



Rule Your Spirit

# Rule Your Spirit

A Key to Greatness in the  
Sight of God and Men



Your spirit is your  
worst enemy.



It does more to hurt  
you and your influence  
than any other enemy.

For us to be EXCEPTIONAL men,  
we must have our full wits to  
rule all actions at all times,  
which does not allow spirit  
meltdowns or takeovers!

He that hath no rule over his own spirit is like a city that is broken down, and without walls.

Proverbs 25:28

He that is slow to anger is better than the mighty;  
and he that ruleth his spirit than he that taketh a  
city.

Proverbs 16:32

EXCEPTIONAL men rule their spirit.

Losers do not and face destruction.





DO NOT  
MISTAKE  
MY QUIET  
AND GENTLE  
SPIRIT FOR  
WEAKNESS  
I AM A  
MIGHTY  
WARRIOR  
**CHILD OF GOD**  
AND MY PRAYERS  
MOVE MOUNTAINS

"I CANNOT *trust a man*

TO CONTROL OTHERS

IF HE CANNOT

*control himself."*



ROBERTE.E.LEE



THE  
DEVIL  
SAW ME  
WITH MY  
HEAD  
DOWN  
AND GOT  
EXCITED  
THEN I SAID  
AMEN

We want to be fervent in spirit  
and do everything heartily as  
unto the LORD God Jehovah  
and His Son Jesus Christ.

And whatsoever ye do, do it heartily, as to the Lord, and not unto men;

Colossians 3:23

Not slothful in business; fervent in spirit; serving  
the Lord;


Romans 12:11

But our fervent and hearty spirits  
should not produce anger, which  
is hardly ever called for in life.

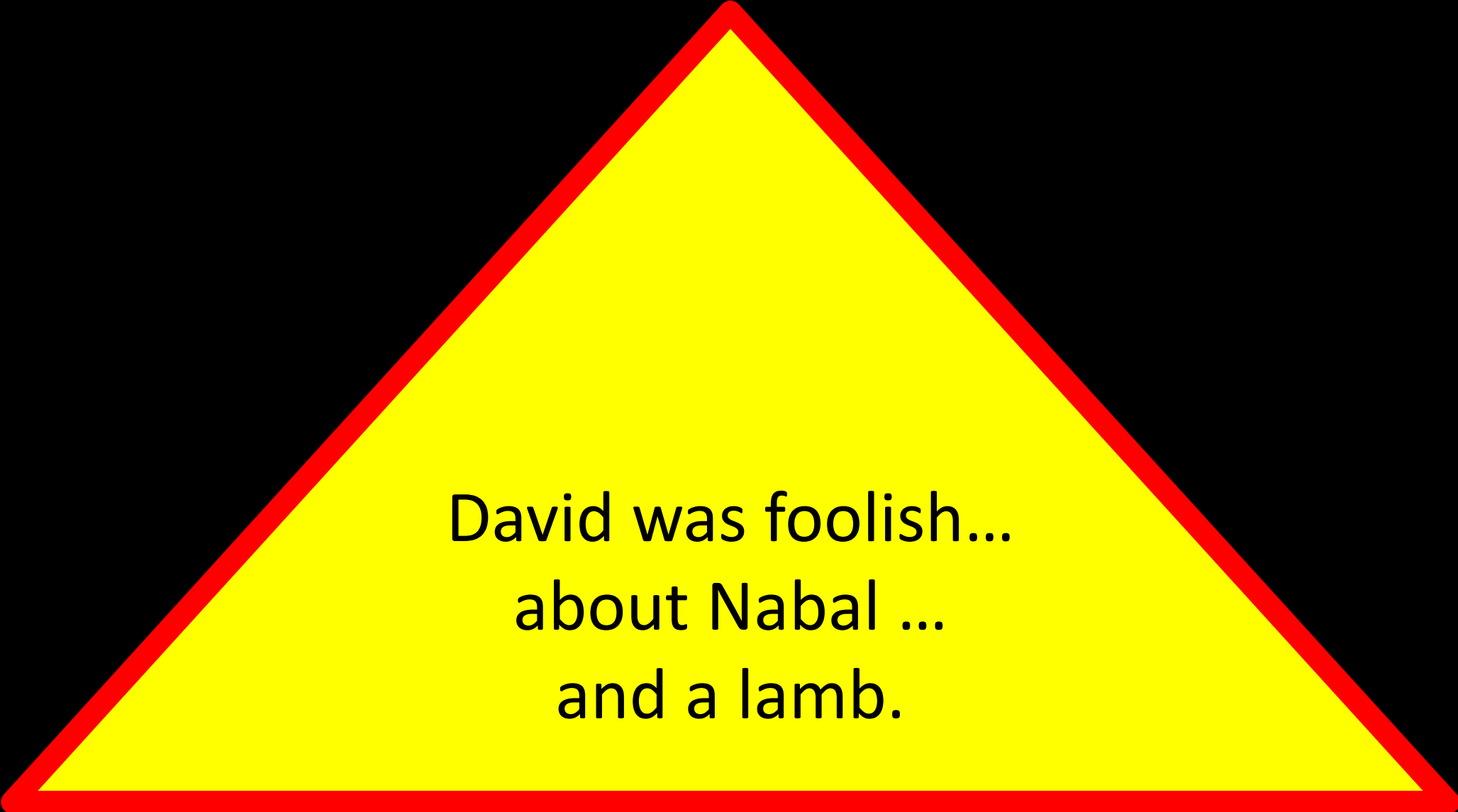
Be not hasty in thy spirit to be angry: for anger  
resteth in the bosom of fools.

Ecclesiastes 7:9

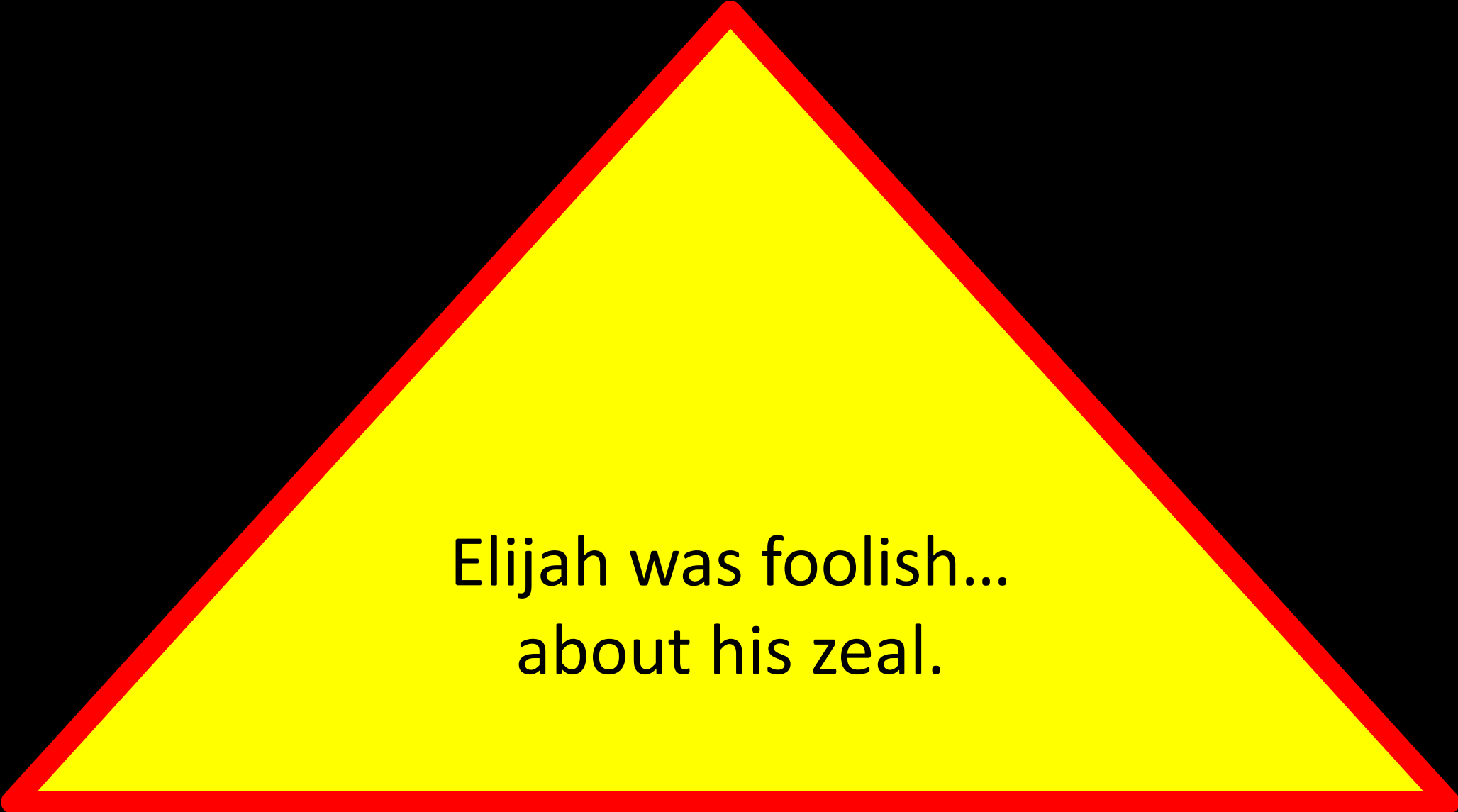





Jonah was foolish ...  
about Nineveh ...  
and a gourd.



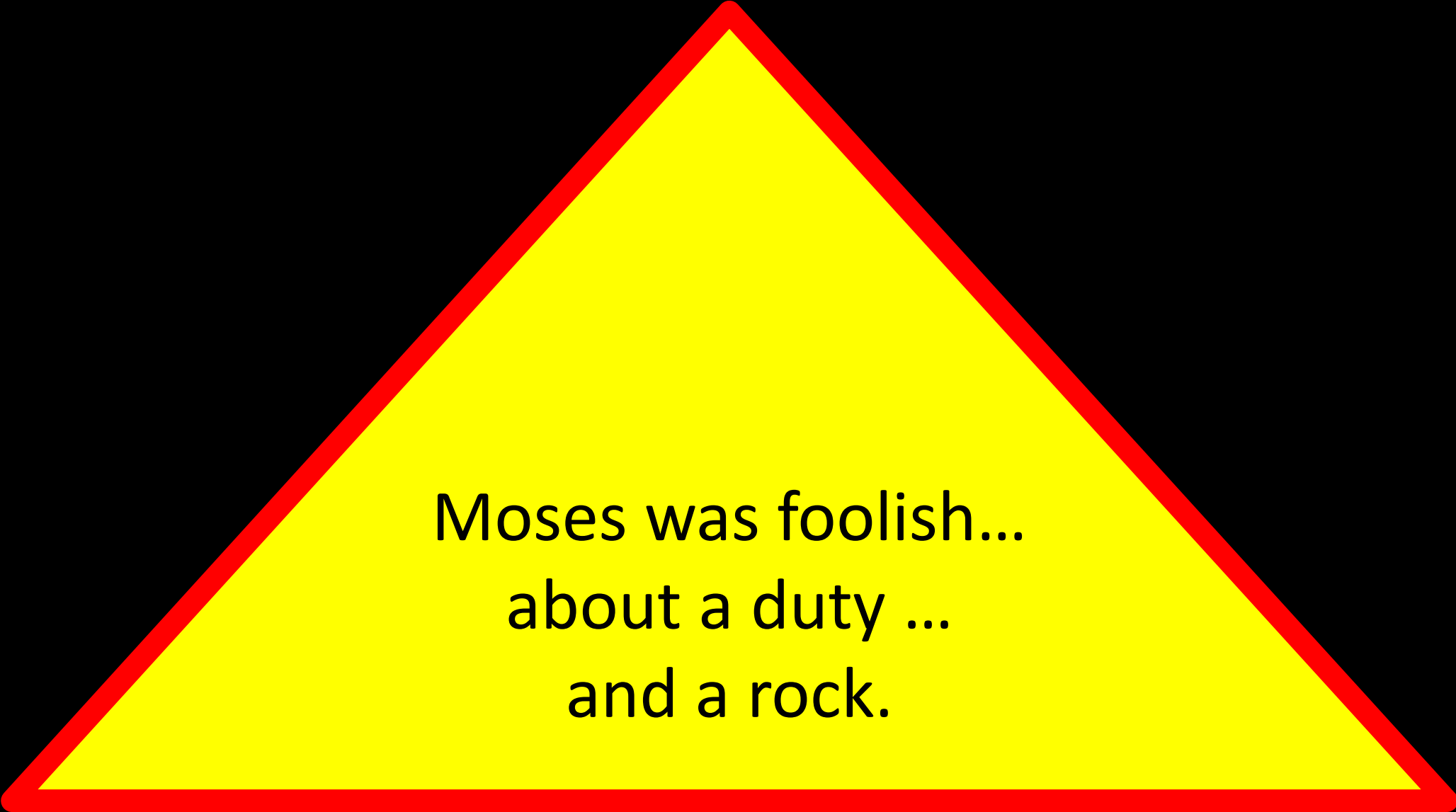
David was foolish...  
about Nabal ...  
and a lamb.



Elijah was foolish...  
about his zeal.



Ahab was foolish...  
about a vineyard ...  
and about Micaiah.



Moses was foolish...  
about a duty ...  
and a rock.

# What Is Your Spirit?

Emotions

Passions


Feelings

Impulses


Moods

Influences

Urges



Your spirit can be a  
raging force inside like  
a wild beast that gets  
loose to destroy.



It can rise instantly  
and feel irresistible  
and cause reactions  
that hurt those near.



When the Bible speaks of ruling your spirit, it is not teaching you to be good and do what is right.

It is more specific than that –  
it tells you to rule the feelings and  
urges that take you over at times  
to do foolish or sinful things.

When Forbes reduced soft skills  
to only three (3/10/2017),  
number two was:

**Emotion Control**

**Emotion Control = Rule Your Spirit**

# Symptoms of Not Ruling Your Spirit? (1)

Anger

Foolish talking

Speeding

Impatience

Bitterness

Withdrawal

Moods

## Symptoms of Not Ruling Your Spirit? (2)

Wrath

Loud talking

Body language

Offensive

Overly Severe

Overly Critical

Haste

# Symptoms of Not Ruling Your Spirit? (3)

Name calling

Inconsistent

Impulsive

Excessive

Morose

Pouting

Mean

# Symptoms of Not Ruling Your Spirit? (4)

Slam things

Exaggeration

Angry face

Stomping

Refuse to talk

Curse others

Sullen



# Rules to Rule your Spirit

- Ask your wife if your spirit is Christian, and let her truly answer.

32 And David said to Abigail, Blessed be the LORD God of Israel, which sent thee this day to meet me:

33 And blessed be thy advice, and blessed be thou, which hast kept me this day from coming to shed blood, and from avenging myself with mine own hand.

I Samuel 25:32-33

22 And Manoah said unto his wife, We shall surely die, because we have seen God.

23 But his wife said unto him, If the LORD were pleased to kill us, he would not have received a burnt offering and a meat offering at our hands, neither would he have shewed us all these things, nor would as at this time have told us such things as these.

Judges 13:22-23

# Rules to Rule your Spirit

- Ask your wife if your spirit is Christian ... let her truly answer.
- If you are prone to a wild spirit ... alcohol is not liberty for you.

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

Romans 13:14

Wine is a mocker, strong drink is raging: and  
whosoever is deceived thereby is not wise.

Proverbs 20:1

Thine eyes shall behold strange women, and thine  
heart shall utter perverse things.

Proverbs 23:33

# Rules to Rule your Spirit

- Ask your wife if your spirit is Christian ... let her truly answer.
- If you are prone to a wild spirit ... alcohol is not liberty for you.
- Do not company with angry men ... for they will lead to sin.



24 Make no friendship with an angry man; and  
with a furious man thou shalt not go:

25 Lest thou learn his ways, and get a snare to thy  
soul.

Proverbs 22:24-25

An angry man stirreth up strife, and a furious man  
aboundeth in transgression.

Proverbs 29:22

# Rules to Rule your Spirit

- Ask your wife if your spirit is Christian ... let her truly answer.
- If you are prone to a wild spirit ... alcohol is not liberty for you.
- Do not company with angry men ... for they will lead to sin.
- Obey all rules as given ... never think you are an exception.

3 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.

4 Then the presidents and princes sought to find occasion against Daniel concerning the kingdom; but they could find none occasion nor fault; forasmuch as he was faithful, neither was there any error or fault found in him.

Daniel 6:3-4

Submit yourselves to every ordinance of man for  
the Lord's sake: whether it be to the king, as  
supreme;

I Peter 2:13

Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you.

Hebrews 13:17

# Rules to Rule your Spirit

- Ask your wife if your spirit is Christian ... let her truly answer.
- If you are prone to a wild spirit ... alcohol is not liberty for you.
- Do not company with angry men ... for they will lead to sin.
- Obey all rules as given ... never think you are an exception.
- Stop thinking ... it is dangerous ... do your duty and give thanks.

Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

I Peter 1:13



4 Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,  
5 Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;  
6 Rejoiceth not in iniquity, but rejoiceth in the truth;  
7 Beareth all things, believeth all things, hopeth all things, endureth all things.

I Corinthians 13:4-7

# Rules to Rule your Spirit

- Ask your wife if your spirit is Christian ... let her truly answer.
- If you are prone to a wild spirit ... alcohol is not liberty for you.
- Do not company with angry men ... for they will lead to sin.
- Obey all rules as given ... never think you are an exception.
- Stop thinking ... it is dangerous ... do your duty and give thanks.
- Patience is better than pride ... hearing is better than talking.

Better is the end of a thing than the beginning thereof: and the patient in spirit is better than the proud in spirit.

Ecclesiastes 7:8

Wherefore, my beloved brethren, let every man be  
swift to hear, slow to speak, slow to wrath:

James 1:19

# Rules to Rule your Spirit

- Ask your wife if your spirit is Christian ... let her truly answer.
- If you are prone to a wild spirit ... alcohol is not liberty for you.
- Do not company with angry men ... for they will lead to sin.
- Obey all rules as given ... never think you are an exception.
- Stop thinking ... it is dangerous ... do your duty and give thanks.
- Patience is better than pride ... hearing is better than talking.
- Haste in anything but your duty and then by the rules is sin.

Seest thou a man that is hasty in his words? there  
is more hope of a fool than of him.

Proverbs 29:20

Also, that the soul be without knowledge, it is not good; and he that hasteth with his feet sinneth.

Proverbs 19:2

He that is slow to wrath is of great understanding:  
but he that is hasty of spirit exalteth folly.

Proverbs 14:29




Go not forth hastily to strive, lest thou know not what to do in the end thereof, when thy neighbour hath put thee to shame.

Proverbs 25:8

# Rules to Rule your Spirit

- Ask your wife if your spirit is Christian ... let her truly answer.
- If you are prone to a wild spirit ... alcohol is not liberty for you.
- Do not company with angry men ... for they will lead to sin.
- Obey all rules as given ... never think you are an exception.
- Stop thinking ... it is dangerous ... do your duty and give thanks.
- Patience is better than pride ... hearing is better than talking.
- Haste in anything but your duty and then by the rules is sin.



Hate and despise  
anger and wrath and  
any related emotions!

There is no need for anger  
in the ordinary course of life.

## Think about it!

Anger is not ever needed.  
Anger usually impairs you.  
Anger usually hurts others.  
Anger impairs judgment.  
Other responses will work.

Be not hasty in thy spirit to be angry: for anger  
resteth in the bosom of fools.

Ecclesiastes 7:9

He that is soon angry dealeth foolishly: and a man  
of wicked devices is hated.

Proverbs 14:17

The wrath of man worketh not the righteousness  
of God.

James 1:20



26 Be ye angry, and sin not: let not the sun go  
down upon your wrath:

27 Neither give place to the devil.

Ephesians 4:26-27

Moses, one of the greatest men in the Bible, sinned by anger for a cause at the waters of Meribah.

32 They angered him also at the waters of strife,  
so that it went ill with Moses for their sakes:

33 Because they provoked his spirit, so that he  
spoke unadvisedly with his lips.

Psalm 106:32-33

Glorious men ... my goal for every  
one of you ... defer any anger and  
gladly pass over transgressions.

The discretion of a man deferreth his anger; and it  
is his glory to pass over a transgression.

Proverb 19:11

Wild men (like Joab) think mercy is compromise, because they do not know God, who has mercifully forgiven them, though He should torment them forever in hell.

He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?

Micah 6:8

Severity in judgment is not a  
virtue ... it is God's strange work ...  
because He delights in mercy.




For he shall have judgment without mercy, that hath shewed no mercy; and mercy rejoiceth against judgment.

James 2:13

Let us remember these rules  
especially at home where we  
foolishly let our hair down  
more than we do in public.

Every time you do not rule your spirit you lose esteem and respect by those witnessing the event.



Hate pride next to  
anger, for a haughty  
spirit will ruin you.


18 Pride goeth before destruction, and an haughty spirit before a fall.

19 Better it is to be of an humble spirit with the lowly, than to divide the spoil with the proud.

Proverbs 16:18-19

A man's pride shall bring him low: but honour shall uphold the humble in spirit.

Proverbs 29:23

A large yellow equilateral triangle with a thick red border is centered on a black background. Inside the triangle, the text "Let your speech be calm, intentional, kind, helpful, gracious ... as measured by others!" is written in a black, sans-serif font, centered horizontally and vertically.

Let your speech be  
calm, intentional, kind,  
helpful, gracious ... as  
measured by others!

Zeal never says more than what  
should be said ... zeal says what  
should be said when it should be.



A wholesome tongue is a tree of life: but  
perverseness therein is a breach in the spirit.


Proverbs 15:4

He that hath knowledge spareth his words: and a man of understanding is of an excellent spirit.

Proverbs 17:27

Let your speech be alway with grace, seasoned  
with salt, that ye may know how ye ought to  
answer every man.

Colossians 4:6

A yellow equilateral triangle with a thick red border is centered on a black background. Inside the triangle, the text "Never let anything destroy you, which is to neglect duties or withdraw from action." is written in a black, sans-serif font, centered horizontally and vertically.

Never let anything  
destroy you, which is  
to neglect duties or  
withdraw from action.

Paul's circumstances were worse than anything you can imagine, but he did not have meltdowns.

8 We are troubled on every side, yet not distressed; we are perplexed, but not in despair;

9 Persecuted, but not forsaken; cast down, but not destroyed;

10 Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body.

II Corinthians 4:8-10

Remember 5 ... 'D'


**Distress**

**Despair**

**Deserted**

**Destroyed**

**Death**



All the symptoms of  
your unruled spirit are  
decisions. Stop them!



**We are not Fatalists!**

**We do not blame Fate.**

**We do not blame God.**

**We defy hopelessness.**

**We retake full control.**

Anger is a choice. Stop!

Haste is a choice. Stop!

Bitterness is a choice. Stop!

Happiness is a choice. Start!

Forgiveness is a choice. Start!

Worship is a choice. Start!

The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

Proverbs 18:14

I can do all things through Christ which strengtheneth me.

Philippians 4:13

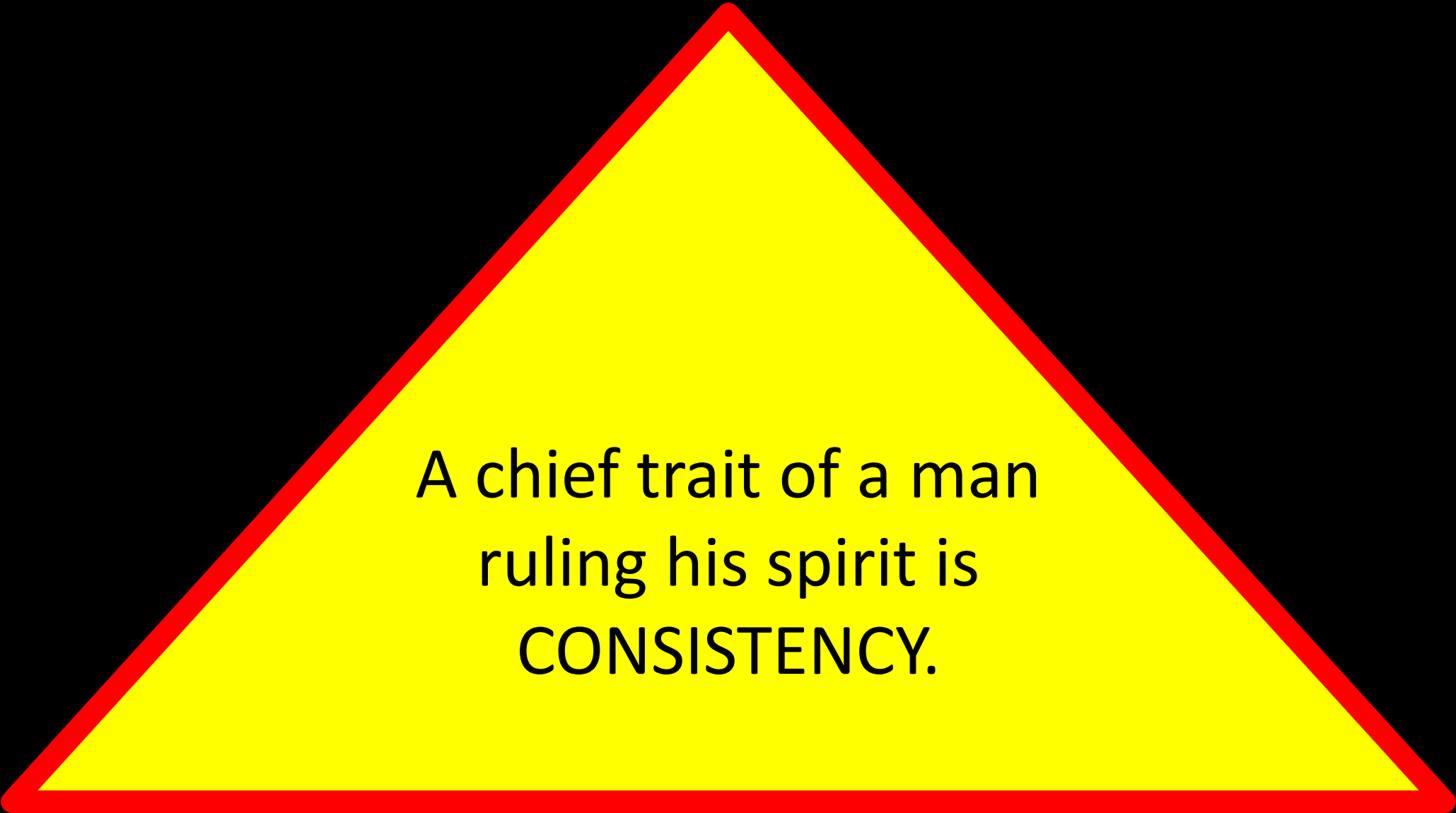
But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.

Colossians 3:8

17 Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls:

18 Yet I will rejoice in the LORD, I will joy in the God of my salvation.

Habakkuk 3:17-18

A yellow equilateral triangle with a thick red border is centered on a black background. Inside the triangle, the text "A chief trait of a man ruling his spirit is CONSISTENCY." is written in black, sans-serif font, centered horizontally and vertically.

A chief trait of a man  
ruling his spirit is  
**CONSISTENCY.**



Most men will proclaim every one his own  
goodness: but a faithful man who can find?


Proverbs 20:6

Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed;

John 8:31

As the Father hath loved me, so have I loved you:  
continue ye in my love.


John 15:9



When our spirits  
change and take us  
down, all important  
things are unchanged.

# These Things Never Change

**God**  
**Jesus**  
**Spirit**  
**Bible**  
**Truth**  
**Power**  
**Heaven**

A yellow equilateral triangle with a thick red border is centered on a black background. Inside the triangle, the text "Reproving the world by exceptional lives has no room for an unruled spirit." is written in a black, sans-serif font, centered horizontally and vertically.

Reproving the world  
by exceptional lives  
has no room for an  
unruled spirit.

When you are disliked, avoided, or  
criticized by others for not ruling  
your spirit in any matter,  
it is not persecution.

You deserve it!

Using Bible verses while angrily  
overstating and impatiently  
pushing is not Christian at all.




For what glory is it, if, when ye be buffeted for your faults, ye shall take it patiently? but if, when ye do well, and suffer for it, ye take it patiently, this is acceptable with God.

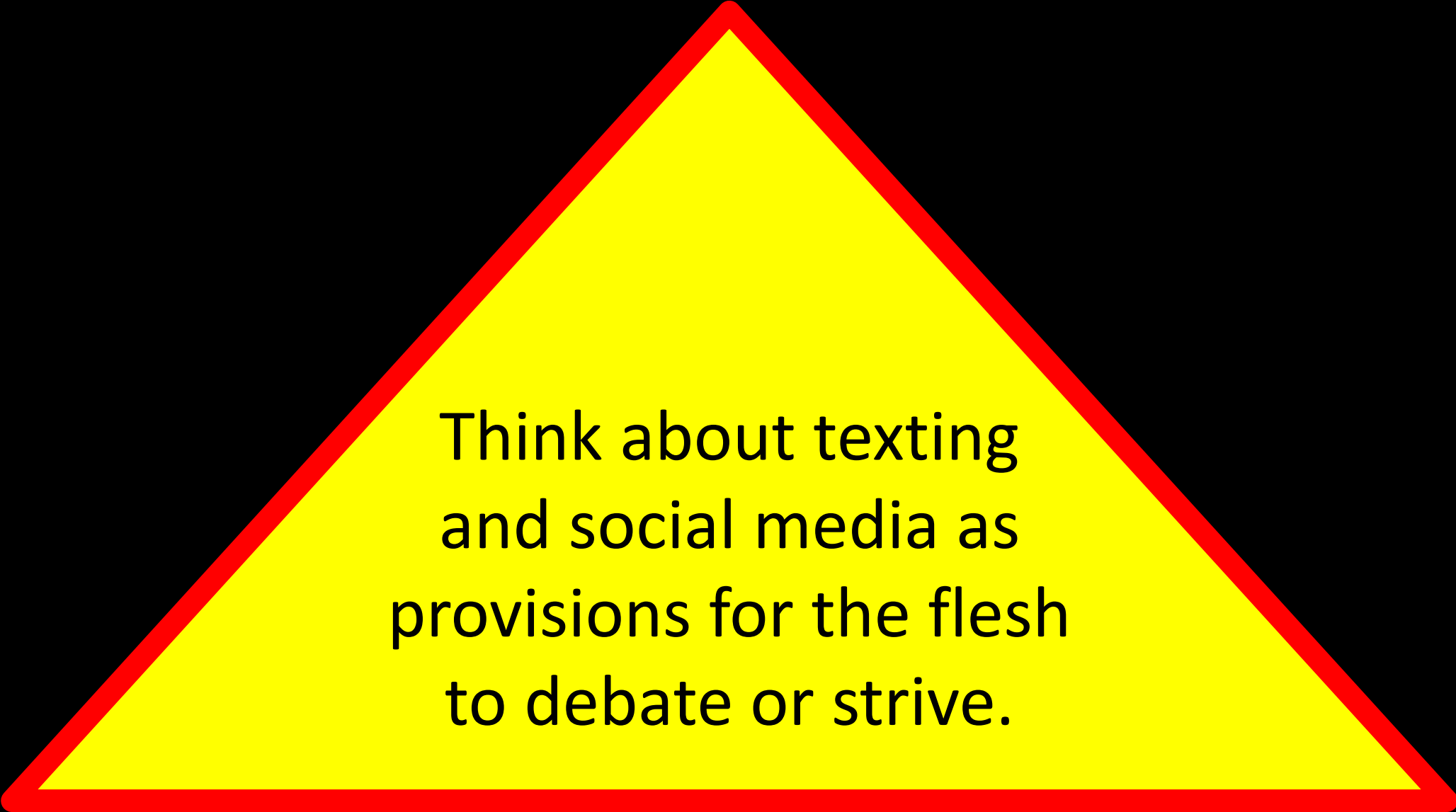
I Peter 2:20

24 And the servant of the Lord must not strive;  
but be gentle unto all men, apt to teach, patient,  
25 In meekness instructing those that oppose  
themselves; if God peradventure will give them  
repentance to the acknowledging of the truth;


II Timothy 2:24-25




Be intentional about  
all activities. Do not  
hang out to hang out.  
An idle mind is the ...




Think about texting  
and social media as  
provisions for the flesh  
to debate or strive.



Zeal is not volume.  
Zeal is not offensive.  
Zeal is not impulsive.  
Zeal is not foolish.

A yellow equilateral triangle with a thick red border is centered on a black background. Inside the triangle, the following text is written in a black, sans-serif font:

Zeal is directed  
passion to do what is  
right to God's glory  
without offending any  
to save others (GOS).



There is extra benefit,  
if you will learn to rule  
your spirit!

A merry heart maketh a cheerful countenance: but  
by sorrow of the heart the spirit is broken.

Proverbs 15:13



A merry heart doeth good like a medicine: but a  
broken spirit drieth the bones.

Proverbs 17:22

All the days of the afflicted are evil: but he that is  
of a merry heart hath a continual feast.

Proverbs 15:15

When you feel an unruly spirit  
rising in you ... you should hate it  
and crush it without mercy.

Stop thinking ... order yourself to  
hope in God ... do what is right  
without compromise ... remind  
yourself nothing has changed.


Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, who is the health of my countenance, and my God.

Psalm 42:5,11; 43:5

And David was greatly distressed; for the people  
spake of stoning him, because the soul of all the  
people was grieved, every man for his sons and for  
his daughters: but David encouraged himself in the  
LORD his God.


I Samuel 30:6

This does not take days or even hours ... David immediately chased the Amalekites and won the day.




If you must lose it, do it  
alone and get over it.






Do not disappoint your  
wife or ruin children by  
a devilish example.


A yellow equilateral triangle with a thick red border is centered on a black background. Inside the triangle, the text "Men do not let others see that they cannot rule their spirits." is written in a black, sans-serif font, centered horizontally and vertically.

Men do not let others  
see that they cannot  
rule their spirits.



Because they know  
dead flies stink and  
ruin reputations!

When you feel an unruly spirit  
rising in you ... you should hate it  
and crush it without mercy.



You know the storm is  
coming. You have been  
warned to fight back.

THE DEVIL WHISPERED IN MY EAR  
"YOU'RE NOT STRONG ENOUGH TO  
WITHSTAND THE STORM"



TODAY  
I WHISPERED IN  
THE DEVIL'S EAR  
"I AM A CHILD OF GOD, A MAN OF FAITH,  
A WARRIOR OF CHRIST  
I AM THE STORM"

# For Further Study

Ruling Your Spirit (2002 Word document) ... <http://www.letgodbettrue.com/pdf/ruling-your-spirit.pdf>.

Christian Character ... <http://www.letgodbettrue.com/sermons/practical/c-character-traits/sermon.php#&panel1-1>.

Christian Ethics – Case Studies ... <http://www.letgodbettrue.com/pdf/christian-ethics-case-studies.pdf>.

When Your Husband's a Fool ... <http://www.letgodbettrue.com/pdf/when-your-husbands-a-fool-2.pdf>.

Living Under Obama ... <http://www.letgodbettrue.com/pdf/living-under-obama-2.pdf>.

David or Joab ... <http://www.letgodbettrue.com/pdf/david-or-joab.pdf>.

Proverbs 16:32 Commentary ... [http://www.letgodbettrue.com/proverbs/commentaries/16\\_32.php](http://www.letgodbettrue.com/proverbs/commentaries/16_32.php).

Proverbs 25:28 Commentary ... [http://www.letgodbettrue.com/proverbs/commentaries/25\\_28.php](http://www.letgodbettrue.com/proverbs/commentaries/25_28.php).

Proverbs 29:22 Commentary ... [http://www.letgodbettrue.com/proverbs/commentaries/29\\_22.php](http://www.letgodbettrue.com/proverbs/commentaries/29_22.php).

Three Basic Rules (GOS) ... <http://www.letgodbettrue.com/pdf/three-rules-preached.pdf>.

[www.LetGodBeTrue.com](http://www.LetGodBeTrue.com)