healed, and he obeyed and was healed (2 Kings, ch. 5). If people did whatever God told them to do, they got what God had said they’d get when they did it. That’s how God’s Word works.
Now, you want to put God first, and not have any other gods before Him. One way you put Him first is by doing the Word and staying with those exceedingly great and precious promises. You have a more sure Word of prophecy in God’s Word, and thank God for prophecy and people who are inspired by God to tell people things, but you’ve God’s written Word, which supersedes everything else.

2 Peter 1:16-19: For we have not followed cunningly devised fables, when we made known unto you the power and coming of our Lord Jesus Christ, but were eyewitnesses of his majesty. For he received from God the Father honour and glory, when there came such a voice to him from the excellent glory, This is my beloved Son, in whom I am well pleased. And this voice which came from heaven we heard, when we were with him in the holy mount. We have also a more sure word of prophecy…

In other words, Peter was saying: ‘We are eyewitness of Jesus’ transfiguration on the mount, and we heard God speak audibly… but we have something more sure than God speaking audibly. We have a more sure word, which is God’s written Word.’

So, you don’t go by what the world says about you. You go by what God’s Word says about you.

The Word says we’re more than conquerors. The Word doesn’t say you’re sick. The Word says that by His stripes, you were healed. According to the Word, you are healed, so even if you’re going to the doctor and taking medicine, just keep thanking God that according to the Word, you are healed, and delivered, according to Colossians 1:13. You’ve been redeemed: Galatians 3:13. You’ve been made prosperous: 3 John 2 and 2 Corinthians 8:9.

Keep the Word coming out of your mouth day and night. Your mouth doesn’t mind talking all day long, and it doesn’t mind eating all day long, but it isn’t going to want to quote God’s Word all day long, so you have to train your mouth to speak the Word only.

Discipline yourself and say, “My mouth loves to speak God’s Word. I meditate on the Word day and night.” Speak words of peace and joy to yourself. Jesus was led by the Holy Spirit, and He was full of joy and peace. So, this is what we’ve got to say. Say things like, “I have the peace of God in my heart; I’ve got the joy of the Lord, in Jesus’ Name. I’m led by the Holy Spirit.”
As a believer, the Holy Spirit comes and dwells in you. So, not only does your spirit dwell in your body, so does the Holy Spirit, so there’s two of you in there. One of the things He’s in there to do is to lead you and guide you, and teach you, bringing all things to your remembrance, whatever God said to you.

So, you can boldly say, “As much as Jesus was led by the Holy Spirit, I’m led by the same Holy Spirit. Thank God!” Just talk that way. No matter what other people think of your confessions, you’re talking the Word and you want to keep speaking God’s Word.

The more you meditate on the Word, the more results you’re going to get with the Word, and the more your faith is going to grow, and the stronger your spiritman is going to get. Satan is coming, so you want to keep your spiritman strong because you never know when he’s going to show up, and you want to be ready. If you are not strong, if you’re not ready, he’ll take you captive at his will if you let him.

As a believer, exercise and develop your spiritman by meditating on the Word day and night, and speaking the Word. Do this every day, on a daily basis.

1 Timothy 4:7,8: But refuse profane and old wives’ fables, and exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

There is stuff we’re supposed to refuse, in Jesus’ Name. We’re also supposed to exercise.

Physically, you have to exercise if you want your natural body to become strong. For example, you may decide you’re going to exercise your calves with 100 calf lifts. You never did this before, but tomorrow, you’re going to become aware that you have calves, because you’re going to feel them, all the way from the top to the bottom of them!

So, you want to develop and work out your spiritman, and you have to watch what you eat and what you hear. Meditating on a scripture just saying it over and over to yourself is an exercise. Praying in tongues is an exercise.
Jude 20: **But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost,**

Walking in love is a spiritual exercise, as well as not always doing what you want to do, but doing what you have in your heart. The more you do this, the more you’re going to become aware that you’re a spirit being.

Many dear ministers have lost their health because of not exercising spiritually. Even though they may have known the Word from cover to cover, or they may have had a doctor’s degree in theology and studied the Word of God, they didn’t take the time to exercise.

You’ve seen people who just eat and they got flabby because they never exercised.

Well, spiritually speaking, the sheep can get fat if they just sit and hear the Word and go to church and never do the Word and never exercise spiritually.

I had a Bible study, and for years, the same people would come and hear, but not do anything with the Word, and they became fat sheep. So, I’d try to get them to witness to others about Jesus, and praise and thank God, and be doers of the Word of God. When they just sit around, pretty soon, they’ve heard all your stories, and they stop growing and developing spiritually.

You have to exercise the Word! You have to make yourself praise God, you have to put time in praying in the spirit and meditating on the Word, confessing the Word, and reading the Bible every day, and you can’t skip a day! Why? Well, because you’ve got Satan, and he’s coming.

So, while many ministers may study the Word to come up with a sermon, and while they may know the Word, some have not built up their spiritman or kept him strong by meditating on the Word and quoting the Word. They may have visited the sheep, had office hours, and did other things that were beneficial to the people, but they, themselves still needed to spend time building up their spiritman to keep their spiritman strong.
So, for ministers, no matter how great their ministry becomes, if they die, the people will wonder why they didn’t get healed— they’ll say they were all praying for him, and thought they were such a great minister… Well, one of the reasons they didn’t get healed is they didn’t feed and exercise their spiritman to get him strong.

Just think if you didn’t eat for a while, you’d get so weak that someone would have to feed you and help you with the bedpan because you can’t do it yourself. That’s no fun.

And after surgery, they get you out of bed the next day! That is the last thing your body wants to do! But no, they want that body exercising and getting stronger.

Many people have been Christians for years and have never exercised their spiritman and this will cost them spiritually and physically. You can’t fight Satan physically when he comes, but you can fight him spiritually with the Word of God, which is the sword of the spirit, coming out of your mouth.

So, many ministers end up getting sick, and no one understands why this happened, and they’ll want to blame God, because they will tell you there are people all over the world praying for him to get better and God didn’t do anything… Well, He did, too! Two thousand years ago, He did something: by His stripes you were healed! If your spiritman gets weak, you’ll be unable to receive from God.

Some people never develop their mind, and others never develop their body. Spiritually speaking, you don’t want your spiritman weak or flabby.

So, take time out to read your healing scriptures out loud every day and start doing the work. You may want someone to lay hands on you so you don’t have to do this work, but you have to build up your spiritman anyway, because you will always receive from God what you need if you exercise and develop spiritually.

Read the Word out loud, praise God and thank Him, read your Bible. Put time in prayer and put time in speaking God’s Word. You don’t get this at church— you have to do this at home. Thank God for church, but it is only one aspect of growing and developing spiritually.
Remember, God wishes above all things that you prosper and be in health, even as your soul prospers (3 John 2).

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