



# **THIS IS HOW I WIN MY BATTLE - Part 5**

**Bible Study Teaching – 12/21/2021**

**Elder Kenneth Norman – Teacher**

## **THIS IS HOW I WIN MY BATTLE**

**I Thessalonians 5:23** - <sup>23</sup> And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

We have been reviewing the divine makeup of mankind and we are beginning to learn its importance in the plan of God. God designed mankind in such a way that we will be able to express heaven on earth. God's desire is that through our divine makeup we have the ability to demonstrate His Kingdom. We have discussed our physical makeup - our body. We know that our physical body gives us the legal right to be in the earth (**II Corinthians 5:8**).

We have been discussing the composition of our human spirit. We said that the spirit enables us to have **perception**, which is high spiritual awareness. Perception enables our spirit to understand the things of God. (**I Corinthians 2:9-14 NLT**)

The next portion of the composition of our spirit we shared is **conviction**. Conviction relates to our ability to be convicted of the truth by the Holy Spirit. Conviction for a believer is the capacity to hear God's warning when we begin to do something wrong. Conviction is aided by a scripturally taught conscience, which makes it easier for our spirits to hear what the Spirit of God is saying. A scripturally taught conscience will establish the proper values needed to make right choices in life. (**John 8:1-11**)

The third area we have the ability to be sensitive to in our spirits is **communion** or fellowshiping with God. Because we are spirit, and God is Spirit (**John 4:24**), we have the right and the privilege to come into the presence of God and commune with Him. Our human spirit enables us to know God intimately in a genuine relationship. There are five primary spiritual disciplines that will help build an intimate relationship with God.

### **1. Prayer**

Prayer is a means of communicating with God and God wants to commune with those who are righteous. **1 Peter 3:12** - "For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil."

Your communion with God is strengthened when you approach Him in prayer seeking His will and not your own. **1 John 5:14 NIV** says, "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."

Also, our communion with God is increased when we pray passionately and persistently from our heart.  
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**Jeremiah 29:12-13 NKJV** - "Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart." Make sure your prayer is a dialogue and not a monologue in which you do all the talking. Be still and open your heart to listen for Him to reply to you.

Jesus lived an exemplary life of demonstrating communion with the Father through prayer. Jesus made communion in prayer with the Father a priority. The Bible says Jesus would often withdraw to lonely places and pray (**Luke 5:16**). He went up on a mountainside by Himself to pray (**Matthew 14:23**). And we also read that Jesus rose "very early in the morning" and "went off to a solitary place where He prayed" (**Mark 1:35**). Jesus always wanted to make sure that He was in communion with the Father and received direction from the Father.

## 2. Fasting

Fasting is a deliberate choice to abstain from food or drink for a designated period of time in order to quiet the flesh and become more sensitive to God. Fasting can involve items that may have a pull on your flesh such as social media, TV, etc. There are two main types of fasting; a partial fast and an absolute fast. A partial fast is where you would restrain from certain food or drinks as you fast. A good example of this would be Daniel's fast—a 21-day fast Daniel took where he abstained from certain delicacies. **Daniel 10:3** - I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled. The absolute fast is where you only use water for the time of your fasting. **Luke 4:2** - Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered. Fasting can aid your spirit to be more in tune with the Holy Spirit. If you have any health-related issues, consult your doctor before you begin a fast.

## 3. Meditating on the Word of God

Meditating on the scriptures helps develop an intimate relationship with God. The Bible contains God's expression of His love, His heart, His laws and His promises to you. The Word is God's way of letting you know the relationship He desires to have with you and the relationship He desires you have with Him. **Psalms 119:97-98** - O how I love Your Law! It is my meditation all the day. Your commandments make me wiser than my enemies, for they are ever mine. **Psalms 1:2** - His delight is in the law of the Lord, and in His law he meditates day and night.

Meditating the Word of God increases your faith (**Romans 10:17**), gives you peace and wisdom (**Isaiah 26:3**), and enables you to stand against the works of the enemy (**Ephesians 6:17**). Meditating the Word of God should lead you to take action by believing it, speaking it, and living it.

## 4. Praise & Thanksgiving

God loves it when we offer praise and thanks to Him because it brings us into His presence. **Psalms 22:3** - <sup>3</sup> But thou art holy, O thou that inhabitest the praises of Israel.

**Psalms 100:4** - <sup>4</sup> Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him,  
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and bless his name.

We must praise Him for His goodness towards us, and most importantly, for who He is, not only when things are going good for us but also in the midst of trouble. **Psalm 34:1** - I will bless the Lord at all times: his praise shall continually be in my mouth.

## 5. Service to others

**Matthew 25:34-40** - <sup>34</sup> “Then the King will say to those on his right, ‘Come, you who are blessed by my Father, inherit the Kingdom prepared for you from the creation of the world. <sup>35</sup> For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. <sup>36</sup> I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.’ <sup>37</sup> “Then these righteous ones will reply, ‘Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? <sup>38</sup> Or a stranger and show you hospitality? Or naked and give you clothing? <sup>39</sup> When did we ever see you sick or in prison and visit you?’ <sup>40</sup> “And the King will say, ‘I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!’

God views serving others as if we are serving Him personally. Our service to others becomes a form of worship to God.

“You are as much serving God in looking after your own children, & training them up in God’s fear, & minding the house, & making your household a church for God, as you would be if you had been called to lead an army to battle for the Lord of hosts.” **Charles Spurgeon**

**Philippians 2:3-5 NIV** - Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup> not looking to your own interests but each of you to the interests of the others. <sup>5</sup> In your relationships with one another, have the same mindset as Christ Jesus:

**Matthew 20:28 KJV** - Even as the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.