

Step #4

WALK IN THE SPIRIT & THRIVE!

“For as many as are led by the Spirit of God, they are the sons of God.”
(Romans 8: 14)

The following information is directed to those who have been born again (repented, been baptized by full immersion in water, and received the Holy Spirit anointing). If you have not yet had this experience, by all means read the information below, but don't be discouraged by it, and don't allow God's expectations to hinder you from moving forward. You may ask yourself, "How could I ever give up smoking, or abstain from sexual interaction before I'm married?" But, just as an oil lamp will not operate without oil, or a car will not run without fuel, you cannot hope to overcome the temptation of the flesh until you are "endued with power from on high" (Luke 24: 49).

*Jesus even said to Peter (before Peter was anointed with the Holy Spirit on the day of Pentecost), "... and when thou art converted, strengthen thy brethren," Luke 22: 32. Notice the word "when" in this scripture. This means Peter was **not yet** converted, though he **would** be. It also means Peter was not yet – at this point in time - fully equipped to be of complete service to God i.e. there was still something to happen to him that would fulfill his empowerment.*

Indeed, God asks you to bring forth fruits worthy of repentance (Luke 3: 8), and you should start to change your ways as a sign of your desire to be renewed by the Holy Spirit, but be mindful not to condemn yourself into non-action because of the things that prove to be too difficult. The Lord knows your efforts and whether they are sincere or not, but God would rather you focus on diligently seeking Him for the Holy Spirit anointing (with an attitude of sincere repentance) versus trying by your own strength to "clean up your life" before coming to Him.

Be mindful to "walk" in the Spirit

Once you've been born again, it's crucial that you continue in obedience to God's Word, listening to and following after the Holy Spirit versus the flesh. God expects us to "walk" in the Holy Spirit as best we can, and to grow in our application of His

Word to our lives until Christ returns. **God talks about drawing upon the strength of the Holy Spirit to mortify (kill) the deeds of the flesh, for our salvation depends on it:**

Romans 8: 14, "For as many as are led by the Spirit of God, they are the sons of God."

Galatians 5: 16, "This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh."

1 Peter 2: 2, "As newborn babes, desire the sincere milk of the word, that ye may grow thereby:"

2 Corinthians 9: 10, "Now he that ministereth seed to the sower both minister bread for your food, and multiply your seed sown, and increase the fruits of your righteousness;"

1 Thessalonians 4: 10, "...but we beseech you, brethren, that ye increase more and more;"

Romans 8: 13, "For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live."

Colossians 3: 5-10, "Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry: For which things' sake the wrath of God cometh on the children of disobedience: In the which ye also walked some time, when ye lived in them. But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth. Lie not one to another, seeing that ye have put off the old man with his deeds; And have put on the new *man*, which is renewed in knowledge after the image of him that created him:"

However, walking in the Spirit - or being a "doer" of God's Word and not just a hearer only (James 1: 23-25) - is where many people fail. Once they initially repent and are baptized by water and in the Holy Spirit, they later "wax cold" - as scripture describes - for any number of reasons. This warning is clear in the parable of the sower and the seed:

Matthew 13: 18-23, "Hear ye therefore the parable of the sower. When any one heareth the word of the kingdom, and understandeth it not, then cometh the wicked one, and catcheth away that which was sown in his heart. This is he which received seed by the way side. But he that received the seed into stony places, the same is he that heareth the word, and anon" (immediately) "with joy receiveth it; Yet hath he not root in himself, but dureth" (endureth) "for a while: for when tribulation or persecution ariseth because of the word, by and by he is offended. He also that received seed among the thorns is he that heareth the word; and the care

of this world, and the deceitfulness of riches, choke the word, and he becometh unfruitful. But he that received seed into the good ground is he that heareth the word, and understandeth it; which also beareth fruit, and bringeth forth, some an hundredfold, some sixty, some thirty.”

Similarly, Matthew 25 cautions us not to allow the oil in our lamps (the power of the Holy Spirit) to run low. This parable describes ten virgins (members of the Body of Christ) who wait for their uniting with the bridegroom (Christ). Half of these virgins are not diligent to tend their lamps and they run out of oil (they end up weak in the Spirit) before the bridegroom arrives. As a result of their slackness, these five virgins miss out on the marriage to the bridegroom; they are left behind.

In Philippians 2: 12, God tells us to “work out your own salvation with fear and trembling.” Proverbs 29: 18 states, “Where there is no vision, the people perish: but he that keepeth the law, happy is he.” I Corinthians 10: 12 also warns us, “Wherefore let him that thinketh he standeth take heed lest he fall.” Thus, it’s abundantly clear that if we want to make it to the end, it’s solely up to us to make the effort:

Matthew 10: 22, “...but he that endureth to the end shall be saved.”

Walking involves taking step after step

It’s primarily the New Testament epistles (letters) that detail how to walk in the Spirit. The scriptures cover a multitude of topics, and we discuss the key ones below, but don’t get overwhelmed. Christians are not under law (obligation) in any way, but rather we “do” simply because we delight in our God and we recognize the benefits these things bring to our own selves and to others. Hebrews 11: 6 states, “...he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.” Think of the following list as a delectable basket of goodies the Lord has so graciously provided that we can personally draw upon to bring abundant strength, overcoming, growth, and blessing:

1) **Respecting our bodies** (which are temples of God’s Holy Spirit) and being very mindful of what we partake in, including physically (i.e. what we put into our physical bodies), morally (e.g. abstaining from sexual interaction outside of marriage, adultery, etc.), and mentally (what we expose ourselves to e.g. on television; on the internet; in certain books, magazines, and other literature; in music, etc.):

1 Corinthians 6: 19, “What? know ye not that your body is the temple of the Holy

Ghost which is in you, which ye have of God, and ye are not your own?"

2) **Praying in tongues** as often as possible, and seeking the power of the Holy Spirit for comfort, guidance, and strength to overcome the temptation of our flesh and the distractions of this world:

1 Corinthians 14: 4, "He that speaketh in an unknown tongue edifieth himself..."

Jude 1: 20-21, "But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost, Keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life."

Hebrews 11: 6, "...he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him."

James 5: 16, "...The effectual fervent prayer of a righteous man availeth much."

3) **Sharing the truth of the gospel** at every opportunity (in fact, using our initiative to *create* opportunities):

2 Timothy 4: 2, "Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine."

Romans 10: 15, "And how shall they preach, except they be sent? as it is written, How beautiful are the feet of them that preach the gospel of peace, and bring glad tidings of good things!"

1 Corinthians 9: 16, "For though I preach the gospel, I have nothing to glory of: for necessity is laid upon me; yea, woe is unto me, if I preach not the gospel!"

4) **Continually studying God's Word** to grow in wisdom, knowledge, and understanding of His ways:

2 Timothy 2: 15, "Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."

5) **Regularly fellowshiping with brethren** who are of one mind and one accord, and seeking to encourage one another and provoke one another unto righteousness:

Hebrews 10: 24-25, "And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together..."

6) **Building the nine fruits of the Holy Spirit, and accessing the nine gifts of the Spirit.**

The fruit of the Spirit is listed in Galatians 5:22-23, and it's divided into nine categories: love, joy, peace, longsuffering (patience), gentleness, goodness, meekness, faith, and temperance (self-control). Though we receive the "seed" of each of these as soon as we have the Holy Spirit within us, it's up to us to make a continued and concerted effort to cause these to grow and flourish in our lives. We do this for our own benefit, as a living testimony of God's power in order to draw

others to Him, and to glorify God's name.

In comparison, when we receive the infilling of God's Holy Spirit, we instantly receive full access to the supernatural powers of the Spirit. These are listed in 1 Corinthians 12:7-11: Word of wisdom, Word of knowledge, Faith, Gifts of Healing, Working of miracles, Prophecy, Discerning of spirits, Divers(e) kinds of tongues, and Interpretation of tongues. These powers can and will be made manifest in our lives as we eagerly access them with boldness and confidence. Through these gifts, together with the growing fruit of the Spirit, our lives and others lives are changed forever:

Matthew 5: 16, "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."

7) Keeping our words, thoughts, and actions in line with the Word of God:

2 Corinthians 10: 3-5, "For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) 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;"

2 Timothy 2: 16, "But shun profane and vain babblings: for they will increase unto more ungodliness." Psalm 19: 14, "Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer."

This is one of our biggest areas of overcoming, and it will be until Christ returns. Subduing the flesh and allowing the Spirit to reign is something we need to continually work at. Nevertheless, the Holy Spirit gives us the strength to do so: Philippians 4: 13, "I can do all things through Christ which strengtheneth me."

Overcoming upon this earth as ambassadors for the Lord is the trial of our faith:

1 Peter 1: 6-7, "Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations: That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ."

Nevertheless, the Lord is forgiving (Psalm 145: 8, "The LORD is gracious, and full of compassion; slow to anger, and of great mercy") and, as long as we sincerely try our best, we will be victorious and we will reap the ultimate reward of eternal life in God's Kingdom:

Revelation 2: 7, "...To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God."

8) **Examining traditions and common practices in the light of God's holy Word**, discerning those that could potentially offend the Lord and lead us (and/or our children) astray from righteousness, and then using the strength of God's Spirit to refrain from partaking in these.

Deuteronomy 32: 21, "They have moved me to jealousy with that which is not God; they have provoked me to anger with their vanities..."

James 1: 8, "A double minded man is unstable in all his ways."

9) **Diligently imparting the Word of God unto our children** and raising them according to His ways. This is best instructed in key Old Testament scriptures, such as the following:

Deuteronomy 6: 7, "And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up."

Proverbs 22: 6, "Train up a child in the way he should go: and when he is old, he will not depart from it."

This mandate cannot be properly fulfilled unless we – and other truly positive spiritual influences – spend as much time as possible with our children and communicate with them abundantly. This doesn't mean we all need to play with them constantly. Rather, our children can be involved in every part of our lives by "hanging out" and learning, which they love to do.

10) **Serving others** in our own household (our spouse and children), in the fellowship, and in "the world". While "good works" should be a natural by-product of living our lives in the Spirit, we must always remember that the best way to serve others is by helping them to move toward the Kingdom of God i.e. sharing with them our personal born again experience; encouraging them toward righteous thoughts, words, and deeds; and monitoring our own conduct (disciplining our own self), so we can be a positive example in their lives:

Philippians 2: 3-7, "Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant..."

Acts 20: 35, "...It is more blessed to give than to receive."

2 Corinthians 1: 3-4, "Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our

tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.”

11) **Giving wholeheartedly and cheerfully.** Giving should always be done voluntarily and never out of obligation:

2 Corinthians 9: 7, “Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.”

Matthew 10: 8, “...freely ye have received, freely give.”

Luke 6: 38, “Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.”

Giving may not always involve our money. It may involve our other material resources, our service, our efforts in prayer and fasting, etc. If we are truly walking in the Spirit, we will *want* to give abundantly simply because it is following in the steps of our dear Lord.

12) **Fasting regularly.** This may involve short half day fasts, 24-hour fasts, two or three day fasts, or even longer. Fasting is one of the precious tools God has given us for strength, overcoming, seeking answers to prayer, increasing our faith, humbling ourselves and bringing our body and mind into subjection, and improving our sensitivity to God’s Word through the power of the Holy Spirit:

Luke 5: 35, “But the days will come, when the bridegroom shall be taken away from them, and then shall they fast in those days.”

Mark 9: 29, “And he said unto them, This kind can come forth by nothing, but by prayer and fasting.”

Traditionally, fasting involves abstaining from food and only drinking water for a certain time period, but we may choose to juice fast (drinking only fresh vegetable/fruit juices, water, and herbal teas) in the beginning “training” stages.

The idea of fasting is to turn our attention from something that is normally a major focus in our lives (eating) to the things of the Lord, which has enormous spiritual benefit. For some, food can become an idol that distracts them from walking in the fullness of the Holy Spirit.

Have you ever heard of the man-made term “full of beef and unbelief”? By focusing on pleasing our taste buds as opposed to nourishing our body (the temple of the Holy Spirit), we can unwittingly dampen our faith and our connection with the Word of God. Fasting regularly is one of the best things we can do to guard against this.

By the way, fasting regularly is actually extremely healthy for our bodies and, for those interested in extended fasts, the hunger pangs that are initially experienced usually abate within two to three days (especially when you use products such as bentonite clay together with psyllium husks to clean and flush the bowels).

Fasting is a deeply personal sacrifice unto the Lord. It's not a matter of how long we fast; rather, our mind-set during the fast is what is important. Fasting out of obligation, or with a negative attitude will not yield the same effects as a truly voluntary, dedicated fast.

It's important to remember that fasting is actually a time of *prayer and* fasting whereby the time we would normally spend preparing food (and eating it) is replaced with activities directed toward the Lord, such as studying God's Word and praying. If we make the effort to do this rather than trying to distract our mind and body with work and worldly entertainment, we will derive far greater spiritual benefit from the fast.

As with praying and studying God's Word, fasting is a wonderful way to seek the Lord together as a family. Even if our children have not yet received the Holy Spirit, they can join in. It will certainly help to prepare their hearts toward humility and repentance, hopefully leading to their own born again experience. Very young ones might simply begin by limiting their meals to fresh whole foods, and sacrificing treats and any other "extras" for the fasting period.

A note to those who struggle with fasting:

Unlike the days of Jesus when people ate a very clean diet relative to today, fasting can be very difficult for some people. However, if we're dedicated to using this tool then we will do what it takes to train our bodies to cope well with the process, such as doing a series of short fasts within a brief span of time with a view to building up to longer fasts, and "cleaning up" our daily diet to include lots of fresh, whole, natural foods. Most of the discomfort and unpleasant symptoms experienced by beginner fasters is due to the fact that their bodies have been polluted and weakened by years of unhealthy eating and unhealthy lifestyle habits e.g. minimal exercise. So, if you find fasting very difficult, you can help detoxify (cleanse) your body and strengthen its ability to fast by exercising regularly and following a diet that focuses on the following:

- 1 Plenty of uncooked (or lightly cooked) fresh vegetables, especially greens
- 2 Freshly juiced vegetables (sweetened with some freshly juiced fruits)

- 3 Vegetable fruits (such as tomato, cucumber, and bell peppers)
- 4 Fresh sprouts of any kind
- 5 Fresh fruits (and some dried, sulphur-free fruits)
- 6 Raw (unroasted) nuts and seeds
- 7 Legumes (such as lentils, chickpeas, beans, etc.) Note: Sprouting legumes before cooking makes them more digestible and causes their nutrients to be more bio-available.
- 8 Whole grains (such as buckwheat groats, millet, spelt, quinoa, wild rice, brown rice, etc.)
- 9 Healthy fats (such as fresh avocado, avocado oil, extra virgin coconut oil, flax seed oil, hemp seed oil, and extra virgin olive oil)
- 10 Herbal teas (non-caffeinated) instead of coffee

For lots more information and encouragement regarding fasting, refer to the J.E.W.E.L. Living section of our website.

13) Using the scriptures and Jesus Christ as our only blueprint. Certainly, we should be inspired and motivated by the positive testimonies that come from our home and fellowship. As the Apostle Paul said, “Brethren, be followers together of me, and mark them which walk so as ye have us for an ensample,” (Philippians 3: 17). But when examining our own self and our life choices, we should use God’s Word as the only standard.

Everyone’s “walk” in the Spirit is individual, and what may be a struggle for one may not be so for another. Even though a person may be born again, s/he still has “free choice” to follow his/her own will or that of the Lord, and only God knows the hearts of His sheep. Also, we must be careful not to assume that a seemingly “strong” person or even family in the Lord is the standard to which we should aspire, for we all fall short in many ways. God expects us all to grow in the application of His Word, continually raising our own “personal bar”:

2 Corinthians 8: 10, “And herein I give my advice: for this is expedient for you, who have begun before, not only to do, but also to be forward a year ago.”

Blessed is the man

The above list is in no way exhaustive, and it’s our personal responsibility to read the Word of God and learn what God expects of us in terms of living a holy life, a life that is aimed at pleasing our Creator and not mankind. Of course, we have “life responsibilities” which demand our time and focus, and our activities in this world

certainly serve as opportunities to preach and shine our testimony, but God does call us to examine our lives and add or cast off as necessary in order to ensure our spiritual walks (and the spiritual walks of our spouse and children) are nurtured.

God in no way expects us to live as spiritual recluses, but we must be prepared to make sacrifices where necessary and prioritize our lives so we “grow” toward the Kingdom of God, just as a young tree grows toward the light of the sun:

Psalms 1: 1-3, “Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.”

Reviving the weary soul

While everything we’ve spoken about so far in Step #4 is all abundantly good and valuable, it needs to be honed down for the Christian that *has* “waxed cold” as we spoke about in the opening paragraphs.

What do you say to the weak and the weary? What do you say to people that have somewhat turned away from God, but then come to miss their relationship with the Father and want to turn back to Him? Some of these people are at the point where they have almost lost hope. The enemy has flooded their lives with lies and deceptions, but a seed remains. So then, how do they effectively water that seed that it may grow into a mighty oak tree when they feel they have tried it all before with their previous church experiences?

The most important thing to tell them is that even though they may have given up hope, God has not give up on *them* – and He *never* will during their lifetime. The Lord promises His people, “...I will never leave thee, nor forsake thee” (Hebrews 13:5). The second most important thing to tell them is that there *is* a way to thrive in the Lord and not just survive; they’ve probably just never been taught to tap into it!

The following is a version of how to walk in the Spirit, but this time the areas of personal edification are highlighted because this is what the waning Christian desperately needs to hear. It’s a kind of core “menu” toward spiritual health. You will benefit from reading it, too, because you’ll surely experience tribulations – Scripture guarantees it! – and falling upon the “meat” of what works is what you’ll

especially need to do during these times.

THRIVE! Don't Just Survive

The Lord never dies in us once we are His (i.e. born again of water and of the Holy Spirit). We always feel the connection even if it becomes swamped by the noise of the enemy and his workers. Simply rest in the Lord. Don't strive. You have nothing to fear, but rather much to expect. Allow your mind and heart to be at peace as you delight in God, and as you choose to draw nigh to Him in word and deed. The Lord doesn't expect you to be able to "jump mountains" right now. More than anything, He wants your love, praise, and obedience.

Perhaps in your weakness you gave way to sin and you were admonished. There is a place for admonishment; it is for your own good. A brother or sister is reprov'd with love in order that s/he may come to a state of true, sincere repentance of his/her own accord (showing forth fruits of this repentance): Hebrews 12:11, "Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby." Our Lord is a God of mercy and compassion and He is looking for those who draw upon *His* strength to be overcomers:

Revelation 12:11, "And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death."

Luke 12:43, "Blessed is that servant, whom his lord when he cometh shall find so doing."

Matthew 10: 22, "And ye shall be hated of all men for my name's sake: but he that endureth to the end shall be saved."

Matthew 25: 1-13 records Jesus' parable of the ten virgins. Only the five virgins who made the effort to keep their lamps topped up with oil made it to the marriage to the bridegroom when he came.

James 1: 12, "Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him."

Revelation 3: 21, "To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne."

Revelation 2: 7, "...To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God."

To be able to turn back to the Lord with all your heart, soul, mind, and strength is a testament to the power of the Holy Spirit within you - that at one time had been

quenched to a tiny flame but was then re-ignited. The Lord delights in and rewards a broken heart:

Psalm 34:18, "The Lord is nigh unto them that are of a brokenheart; and saveth such as be of a contrite spirit."

Psalm 51:15-17, "O Lord, open thou my lips; and my mouth shall shew forth thy praise. For thou desirest not sacrifice; else would I give it: thou delightest not in burnt offering. The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise."

You will grow as you get full of God, just like the disciples in the book of Acts that were described as being full of the Holy Spirit. The key to success in the Lord is in building your own child/Father relationship through the following – not because you believe you're under law (obligation) in any way, but rather because you delight in your God and you recognize the benefits these things bring to our own selves and to others. Hebrews 11: 6 states, "...he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him." Each of us can personally draw upon the following to bring abundant strength, overcoming, growth, and blessing our way:

- **Praying in tongues privately to the Lord** (or in the company of other Spirit-filled believers) as much as we can e.g. while doing housework, listening to music, driving, working (if we can), showering, etc. It becomes like a little child running after his/her beloved father all day, yearning to communicate with Daddy as he/she bonds, learns, and joys in their mutual love. A diligent prayer life is essential to spiritual prosperity. Many scriptures such as the following support this: 1 Corinthians 14: 4, "He that speaketh in an unknown tongue edifieth himself..." Jude 1: 20-21, "But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost, Keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life." James 5: 16, "...The effectual fervent prayer of a righteous man availeth much." *Note: However, according to 1 Corinthians 14:23, church members should not all speak in tongues at once during a public church service lest it be off-putting to any unbelievers that may be present.*
- **Having regular worship times toward God** where we simply pour out our heart to Him, praise Him, thank Him, and draw nigh to Him. We can pray in English (i.e. our native language) and tongues, or just tongues – however we feel moved.

- **Singing unto the Lord.** It's amazing how often rejoicing in God using song is mentioned in the Bible. Paul the apostle even clearly states in 1 Corinthians 14:15, "I will sing with the spirit, and I will sing with the understanding also." So, singing in tongues is obviously something he did to edify himself and glorify God. Proverbs 17:22 says, "A merry heart doeth good like a medicine," so singing unto God surely brings emotional healing upon us when needed. The author (Paul the apostle) of Ephesians 5:19 encourages, "Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord." It's something he exhorted his brothers and sisters in the Lord to do, and we should do likewise because it has such a positive impact upon both the singer's and hearer's spiritual wellbeing. Remember, too, how Paul and Silas sang as they were chained in prison (Acts 16:25). Their choice to rejoice in their God in such a trying situation brought blessing upon them (God freed them through an earthquake).
- **Reading and studying God's Word.** This includes memorizing some key scriptures that help us when sharing the gospel. Knowing the Word of God – even just a handful of scriptures summarizing the simple yet powerful salvation message – does wonders for our confidence in proclaiming God's promises to others. The ["Key Scriptures List"](#) on our "Get Reading" page is a great place to start.
- **Meditating upon what we've read,** helping it to sink into our hearts and minds.
- **Talking about the goodness of God regularly,** especially with our spouse and children. God designed families for a reason, so that the glory of His name could be carried down through the generations. Thus, families that *truly* share a strong spiritual life (which involves far more than attending a weekly church service together) provide the best opportunity for the perpetuation of the gospel message. As well as talking about God, we need to actively pray, read, fast, etc. with our families – in addition to our private lives with the Lord. The enemy *loves* to break down families because he knows how much it can frustrate and even destroy each individual's work for God, so be on guard against anything that is seeking to creep in and weaken your family bond.
- **Referring all things in our lives back to scripture** (versus making choices based on emotions, man's wisdom, or following the status quo). This means making

the effort to turn to the Word of God as our first point of call for direction, guidance, comfort, and any other kind of need.

- **Fasting regularly.** More regular, shorter fasts that are easier to handle (even if it's from after breakfast until dinner if that's all your body can handle right now) are more effective than longer fasts that are a real burden for your particular body (and so you're not inclined to do them very often). Fasting subdues the flesh and brings us in better tune with the Holy Spirit. It helps build our relationship with God, and it is through that relationship that we see the manifestation of His Word in our lives.
- **Learning to love and follow after righteousness in *every* area of our lives** simply because God is a God of righteousness, holiness, and purity and we want our lives to emulate and glorify His character; and also because we understand that God tells us to "...seek ye first the kingdom of God, *and his righteousness*; and all these things shall be added unto you" (Matthew 6:33). Be willing to "run a fine toothed comb" through your words; through your actions; through your choices for work, leisure and entertainment; and even through the traditions you follow. Consider the influences you allow in your life and in your children's lives. Be honest with yourself. Listen to the Holy Spirit within and beware of self-deception. Nothing is worth holding on to at the risk of weakening your spiritual walk – or the spiritual walk of another.

When we do the above, *then* comes Biblical wisdom, faith, and healings. The other gifts of the Spirit are made manifest, such as discernment and word of knowledge. The fruits of the Spirit flow more and more. We see the "added unto you" unfolding in our lives as per Matthew 6:33 ("But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you"). Expounding God's Word and praying for others with power, authority, and expectation becomes second nature to us. We begin to experience the exceeding abundance that the Lord talks about, and our works unto God become our default by pleasure (versus things we do out of obligation, or even fear). *This* is walking in the Spirit. And, if the majority of our church group also lays hold upon these keys to success, the group will flourish as a whole.

Your answer to personal revival is already within you through the Holy Spirit anointing. The Lord just wants you to take the steps to draw upon this power that you have allowed to lie dormant for some time. God wants this so He can glory in the fact that it was by your reliance upon Him that you were brought out from the abyss you may feel you're in and placed upon the very mountaintop as a conqueror:

Romans 8:31-39, "...If God be for us, who can be against us? He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things? Who shall lay any thing to the charge of God's elect? It is God that justifieth. Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us. Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, for thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."