

# Your Strong Spirit

Proverbs 18:14 says, **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?** (AMP)

God wants us to be strong spiritually so Satan will be unable to afflict us and push us around, or control us. The way we become strong and stay strong spiritually is to take time every day to pray in the spirit. **But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost,** Jude 20

Another way to stay strong spiritually is also to meditate on God's Word. **Be strong and of a good courage...Only be thou strong and very courageous... that thou mayest prosper whithersoever thou goest. This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.**

Joshua 1:6, 7, 8 (Also read Psalm 1:2,3).

Meditating on the Word means to keep reading it to yourself out loud over and over again. God promised in His Word that if we meditate on the Word day and night, we'll prosper and have good success. Doing the Word is what's going to produce successful results in our life. It's not enough that we just hear; we need to do it.

Take a verse or two of scripture and during the day and take time to keep reading it to yourself out loud. When you go to bed at night, keep quoting a verse to yourself until you fall asleep. This takes a lot of effort on our part, but it is something we need to train ourselves to do. It's God's guarantee that to have good success, we have to meditate on His Word day and night.

Praying in the spirit every day is going to help build you up spiritually. **He that speaketh in an unknown tongue edifieth himself...**1 Corinthians 14:4.

People who are critical of praying in tongues have never put any time praying in tongues, or they'd never criticize the precious gift that God gave the church: the baptism of the Holy Spirit. No one who's put any quality time praying in the spirit would ever belittle it.

I want to encourage you to please take the time out every day to pray in the spirit and meditate on God's Word day and night, and keep thanking and praising God that He supplies every one of your needs in abundance, in Jesus' Name. God wants you bold, and He wants you strong. The devil wants you poor, and he wants you sick. So, keep standing on God's promises and keep fighting the good fight of faith. And never give up or quit being a doer of the Word of God.

Remember, God wishes above all things that you prosper and be in health, even as your soul prospers (3 John 2).

Your Word of faith pastor,

**Pastor Jesse Rich**

**Jesse Rich Ministries  
P.O. Box 237170  
New York, NY 10023**

**PHONE: (212) 501-7999**

**Email: [www.JesseRichMinistries.com/contact.htm](http://www.JesseRichMinistries.com/contact.htm)**

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