

Session Six  
(Lessons 19, 20)

**Exercising Our Spirit and Walking According to the Spirit**

Scripture reading: 1 Tim. 4:7; 2 Tim. 1:7; 4:22; 1 Tim. 1:5; Heb. 10:22; 1 John 1:7; Eph. 6:18; 1 Thes. 5:17;  
Rom. 8:4, 16; 1 Cor. 6:17; Rom. 8:14; Gal. 5:16, 22-23, 25

**I. From Paul's word in 1 and 2 Timothy we see that to exercise ourselves unto godliness is to exercise our spirit-1 Tim. 4:7; 2 Tim. 1:7; 4:22:**

- A. If you are going to exercise yourself unto godliness, you have to know how to exercise your spirit because the very God is in your spirit.
- B. Paul utilized the word exercise to stress the vital need of another kind of gymnastics; this kind of gymnastics pertains solely to the matter of godliness.

**II. In order to be able to exercise our spirit it is vital to take care of our conscience:**

- A. Before we can properly exercise our spirit, we must first have a good conscience.
- B. Whenever we exercise our spirit to contact the Lord, we need the blood-1 John 1:7, 9.

**III. We have to start to exercise our spirit by praying, because to pray is something in the spirit-Eph. 6:18:**

- A. Paul charges us to pray without ceasing; Paul's command to pray without ceasing implies that unceasing prayer is like breathing; the way to do this is to call on the name of the Lord-1 Thes. 5:17.
- B. The Spirit is embodied in the Word and for us to experience the supply of the Spirit in the Word we must exercise our spirit; pray-reading is one of the best ways to exercise our spirit-Eph. 5:17-18.

**IV. We must see that it is crucial to exercise our spirit in the church meetings; whenever we come together in a church meeting, we need to function, to pray, praise, or give a word of testimony-1 Cor. 14:26.**

**V. If you read through your Bible, you will see that the Lord's ultimate charge to you is that you walk according to spirit-Rom. 8:4.**

**VI. The leading of the Spirit is not derived from the outward environment, but from the inward sense and consciousness of the divine life; this leading proves that we are sons of God-v. 14**

**VII. In Galatians 5 Paul speaks twice about walking by the Spirit, about two kinds of walk by the Spirit-Gal. 5:16, 25:**

- A. The Greek word for walk in verse 16, *peripateo*, means to have our being, to deport ourselves, to order our manner of life, to walk about, It is used with respect to ordinary daily life.
- B. The Greek word for walk in verse 25, *stoicheo*, has a very different meaning; it is derived from a root which means to arrange in a line.
- C. If we consider Galatians 5:25 in light of the other verses where the Greek word *stoicheo* is used for walk (Rom. 4:12; Phil. 3:16), we shall see that to walk by the Spirit is to walk by the Spirit as our rule.

**FOCUS:** The purpose in this lesson is to follow up and further strengthen all the previous lessons concerning the matter of the exercise of our spirit, and to further impress the young people with the fact that the exercise of our spirit is a very practical matter in our daily lives. This session could also be followed up with a time during which the young people could spend personal time with the Lord in order to practice the personal pray-reading and confess their sins.

**SUGGESTED MEMORY VERSES:**

1 Tim. 4:7; Acts 24:16; 1 John 1:9; 2 Cor. 3:16, 18; Col. 3:15; Gal. 2:20; 5:16, 25