

## Building a Robust Spiritual Life

The reason why many believers do not pursue after certain things is because they do not know what is in it for them. If you do not see anything as a treasure, your view of it would be as a trash, (1Thessalonians 5:23).

Man is a tripartite being. He is a spirit; he has a soul and lives in a body. God molded a body, breathed into the body and the body became a living soul (Genesis 2:7).

Before the fall, Adam was the God of this world. He was on top of creation. He was operating on Gods frequency of wisdom. He named all the animals. What died in Adam is the spirit man and Jesus came to bring back to life, that spirit man. The original state of man is a state of dominion over all that God has made including the devil. That is what we call eternal life (John 3:16).

Adam manifested supernatural intelligence, being one of the attributes of God which man lost after the fall. But redemption is what Jesus offers and if you are saved you will know it and those around you will know it (2 Corinthians 5:17).

One of the men who manifested these supernatural abilities was Apostle Paul. He operated in dominion over death (Philippians 1:25).

Daniel was also someone who manifested dominion (Daniel 2:16; Daniel 2:64). Daniel had an excellent spirit (Daniel 6:3; Daniel 1:20).

### **How to Develop your Spirit Man**

a) Through correct nutrition and correct exercises (Mathew 4:4; Deut. 8:3) - Same way you feel faint physically when you are not eating, you faint in your spirit when you are not feeding your spirit. Battles do not announce themselves; they come at us at any point in time; so we need to feed our spirit to keep it active against the battles of life. They that do know their God shall be strong and do exploits. The more we feed our spirit man with the word the more weight we gain in the spirit and the greater our command.

b) You must exercise your spiritual muscles. Prayer is a platform for sustainable exercise. As we engage the prayer altar we are building up our muscles against the day of trouble. When you have a robust spirit, the spirit man takes charge when you are challenged. People are tormented when their spirit man has no strength to take command. You need to build your spirit man against the day of trouble.