

MESSAGE

Occasion : Lighthouse Coming Together
Theme : Able to Do Abundantly According to the Ability that God Gives
Venue : Online Live Streaming
Date : May 12, 2020

TITLE : WHERE COMES OUR STRENGTH
Text/s :

Ps 84:4-12

4 Blessed are they that dwell in thy house: they will be still praising thee. Selah.
5 Blessed is the man whose strength is in thee; in whose heart are the ways of them.
6 Who passing through the valley of Baca make it a well; the rain also filleth the pools.
7 They go from strength to strength, every one of them in Zion appeareth before God.
8 O Lord God of hosts, hear my prayer: give ear, O God of Jacob. Selah.
9 Behold, O God our shield, and look upon the face of thine anointed.
10 For a day in thy courts is better than a thousand. I had rather be a doorkeeper in the house of my God, than to dwell in the tents of wickedness.
11 For the Lord God is a sun and shield: the Lord will give grace and glory: no good thing will he withhold from them that walk uprightly.
12 O Lord of hosts, blessed is the man that trusteth in thee.
KJV

Isa 40:31

31 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.
KJV

Bible Reading :

Gal 5:15-26

15 But if ye bite and devour one another, take heed that ye be not consumed one of another.
16 This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.
17 For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.
18 But if ye be led of the Spirit, ye are not under the law.
19 Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness,
20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,
21 Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.
22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,
23 Meekness, temperance: against such there is no law.
24 And they that are Christ's have crucified the flesh with the affections and lusts.
25 If we live in the Spirit, let us also walk in the Spirit.
26 Let us not be desirous of vain glory, provoking one another, envying one another.
KJV

Song/s :

JESUS, HOLD MY HAND (F)
Albert E Brumley (1933)

Verse 1

As I travel thru this pilgrim land
There is a Friend who walks with me,
Leads me safely thru the sinking sand,
It is the Christ of Calvary;
This would be my pray'r, dear Lord, each day
To help me do the best I can,
For I need Thy light to guide me day and night
Blessed Jesus, hold my hand.

Chorus

Jesus, hold my hand,
Yes, I need Thee ev'ry hour,
Thru this land, this pilgrim land
Protect me by pow'r;
Hear my plea, my feeble plea,
O Lord, look down on me,
When I kneel in prayer,
I hope to meet you there
Blessed Jesus, hold my hand.

Verse 2

Let me travel in the light divine
That I may see the blessed way;
Keep me that I may be wholly Thine
And sing redemption's song some day;
I would be a soldier brave and true
And ever firmly take a stand,
As I onward go and daily meet the foe,
Blessed Jesus, hold my hand.

Chorus

Verse 3

When I wander thru the valley dim
Toward the setting of the sun,
Lead me safely to a land of rest
If I a crown of life have won;
I have put my faith in Thee, dear Lord,
That I may reach the golden strand,
There's no other friend on whom I can depend,
Blessed Jesus, hold my hand.

Chorus

HAVEN OF REST (Ab)

1

My soul in sad exile was out on life's sea,
So burdened with sin and distressed,
Till I heard a sweet voice saying, "Make me your choice;"
And I entered the "Haven of Rest!"

Refrain:

I've anchored my soul in the "Haven of Rest,"
I'll sail the wide seas no more;
The tempest may sweep o'er the wild, stormy deep,
In Jesus I'm safe evermore.

2

I yielded myself to His tender embrace,
And faith taking hold of the word,
My fetters fell off, and I anchored my soul:
The "Haven of Rest" is my Lord. [Refrain]

3

The song of my soul, since the Lord made me whole,
Has been the old story so blest,
Of Jesus, who'll save whosoever will have
A home in the "Haven of Rest." [Refrain]

4

How precious the thought that we all may recline,
Like John the beloved and blest,
On Jesus' strong arm, where no tempest can harm,
Secure in the "Haven of Rest." [Refrain]

5

Oh, come to the Savior, He patiently waits
To save by His power divine;
Come, anchor your soul in the "Haven of Rest,"
And say, "My Beloved is mine." [Refrain]

STAND BY ME (Eb)

Charles Albert Tindley

(Charles Albert Tindley was born in Berlin, Maryland, July 7, 1851; son of Charles and Hester Tindley. His father was a slave, and his mother was free. Hester died when he was very young; he was taken in by his mother's sister Caroline Miller Robbins in order to keep his freedom. It seems that he was expected to work to help the family. In his Book of Sermons (1932), he speaks of being "hired out" as a young boy, "wherever father could place me." He married Daisy Henry when he was seventeen. Together they had eight children, some of whom would later assist him with the publication of his hymns. Tindley was largely self-taught throughout his lifetime. He learned to read mostly on his own. After he and Daisy moved to Philadelphia)

1

When the storms of life are raging,
Stand by me (stand by me);
When the storms of life are raging,
Stand by me (stand by me);
When the world is tossing me
Like a ship upon the sea,
Thou Who rulest wind and water,
Stand by me (stand by me).

2

In the midst of tribulation,
Stand by me (stand by me);
In the midst of tribulation,
Stand by me (stand by me);
When the hosts of hell assail,
And my strength begins to fail,
Thou Who never lost a battle,
Stand by me (stand by me).

3

In the midst of faults and failures,
Stand by me (stand by me);
In the midst of faults and failures,

1

Stand by me (stand by me);
When I do the best I can,
And my friends misunderstand,
Thou Who knowest all about me,
Stand by me (stand by me).

4

In the midst of persecution,
Stand by me (stand by me);
In the midst of persecution,
Stand by me (stand by me);
When my foes in battle array
Undertake to stop my way,
Thou Who savèd Paul and Silas,
Stand by me (stand by me).

5

When I'm growing old and feeble,
Stand by me (stand by me);
When I'm growing old and feeble,
Stand by me (stand by me);
When my life becomes a burden,
And I'm nearing chilly Jordan,
O Thou "Lily of the Valley,"
Stand by me (stand by me).

TILL THE STORM PASSES BY (D)

Mosie Lister

I

In the dark of the midnight have I oft hid my face
While the storm howls above me, and there's no hiding place
'Mid the crash of the thunder, Precious Lord, hear my cry
Keep me safe till the storm passes by

Chorus

Till the storm passes over, till the thunder sounds no more
Till the clouds roll forever from the sky
Hold me fast, let me stand in the hollow of Thy hand
Keep me safe till the storm passes by

II

Many times Satan whispered, "There is no need to try
For there's no end of sorrow, there's no hope by and by"
But I know Thou art with me, and tomorrow I'll rise
Where the storms never darken the skies

Chorus

Till the storm passes over, till the thunder sounds no more
Till the clouds roll forever from the sky
Hold me fast, let me stand in the hollow of Thy hand
Keep me safe till the storm passes by

III

When the long night has ended and the storms come no more
Let me stand in Thy presence on the bright peaceful shore
In that land where the tempest, never comes, Lord, may I
Dwell with Thee when the storm passes by

Chorus
Till the storm passes over, till the thunder sounds no more
Till the clouds roll forever from the sky
Hold me fast, let me stand in the hollow of Thy hand
Keep me safe till the storm passes by

HIS GRACE IS SUFFICIENT (G)
Mosie Lister

I
Many times I'm tried and tested
As I travel day by day
Oft I meet with pain and sorrow
And there's trouble in the way.
But I have a sweet assurance
That my soul, the Lord will lead
And in Him there is strength for every need.

CHORUS:
O, His grace is sufficient for me.
And His love is abundant and free.
And what joy fills my soul,
Just to know, just to know
That His grace is sufficient for me.

II
When the tempter brings confusion
And I don't know what to do,
On my knees I turn to Jesus
For He'll always see me through
Then despair is changed to victory.
Every doubt just melts away
And in Him there is hope for everyday.

CHORUS:
O, His grace is sufficient for me.
And His love is abundant and free.
And what joy fills my soul,
Just to know, just to know
That His grace is sufficient for me.

Coda
And what joy fills my soul,
Just to know, just to know
That His grace is sufficient for me.

WHERE NO ONE STANDS ALONE (B)
Mosie Lister

I
Once I stood in the night with my head bowed low
In the darkness, as black as could be
And my heart felt alone
And I cried oh Lord
Don't hide your face from me.

Chorus

Hold my hand all the way
Every hour, every day
From here to the great unknown
Take my hand let me stand
Where no one stands alone.

II

Like a king I may live in a palace so tall
With great riches to call my own
But I dont know a thing
In this whole wide world
Thats worse then being alone.

Chorus

Hold me hand all the way
Every hour, every day
From here to the great unknown
Take my hand let me stand
Where no one stands alone
Take my hand let me stand
Where no one stands alone

GREAT IS THY FAITHFULNESS

I

“Great is Thy faithfulness,” O God my Father,
There is no shadow of turning with Thee;
Thou changest not, Thy compassions, they fail not
As Thou hast been Thou forever wilt be.

Chorus

“Great is Thy faithfulness!” “Great is Thy faithfulness!”
Morning by morning new mercies I see;
All I have needed Thy hand hath provided—
“Great is Thy faithfulness,” Lord, unto me!

2

Summer and winter, and springtime and harvest,
Sun, moon and stars in their courses above,
Join with all nature in manifold witness
To Thy great faithfulness, mercy and love.

3

Pardon for sin and a peace that endureth,
Thine own dear presence to cheer and to guide;
Strength for today and bright hope for tomorrow,
Blessings all mine, with ten thousand beside!

SURELY GOODNESS AND MERCY (Eb)

A pilgrim was I, and a wandering,
In the cold night of sin I did roam,
When Jesus the kind Shepherd found me,
And now I am on my way home.

Chorus:

1

Surely goodness and mercy shall follow me
All the days, all the days of my life;
Surely goodness and mercy shall follow me
All the days, all the days of my life.

And I shall dwell in the house of the Lord forever,
And I shall feast at the table spread for me;
Surely goodness and mercy shall follow me
All the days, all the days of my life.

Verse 2:

He restoreth my soul when I'm weary,
He giveth me strength day by day;
He leads me beside the still waters,
He guards me each step of the way.

Verse 3:

When I walk through the dark lonesome valley,
My savior will walk with me there;
And safely His great hand will lead me
To the mansions He's gone to prepare.

HE KEEPS ME SINGING (F)

I

There's within my heart a melody
Jesus whispers sweet and low
"Fear not, I am with you, peace be still"
In all of life's ebb and flow.

CHORUS

Jesus, Jesus, Jesus
Sweetest name I know
Fills my ev'ry longing
Keeps me singing as I go.

II

All my life was wrecked by sin and strife
Discord filled my heart with pain
Jesus swept across the broken strings
Stirred the slumb'ring chords again.

CHORUS

Jesus, Jesus, Jesus
Sweetest name I know
Fills my ev'ry longing
Keeps me singing as I go.

III

Feasting on the riches of His grace
Resting 'neath His shelt'ring wing
Always looking on His smiling face
That is why I shout and sing.

CHORUS

Jesus, Jesus, Jesus

Sweetest name I know
Fills my ev'ry longing
Keeps me singing as I go.

IV

Though sometimes He leads through
waters deep
Trials fall across the way
Though sometimes the path seems rough
and steep
See His footprints all the way.

CHORUS

Jesus, Jesus, Jesus
Sweetest name I know
Fills my ev'ry longing
Keeps me singing as I go.

V

Soon He's coming back to welcome me
Far beyond the starry sky
I shall wing my flight to worlds unknown
I shall reign with Him on high

CHORUS

Jesus, Jesus, Jesus
Sweetest name I know
Fills my ev'ry longing
Keeps me singing as I go.

PRECIOUS LORD, TAKE MY HAND (Ab)

Lyrics & Music by Thomas A. Dorsey

I

Precious Lord, take my hand
Lead me on, let me stand
I'm tired, I'm weak, I'm lone
Through the storm, through the night
Lead me on to the light
Take my hand precious Lord, lead me home

II

When my way grows drear precious Lord linger near
When my light is almost gone
Hear my cry, hear my call
Hold my hand lest I fall
Take my hand precious Lord, lead me home

III

When the darkness appears and the night draws near
And the day is past and gone
At the river I stand
Guide my feet, hold my hand
Take my hand precious Lord, lead me home

CODA

Precious Lord, take my hand
Lead me on, let me stand

I'm tired, I'm weak, I'm lone
Through the storm, through the night
Lead me on to the light
Take my hand precious Lord, lead me home

His Grace is Greater Than Our Need (E)
Larnelle Harris

I

His grace is greater than our failures
His peace runs deeper than our fears
If we go to Him in mercy
Our hearts can rest assured
His love will keep us through our tears

II

He'll give us strength to simply trust Him
Through times we may not understand
We will gain a sweet assurance
No passing doubt can dim
Our lives are safely in His hand

Chorus

Though countless souls have come to Him
So desperate and lost
With faith no greater than a tiny seed
Each one has found a wondrous truth
Beneath His simple cross
His grace is greater than our need

III

No height or depth in all creation
Can reach beyond His love for me
And His power has raised my spirit
A work forever done
His grace is greater than my need...

Coda

And His power has raised my spirit
The work forever done
His grace is greater
His grace is greater
His grace is greater than my need

Other references :

INTRODUCTION

The condition the world is in...

PEMS - Physical-Emotional-Mental-Spiritual

Phil 3:17-21

17 Brethren, be followers together of me, and mark them which walk so as ye have us for an ensample.
18 (For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ:
19 Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.)
20 For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ:
21 Who shall change our vile body, that it may be fashioned like unto his glorious body, according to the working whereby he is able even to subdue all things unto himself.
KJV

Mic 3:9-11

9 Hear this, I pray you, ye heads of the house of Jacob, and princes of the house of Israel, that abhor judgment, and pervert all equity.
10 They build up Zion with blood, and Jerusalem with iniquity.
11 The heads thereof judge for reward, and the priests thereof teach for hire, and the prophets thereof divine for money: yet will they lean upon the Lord, and say, Is not the Lord among us? none evil can come upon us.
KJV

Rom 16:17-18

17 Now I beseech you, brethren, mark them which cause divisions and offences contrary to the doctrine which ye have learned; and avoid them.
18 For they that are such serve not our Lord Jesus Christ, but their own belly; and by good words and fair speeches deceive the hearts of the simple.
KJV

1 Tim 6:3-10

3 If any man teach otherwise, and consent not to wholesome words, even the words of our Lord Jesus Christ, and to the doctrine which is according to godliness;
4 He is proud, knowing nothing, but doting about questions and strifes of words, whereof cometh envy, strife, railings, evil surmisings,
5 Perverse disputings of men of corrupt minds, and destitute of the truth, supposing that gain is godliness: from such withdraw thyself.
6 But godliness with contentment is great gain.
7 For we brought nothing into this world, and it is certain we can carry nothing out.
8 And having food and raiment let us be therewith content.
9 But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition.
10 For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.
KJV

Paul's strength

2 Tim 4:14-18

14 Alexander the coppersmith did me much evil: the Lord reward him according to his works:
15 Of whom be thou ware also; for he hath greatly withstood our words.
16 At my first answer no man stood with me, but all men forsook me: I pray God that it may not be laid to their charge.
17 Notwithstanding the Lord stood with me, and strengthened me; that by me the preaching might be fully known, and that all the Gentiles might hear: and I was delivered out of the mouth of the lion.
18 And the Lord shall deliver me from every evil work, and will preserve me unto his heavenly kingdom: to whom be glory for ever and ever. Amen.
KJV

2 Cor 12:9-10

9 And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.
10 Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.

KJV

Our strength as an Ekklesia defines what we can do according to His ability in us

Eph 3:16-21

16 That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man;

17 That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love,

18 May be able to comprehend with all saints what is the breadth, and length, and depth, and height;

19 And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God.

20 Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,

21 Unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen.

KJV

BODY

Our spiritual, mental, emotional and physical strengths

A) The spiritual

Rom 8:1-4

1 There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

2 For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

3 For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh:

4 That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit.

KJV

Rom 8:14-18

14 For as many as are led by the Spirit of God, they are the sons of God.

15 For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.

16 The Spirit itself beareth witness with our spirit, that we are the children of God:

17 And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.

18 For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

KJV

Gal 5:15-26

15 But if ye bite and devour one another, take heed that ye be not consumed one of another.

16 This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

17 For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

18 But if ye be led of the Spirit, ye are not under the law.

19 Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness,

20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,

21 Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

23 Meekness, temperance: against such there is no law.

24 And they that are Christ's have crucified the flesh with the affections and lusts.

25 If we live in the Spirit, let us also walk in the Spirit.

26 Let us not be desirous of vain glory, provoking one another, envying one another.

KJV

1 Cor 2:13-3:2

13 Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual.

14 But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.

15 But he that is spiritual judgeth all things, yet he himself is judged of no man.

16 For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

3 And I, brethren, could not speak unto you as unto spiritual, but as unto carnal, even as unto babes in Christ.

2 I have fed you with milk, and not with meat: for hitherto ye were not able to bear it, neither yet now are ye able.

KJV

Gal 6:1

6 Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.

KJV

Eph 5:19

19 Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;

KJV

Col 3:16-17

16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

17 And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.

KJV

Col 1:9-11

9 For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding;

10 That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God;

11 Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness;

KJV

1 Peter 2:5

5 Ye also, as lively stones, are built up a spiritual house, an holy priesthood, to offer up spiritual sacrifices, acceptable to God by Jesus Christ.

KJV

1 Cor 3:16-17

16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

17 If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

KJV

Eph 2:20-22

20 And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone;

21 In whom all the building fitly framed together groweth unto an holy temple in the Lord:

22 In whom ye also are builded together for an habitation of God through the Spirit.

KJV

John 6:63

63 It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.

KJV

2 Cor 3:6-18

6 Who also hath made us able ministers of the new testament; not of the letter, but of the spirit: for the letter killeth, but the spirit giveth life.

7 But if the ministration of death, written and engraven in stones, was glorious, so that the children of Israel could not stedfastly behold the face of Moses for the glory of his countenance; which glory was to be done away:

8 How shall not the ministration of the spirit be rather glorious?

9 For if the ministration of condemnation be glory, much more doth the ministration of righteousness exceed in glory.

10 For even that which was made glorious had no glory in this respect, by reason of the glory that excelleth.

11 For if that which is done away was glorious, much more that which remaineth is glorious.

12 Seeing then that we have such hope, we use great plainness of speech:

13 And not as Moses, which put a vail over his face, that the children of Israel could not stedfastly look to the end of that which is abolished:

14 But their minds were blinded: for until this day remaineth the same vail untaken away in the reading of the old testament; which vail is done away in Christ.

15 But even unto this day, when Moses is read, the vail is upon their heart.

16 Nevertheless when it shall turn to the Lord, the vail shall be taken away.

17 Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty.

18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

KJV

Gal 6:8-10

8 For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.

9 And let us not be weary in well doing: for in due season we shall reap, if we faint not.

10 As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith.

KJV

B) The mental

Rom 8:5-7

5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.

6 For to be carnally minded is death; but to be spiritually minded is life and peace.

7 Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.

KJV

Rom 12:2

2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

KJV

Eph 1:18-19

18 The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints,

19 And what is the exceeding greatness of his power to usward who believe, according to the working of his mighty power,

KJV

Rom 12:16

16 Be of the same mind one toward another. Mind not high things, but condescend to men of low estate. Be not wise in your own conceits.

KJV

Rom 13:14

14 But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.

KJV

Eph 4:22-24

22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;

23 And be renewed in the spirit of your mind;

24 And that ye put on the new man, which after God is created in righteousness and true holiness.

KJV

Col 3:10-16

10 And have put on the new man, which is renewed in knowledge after the image of him that created him:

11 Where there is neither Greek nor Jew, circumcision nor uncircumcision, Barbarian, Scythian, bond nor free: but Christ is all, and in all.

12 Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;

13 Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.

14 And above all these things put on charity, which is the bond of perfectness.

15 And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

KJV

C) The emotional

Rom 8:15-27

15 For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.

16 The Spirit itself beareth witness with our spirit, that we are the children of God:

17 And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.

18 For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

19 For the earnest expectation of the creature waiteth for the manifestation of the sons of God.

20 For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected the same in hope,

21 Because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God.

22 For we know that the whole creation groaneth and travaileth in pain together until now.

23 And not only they, but ourselves also, which have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body.

24 For we are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for?

25 But if we hope for that we see not, then do we with patience wait for it.

26 Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.

27 And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.

KJV

2 Cor 11:23-29

23 Are they ministers of Christ? (I speak as a fool) I am more; in labours more abundant, in stripes above measure, in prisons more frequent, in deaths oft.

24 Of the Jews five times received I forty stripes save one.

25 Thrice was I beaten with rods, once was I stoned, thrice I suffered shipwreck, a night and a day I have been in the deep;

26 In journeyings often, in perils of waters, in perils of robbers, in perils by mine own countrymen, in perils by the heathen, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren;

27 In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness.

28 Beside those things that are without, that which cometh upon me daily, the care of all the churches.

29 Who is weak, and I am not weak? who is offended, and I burn not?

KJV

2 Cor 7:5-6

5 For, when we were come into Macedonia, our flesh had no rest, but we were troubled on every side; without were fightings, within were fears.

6 Nevertheless God, that comforteth those that are cast down, comforted us by the coming of Titus;

KJV

Rom 9:2-3

2 That I have great heaviness and continual sorrow in my heart.

3 For I could wish that myself were accursed from Christ for my brethren, my kinsmen according to the flesh:

KJV

D) The physical

Rom 8:8-13

8 So then they that are in the flesh cannot please God.

9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.

10 And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness.

11 But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

12 Therefore, brethren, we are debtors, not to the flesh, to live after the flesh.

13 For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live.

KJV

Col 3:17

17 And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.

KJV

2 Cor 6:3-10

3 Giving no offence in any thing, that the ministry be not blamed:

4 But in all things approving ourselves as the ministers of God, in much patience, in afflictions, in necessities, in distresses,

5 In stripes, in imprisonments, in tumults, in labours, in watchings, in fastings;

6 By pureness, by knowledge, by longsuffering, by kindness, by the Holy Ghost, by love unfeigned,

7 By the word of truth, by the power of God, by the armour of righteousness on the right hand and on the left,

8 By honour and dishonour, by evil report and good report: as deceivers, and yet true;

9 As unknown, and yet well known; as dying, and, behold, we live; as chastened, and not killed;

10 As sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing all things.

KJV

CONCLUSION