

## The Need To Exercise

We are shown the secret as to how the Holy Spirit works in and through us In Hebrews 9:1.

### Romans 9:1 NIV, Romans 9:1 Amplified Bible

Here, Paul's conscience had been enlightened and influenced by the Holy Ghost.

Before that could happen, Paul had to have prepared for it.

God's will is that we not only recognize the enlightening of the Holy Spirit,  
but that we act upon that enlightenment by working out his influence.

### Hebrews 5:11-14 NLT

Failure to exercise our faculties is disobedience to God and grieves the Holy Spirit.

What Faculties are we to exercise?

#### I. OUR CONSCIENCE

A. Our conscience enables us to decide on the lawfulness or unlawfulness of our actions.

B. It enables us to instantly either approve or condemn them.

C. The key to victory is found in being in shape. [strong spirituality]

#### II. OUR MIND

Mental exercise is thinking, and in Philippians 4 we are **COMMANDED TO THINK!**

### Philippians 4:6-8 NLT

Only when we think can the Holy Spirit illuminate, enlighten, lead, and guide us.

### Psalms 1:1-3 NLT

Unless we think and meditate, unless we exercise our mind we will not be blessed or happy.

#### III. OUR WILL

We exercise our Will by becoming more and more decisive!

A. True, we must learn to wait on the Lord's clear leadership!

B. Also true, we must learn to recognize that leadership and decisively follow it!

### Philippians 2:13 NLT

#### IV. OUR MEMORY

### 2 Peter 3:1, 2 NLT

Our memory needs to be exercised if we are going to be aware of:

a. Our old lost condition,

b. Those still in the condition,

c. the need to be consumed by the passion of pleasing Christ Jesus!!

If we would let all the potential power we have be released, by exercising our faculties,  
it would beyond question, change our world!

Don't go running here and there, looking for this or that ecstatic experience, or new revelation.

### II Timothy 2:23-26 NLT

EXERCISE YOUR FACULTIES!!

#### FACULTY

CONSCIENCE

MIND

WILL

MEMORY

#### EXERCISE

SURRENDERING

THINKING

DECISIVENESS

RECALLING, REFLECTING

REMEMBERING

BUT ONLY IN THE LORD!!!