

Week: May 10–16, 2015

Developing an Excellent Spirit – Part One

Welcome & Opening Prayer

Memory Verse

“Then this Daniel was preferred above the presidents and princes, because an excellent spirit *was* in him; and the king thought to set him over the whole realm.”

Daniel 6:3

Discussion

God has given us the responsibility of managing our own spirit. The word “spirit” in the Bible is used interchangeable for the word “heart.” When you became born again you took on the life and nature of Christ in your spirit, but you must protect your heart. You cannot allow the distractions and contamination of this world to corrupt your heart. According to Luke 6:45 “...*for of the abundance of the heart his mouth speaketh.*” The things you allow to fill your heart in abundance, is what will not only come out of your mouth but will shape your attitude and disposition to others.

Proverbs 25:28 says, “*Whoever has no rule over his own spirit is like a city broken down, without walls.*” The Bible likens the person who does not control their own spirit as being like a city with walls that have tumbled down. That makes the city defenseless so it is vulnerable to any attack. In the same way, if we don’t ‘take care’ of or ‘rule’ our own spirit, we are like a city with cracks in our foundations and breaches in our fortifications, open to every kind of attack imaginable.

Proverbs 25:28

1. How do you maintain rule over your spirit? What are some ways you can keep your heart strong and full of the Word?

Proverbs 17:27

2. Oftentimes we feel a compulsion to always speak our mind. Why is it wise to sometimes be quiet? Why do we feel a need to add our two cents or commentary on every discussion; is it always necessary and why?

Proverbs 21:23

3. The soul consists of the will, mind, and emotions. List some ways that our tongue can cause trouble to our soul?

Personal Application

Take inventory of your words. Your heart is connected to your mouth. What is coming out of your spirit? Get before the Lord and ask Him to give you a clean heart according to Psalm 51:10. Repent for ill-spoken words and impure actions.

Closing Corporate Prayer & Announcements