



CELL GUIDE

TOPIC Build Spiritual Strength

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THEME Effective Prayer

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MESSAGE SUMMARY

INTRODUCTION

The Messenger carries the Message. Thus it is important to build our inner or private life through prayer in the Holy Spirit. Although this is the unseen/invisible part of our life (e.g. our character, teachability, obedience) which is “below the surface line” of what is visible (e.g. our beauty, smarts, charisma), it contributes towards 60-70% of the message.

BUILDING SPIRITUAL STRENGTH

We build our spiritual strength through prayer in the Holy Spirit to:

1. Develop our relationship with Him (2 Cor 13:14)

This is achieved through:

- (a) Regular **intake of the Word** (Rom 10:17) - Meditate, Remember, Study, Read and Hear the Word

This provides:

- “milk” to experience the grace of God (1 Pet 2:2-3)
- “bread” to hear God speaking to us for decision making and guidance (Jn 10:4, 27; Mt 4:4)
- “meat” to discern good and evil (Heb 5:14)

- (b) Regular **speaking forth of the Word** (2 Cor 4:13)

- (c) Continual **prayer-connect** (Thes 5:17; Luke 18:1; Eph 6:18)

- Pray the Book (Ps 139:16; 2 Tim 1:9)
- Make mention (Rom 1:9; Eph 1:16)
- Pray the Scriptures (Col 1:9-11; 2 Cor 9:8)
- Sing spiritual songs (Eph 5:18-19; Col 3:16)

- (d) Building of our altar of **thanksgiving, praise and worship** (Rom 1:21)

- This helps us learn gratefulness and surrender, as well as sensitises our conscience before God and man (Rom 9:1; 1 Tim 1:19; Act 24:16)

2. Transform our soul-personality (M.E.W)

- (a) Our natural **Mind** needs to be renewed (Rom 12:2)

- (b) Our natural **Emotions** need to be Spirit-tempered (Gal 5:22-23)

- (c) Our natural **Will** needs to align with God (Col 1:9)

3. Guide us as we live in the world

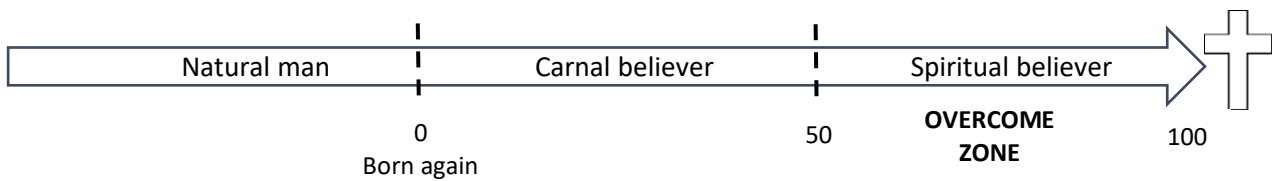
Strength in

- (a) **body**
- (b) **soul**: (Pt #2) mental, emotional, volitional/will; and
- (c) **spirit**: relationship, conscience, discernment

will be expressed in our living and in all our relationships through our responses, conduct, decisions and reactions. (Pro 3:5-6; 2 Cor 12:9a; Rom 8:28)

CONCLUSION

The outcome of building spiritual strength is that we will be overcomers in relating to people and being on top of our situations. From living as a natural man, we cross over (the 50% mark of Christlikeness) after being born again, from being a carnal believer to a spiritual believer living in the **overcomer zone**!



QUESTIONS

1. Think of an object (e.g. Thor's hammer, bruised fruit, masking tape) to describe how spiritually strong you feel you are.

2. Trace your journey towards Christlikeness from the time you were born again to where you are today. Share one thing that helped you cross over from living as a carnal believer to living as a spiritual believer.

3. Critical to building spiritual strength is the transformation of our Soul-Personality in Mind, Emotions and Will. Identify one practical way our mind/emotions/will can be transformed through developing our relationship with God (ref: Pt#1). (E.g. Regular speaking forth of the Word in Ps 27:1 (Pt 1b) to manage our emotion of fear)