### Rule Your Spirit

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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 you to be EXCEPTIONAL, you must rule all actions, which does not allow spirit meltdowns or takeovers!

He that hath <u>no rule over his own spirit</u> 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.



"I cannot trust a man to control others who cannot control himself." Robert E. Lee



We want to be <u>fervent in spirit</u> and do everything <u>heartily</u> 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; <u>fervent in spirit</u>; 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** 

**Extremes** 

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.
- 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 <u>make not</u> <u>provision for the flesh</u>, 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.

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

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

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- 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.

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** 

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- 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, <u>believeth all things</u>, <u>hopeth all things</u>, endureth all things.

I Corinthians 13:4-7

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- 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, <u>let every man be</u> swift to hear, slow to speak, slow to wrath:

James 1:19

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- 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

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- 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.
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- Haste in anything but your duty and then by the rules is sin.

Hate and despise
<a href="mailto:anger and wrath">anger and wrath</a> and
<a href="mailto:anger-and-wrath">and</a>
any related emotions!

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

#### Think about it!

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

### Be not hasty in thy spirit to be angry: for <u>anger</u> 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

Anger and bitterness give advantage and place to the devil.

- 10 To whom ye forgive any thing, I forgive also: for if I forgave any thing, to whom I forgave it, for your sakes forgave I it in the person of Christ;
- 11 Lest Satan should get an advantage of us: for we are not ignorant of his devices.

II Corinthians 2:10-11

- 11 For this is the message that ye heard from the beginning, that we should love one another.
- 12 Not as Cain, who was of that wicked one, and slew his brother. And wherefore slew he him? Because his own works were evil, and his brother's righteous.

I John 3:11-12

God considers anger without a holy reason to be murder!

- 21 Ye have heard that it was said by them of old time, Thou shalt not kill; and whosoever shall kill shall be in danger of the judgment:
- 22 But I say unto you, <u>That whosoever is angry</u> with his brother without a cause shall be in danger of the judgment....

Matthew 5:21-22

- 5 And Cain was very wroth, and his countenance fell.
- 6 And the LORD said unto Cain, Why art thou wroth? and why is thy countenance fallen?
- 7 If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.

Genesis 4:5-7

Moses, one of the greatest men in the Bible, sinned by anger for a cause at the waters of Meribah. They angered him also at the waters of strife, so that it went ill with Moses for their sakes:

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

Psalm 106:32-33

Moses was more justly provoked by their rebellious whining than the little events in your life.

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

Do you speak unadvisedly with your lips for the little speed bumps in your life?

The great Moses missed the land of Canaan for this event, though he begged God for mercy.

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

Proverb 19:11

Glorious men defer their anger until tomorrow and pass over personal offences by others.

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 the LORD shall rise up as in mount Perazim, <u>he shall be wroth</u> as in the valley of Gibeon, that he may do his work, <u>his strange work</u>; and bring to pass his act, <u>his strange act</u>.

Isaiah 28:21

Who is a God like unto thee, that pardoneth iniquity, and passeth by the transgression of the remnant of his heritage? <u>he retaineth not his anger for ever, because he delighteth in mercy</u>.

Micah 7:18

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 <u>an haughty</u> 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 <u>honour shall</u> <u>uphold the humble in spirit</u>.

Proverbs 29:23

Though Moses was very great in many respects, he was also the meekest man on the earth.

You are not nearly as great, so it should be easy for you to overlook offences and negative events.

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

You are not the best measure of your speech for many reasons; make sure you help and please others by your words.

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

## A wholesome tongue is a tree of life: <u>but</u> <u>perverseness therein is a breach in the spirit</u>.

Proverbs 15:4

# He that hath knowledge spareth his words: <u>and a man of understanding is of an excellent spirit</u>.

Proverbs 17:27

# The lips of the righteous know what is acceptable: but the mouth of the wicked speaketh frowardness.

Proverbs 10:32

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

Colossians 4:6

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. No matter how he felt or how bad the circumstances were, he did his duty no matter how difficult.

- 8 We are troubled on every side, <u>yet not</u> <u>distressed</u>; we are perplexed, <u>but not in despair</u>;
- 9 Persecuted, <u>but not forsaken</u>; cast down, <u>but</u> 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 and Reject the following 5 by '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 do not wait for God.
We defy hopelessness.
We encourage ourselves.
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 <u>ye also put off all these</u>; 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

Prayer is not the answer. Phinehas did more. Follow him!

Stop making excuses ... even blaming God for your lack of self-control ... it is your fault and you can remedy it.

Your anger or depression is not God's fault, it is nothing more than childish impulses not ruled.

You can pray all day about it, but God expects you to crush childish impulses and rule your spirit. Get up and go do what you are supposed to do.

Stop waiting for feelings or circumstances to improve.

- 5 Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple,
- 6 And saith unto him, If thou be the Son of God, cast thyself down: for it is written ....
- 7 Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God.

Matthew 4:5-7

- One of the children of Israel came and brought unto his brethren a Midianitish woman in the sight of Moses, and in the sight of all the congregation of the children of Israel, who were weeping before the door of the tabernacle of the congregation.
- 7 When Phinehas ... saw it, he rose up from among the congregation, and took a javelin in his hand....

**Numbers 25:6-8** 

Stop moping and weeping about your sin of not ruling your spirit.

Repent and confess your childish faults to the Lord and get going!

It is a disgrace when men act like drama queens.

Drama queens get all worked up about a single small event and make it much more than it is.

Drama queens think something outside them has caused their trouble and they deserve the prayer and sympathy of others.

Drama queens think they are under the weight of a big test from God when it is really their childish love of themselves.

Drama queens prefer pity parties that they are suffering for the gospel's sake rather than face their immaturity.

There is only one Job.

No has one calamities daily.

They are ordinary speed bumps.

Real men ignore the little things to focus on the major duties that never take a day off and need full effort to complete.

Real men grow up to hate the childish folly of getting down and feeling sorry for themselves.

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, <u>If ye continue in my word</u>, 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

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

Il 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.

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: <u>but</u> 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.

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.

- Your spirit is your worst enemy.
- It does more to hurt you and your influence than any other enemy.
- Jonah was foolish ... about Nineveh ... and a gourd.
- David was foolish ... about Nabal ... and a lamb.
- Elijah was foolish ... about Jezebel ... and his own zeal.
- Ahab was foolish ... about a vineyard ... and Micaiah.
- Moses was foolish ... about a duty ... and a rock.
- Your spirit can be a raging force inside like a wild beast to destroy.
- It can rise instantly, feel irresistible, and cause actions to hurt others.
- 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.
- Anger and bitterness give advantage and place to the devil.
- God considers anger without a holy reason to be murder.
- Hate pride next to anger, for a haughty spirit will ruin you.

- Let speech be calm, intentional, kind, gracious ... as others hear it.
- Do not be destroyed ... to neglect duties or withdraw from action.
- All the symptoms of your unruled spirit are decisions. Stop them.
- Prayer is not the answer. Phinehas did more. Follow his example.
- It is a disgrace when men act like drama queens.
- A chief trait of a man ruling his spirit is consistency.
- If your spirit changes to take you down, nothing important changes.
- Reproving the world by exceptional lives cannot allow unruled spirits.
- Be intentional about all activities. Do not hang out to hang out.
- Texting and social media are provisions for flesh to debate or strive.

- Zeal is not volume, not offensive, not impulsive, and not foolish.
- Zeal is directed passion to follow three rules of GOS of I Co 10:31-33.
- There are extra benefits for you, if you will learn to rule your spirit.
- If you must lose your spirit, then do it alone and then recover it.
- Do not disappoint your wife or ruin children by a devilish example.
- Real men do not let others see that they cannot rule their spirits.
- Real men know dead flies stink and ruin reputations if discovered.
- You know the storm is coming. You have been warned to fight back.

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





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) ... <a href="http://www.letgodbetrue.com/pdf/ruling-your-spirit.pdf">http://www.letgodbetrue.com/pdf/ruling-your-spirit.pdf</a>.

Christian Character ... <a href="http://www.letgodbetrue.com/sermons/practical/c-character-traits/sermon.php#&panel1-1">http://www.letgodbetrue.com/sermons/practical/c-character-traits/sermon.php#&panel1-1</a>.

Grow Up! ... <a href="http://www.letgodbetrue.com/pdf/christian-maturity.pdf">http://www.letgodbetrue.com/pdf/christian-maturity.pdf</a>

Men Growing Up ... http://www.letgodbetrue.com/pdf/growing-up-maturity-curve.pdf

David or Joab ... <a href="http://www.letgodbetrue.com/pdf/david-or-joab.pdf">http://www.letgodbetrue.com/pdf/david-or-joab.pdf</a>.

Your Thoughts Can Destroy You ... <a href="http://www.letgodbetrue.com/pdf/your-thoughts-can-destroy-you.pdf">http://www.letgodbetrue.com/pdf/your-thoughts-can-destroy-you.pdf</a>.

Proverbs 16:32 Commentary ... <a href="http://www.letgodbetrue.com/proverbs/commentaries/16">http://www.letgodbetrue.com/proverbs/commentaries/16</a> 32.php.

Proverbs 25:28 Commentary ... <a href="http://www.letgodbetrue.com/proverbs/commentaries/25">http://www.letgodbetrue.com/proverbs/commentaries/25</a> 28.php.

Proverbs 29:22 Commentary ... <a href="http://www.letgodbetrue.com/proverbs/commentaries/29">http://www.letgodbetrue.com/proverbs/commentaries/29</a> 22.php.

A Man's Heart ... http://www.letgodbetrue.com/pdf/manly-heart.pdf

Three Basic Rules (GOS) ... <a href="http://www.letgodbetrue.com/pdf/three-rules-preached.pdf">http://www.letgodbetrue.com/pdf/three-rules-preached.pdf</a>.

Change! ... <a href="http://www.letgodbetrue.com/pdf/change.pdf">http://www.letgodbetrue.com/pdf/change.pdf</a> .

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