

Blessing Your Spirit - Part 1



God is spirit and we are made in His image. He created our spiritual DNA. God already had our spiritual inheritance planned before He ever spoke "Let there be light." Our human spirit was made of the essence of the living God. He breathed His spirit into man, and man became a living being. "The spirit in a man, the breath of the Almighty, gives him understanding" (Job 32:8). We encounter God in our spirits. We are designed for communion with our Father spirit to Spirit. There are over 130 verses in the Bible that speak specifically of the human spirit.

Two names of God in Scripture refer to the human spirit- God of the spirits of all mankind (Numbers 16:22) and Father of our spirits (Hebrews 12:9). Our spirits need relationship and encouragement to come alive and fully respond to Him. Paul signed four of his letters with a blessing for the spirit of his readers (Galatians 6:18, Philippians 4:23, Philemon 25, 2 Timothy 4:22). Blessing your spirit is life-changing truth and revelation straight from Scripture. This is a journey of joy, and peace, and hope, and strength, and fulfilment, discovering the wonder of who you are - a unique spirit.

Paul commended saints for refreshing the spirit of others. How have we missed it? Paul said such people deserve honour. "I was glad when Stephanas, Fortunatus and Achaicus arrived.... For they refreshed my spirit and yours also. Such men deserve recognition" (1 Cor. 16:17-18). "In addition to our own encouragement, we were especially delighted to see how happy Titus was, because his spirit has been refreshed by all of you" (2 Cor. 7:13).

God made us to be complete spirit, soul, and body. 1 Thessalonians 5:23-24 says, "May God himself, the God of peace, sanctify you completely. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful and He will do it." Our Creator wonderfully designed our spirits to be complex and to do for us what our souls and bodies can't. He wants to invest in the nurture of our spirits as we have never experienced it before.

We are made to distinguish what is spirit and what is soul. Hebrews 4:12 says "For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit..." Our Father appreciates the unique design of our spirits and souls and knows their strengths and potential.

The Bible contrasts spirit with the body and with the sinful nature. (Matthew 26:41, Galatians 5:16-17). Receive these blessings in your spirit, not your mind. Live from them in your own life and see the results. Blessing others with these blessings is a most effective way to leave a generational legacy, a trust fund of blessings for your generations.

Jesus was prepared, empowered, anointed, and appointed by God to bring good news to our spirits, to release captivity of spirit and soul, to lift those who are downtrodden, bruised, crushed, and broken in spirit, and to call us all forth to become the true sons we are created to be. Some of the blessings will bring tremendous self-recognition. Some will strike a spark that you have never recognised before but that you immediately say "Amen" to as your spirit

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awakens to new levels of life, authority, and joy in Christ. Many lives have been healed, changed, and enlarged by the Spirit of God through these blessings, and they will profoundly impact you and those you love.

How To Bless Yourself And Others

Be intentional. Start with yourself so that you can bless others from a full cup. Pray one blessing a day several times during the day. Begin each time of blessing by saying something like, "Spirit, come to the front to receive God's best." The soul will be listening, but these blessings are intended to build up your spirit to connect more easily with God's Spirit and receive identity and legitimacy and direction from him. As you pray these one a day for others, you might begin with "Beloved one (or use their name), I call your spirit to the front to hear God's blessing for you today."

When you have prayed through these daily spirit blessings, you will want to experience the fuller blessings in Blessing Your Spirit. There is more. You have been blessed to be a blessing. Refresh and build up the spirits of others.

Part 2 will start with the daily blessings from the Father's heart - be excited to grow your spirit so you can live from it as you practice this daily!

Be blessed this day!

Shalom

This resource is taken from a little booklet *"Daily Spirit Blessings - With the Blessings of Your Father and the Names of God"* by Arthur Burke & Sylvia Gunter. It is a brief excerpt from the 180-page book "Blessing Your Spirit".

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