Romans 8:2 (TLB)

*“For the power of the life-giving Spirit—and this power is mine through Christ Jesus—has freed me from the vicious circle of sin and death.”*

Philippians 4:13

*“I can do all things through Christ who gives me strength.”*

Ephesians 2:1

*“As for you, you were dead in your transgressions and sins…”*

*Ephesians 2:4-5*

*“But because of His great love for us, God, who is rich in mercy, 5 made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.”*

Galatians 5:16

*“So I say, walk by the Spirit, and you will not gratify the desires of the flesh.”*

*Luke 4:1*

“Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness…”

*Luke 4:14*

“Jesus returned to Galilee in the power of the Spirit…”

Ephesians 3:16 (NLT)

“*I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit.”*

Luke 1:80 (NLT)

*“John grew up and became strong in Spirit.”*

2 Timothy 1:7

*“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”*

Romans 15:13

*“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.”*

3 John 1:2

*“Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in Spirit.”*

***We become stronger when***

***we surrender.***

**Becoming Spiritually Fit**

* **Prayer**

Romans 8:26-27

*“In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us through wordless groans. 27 And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God’s people in accordance with the will of God.”*

* **Obedience**

Acts 5:32

*“We are witnesses of these things, and so is the Holy Spirit, whom God has given to those who obey Him.”*

* **Word**

Ephesians 6:17

*“Take the helmet of salvation and the sword of the Spirit, which is the word of God.”*

Luke 4:1-4

*“Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, 2 where for forty days He was tempted by the devil. He ate nothing during those days, and at the end of them He was hungry.*

*3 The devil said to Him, “If you are the Son of God, tell this stone to become bread.”*

*4 Jesus answered, “It is written: ‘Man shall not live on bread alone.’”*

***The truth of God’s word is the most powerful weapon we have against the lies of the enemy.***

*I am a child of God…Romans 8:16*

*I am a new creation…2 Cor. 5:17*

*I am rescued from the darkness…Col. 1:13*

*I am blessed with every*

*Spiritual Blessing…Eph. 1:3*

*I am more than a conqueror…Romans 8:7*

*I am His workmanship, created in Christ Jesus for good works …..Eph. 2:10*

*I have been redeemed…. Col. 1:14*

*I am whole, I am healed and I am free…John 8:36*

* **Exaltation**

John 4:24

*“God is Spirit, and His worshipers must worship in the Spirit and in truth.”*

Psalm 22:3

*“But You are holy, enthroned in the praises of Your people.”*

* **Reliance**

John 3:5-7

*“Jesus answered, “Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. 6 That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. 7 Do not marvel that I said to you, ‘You must be born again.’”*

**Engaging Will Power**

**Surrender it daily**

Luke 9:23

*“Then He said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.”*

**Attend to it daily**

**Ask the Holy Spirit for Power**

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