

An Excellent Spirit

An Excellent Spirit

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. 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).

What if you had this excellent spirit?

And your spouse also had it?

And your children?

And all of us?

Glory!

How can we get there?

The law of the LORD is perfect, converting the soul:
the testimony of the LORD is sure, making wise the simple.

The statutes of the LORD are right, rejoicing the heart:
the commandment of the LORD is pure, enlightening the eyes.

The fear of the LORD is clean, enduring for ever:
the judgments of the LORD are true and righteous altogether.
More to be desired are they than gold, yea, than much fine gold:
sweeter also than honey and the honeycomb.

Moreover by them is thy servant warned:
and in keeping of them there is great reward.

Psalm 19:7-11

How can we get there?

By constant and diligent self-examination I preached for three sermons in recent weeks to avoid backsliding. There is no substitute for it when done rightly with a critical view of yourself and using only the Bible to measure and critique you.

Much Has Been Taught on this Subject

- Graciousness* ... (2000 Sermon & Outline) ... [here](#).
- Ruling Your Spirit* ... (2002 Sermon & Outline) ... [here](#).
- Heart Examination* ... (2004 Table Study) ... [here](#).
- Your Thoughts* ... (2006 Sermon & Outline) ... [here](#).
- Graciousness Again* ... (2006 Study & Quiz) ... [here](#).
- David or Joab* ... (2006 Sermon Outline) ... [here](#).
- Character of Joseph* ... (2007 Sermon & Outline) ... [here](#).
- Is Your Heart Perfect?* ... (2010 Sermon Outline) ... [here](#).
- Grow Up!* ... (2011 PPT Slides + Audio) ... [here](#).
- Men Growing Up* ... (2012 PPT Slides + Curve) ... [here](#).
- Glory of Graciousness* ... (2013 Sermon & Outline) ... [here](#).
- A Man's Heart* ... (2014 PPT Slides) ... [here](#).
- The Worst Sin* ... (2015 PPT Slide Sermon) ... [here](#).
- Gracious or Odious* ... (2016 Table & Quiz) ... [here](#).
- Rule Your Spirit* ... (2018 PPT Slide Sermon) ... [here](#).
- Teachable Spirit* ... (2020 Sermon & Outline) ... [here](#).
- Traits of David* ... (2022 PPT Slides & Table) ... [here](#).
- Sermon on the Mount Lessons* ... (2023 Sermon & Outline) ... [here](#).
- Backsliding & Self-Examination* ... (2025 Sermon & Outline) ... [here](#).
- Etc., Etc., Etc., Etc., Etc.*

Graciousness is a very great trait to acquire ... it includes love but it is broader than love in its conduct.

It has been preached much.

It is not mean-spirited.

It is not thin-skinned.

An Excellent Spirit

Other spirits are Joseph, Moses, David, Jesus, and Paul.
Daniel was not a Persian, but Darius saw his pure spirit.

He that loveth pureness of heart,
for the grace of his lips the king shall be his friend.

Proverbs 22:11

- This is one of the best character verses in all the Bible.
- The “heart” here is your spirit – the internal or real you.
- This person is obsessed about a pure/holy/perfect spirit.
- It produces gracious speech ... so do not deceive yourself.
- Kings and good men will admire and appreciate his grace.

A good name is rather to be chosen than great riches,
and loving favour rather than silver and gold.

Proverbs 22:1

- By ruling your spirit, you can choose a great reputation.
- As it was to Daniel, it was more important than great gain.
- Loving favour from Darius was due to Daniel's priorities.
- Men work hard for financial gain, but reputation is greater.
- Daniel's excellent spirit is by examining/ruling your spirit.

An Excellent Spirit

Other spirits are Joseph, Moses, David, Jesus, and Paul. Daniel was not a Persian, but Darius saw his pure spirit. We should desire / aim for perfect spirits, nothing less. A perfect spirit will crave spirit correction/instruction. A perfect spirit will have zero tolerance of faults/sins.

An Excellent Spirit

Your spirit is key to approval in the sight of God and men.
The Bible has much to say about your spirit by precepts.
The Bible has much to say about the spirit by examples.
Recent emphasis on self-examination was for the spirit.
Backsliding begins in the heart, so it must be stopped.

An Excellent Spirit

Your spirit is the internal you that feels, thinks, or reacts. When a person dies, the spirit departs the body to God. You can rule and train the spirit to keep His commands. You can ignore your spirit and react, and sin will reign. Knowing you can control / direct your spirit is great!

You can rule – control and direct – your spirit.

It is not above or stronger than you.

Though you may think so.

You can order it.

Few do.

O generation of vipers, how can ye, being evil, speak good things?
for out of the abundance of the heart the mouth speaketh.

A good man out of the good treasure of the heart
bringeth forth good things: and an evil man out of
the evil treasure bringeth forth evil things.

But I say unto you, That every idle word that men shall speak,
they shall give account thereof in the day of judgment.

For by thy words thou shalt be justified,
and by thy words thou shalt be condemned.

Matthew 12:34-37

Let the words of my mouth, and the meditation of my heart,
be acceptable in thy sight, O LORD, my strength, and my redeemer.

Psalm 19:14

- Our Lord had warned severely about our hearts and words.
- Therefore, this self-examining prayer of David is very good.
- We must make our hearts abundantly full of good treasure.
- Then our words will be gracious to win men as Solomon said.

An Excellent Spirit

The Bible has *heart, mind, soul, thoughts, conscience*.
The Bible also uses *understanding, will, reins, bowels*.
The Bible also uses *inward parts, affections, lusts, etc*.
These related references add up to a strong emphasis.
The Spirit (self-examination) and word can perfect you.

What Is Your Spirit?

Emotions

Thoughts

Feelings

Impulses

Moods

Influences

Urges

What Is Your Spirit?

Passions

Reactions

Reflections

Choices

Drive

Strength

Pain

An Excellent Spirit

A truly sincere Christian wants to be perfect unto God. Such a target begins by examining and ruling the spirit. You should embrace each verse as applying to you only. You should assume you are faulty, rather than faithful. Look in the mirror of scripture to be a doer for reward.

But whoso looketh into the perfect law of liberty,
and continueth therein, he being not a forgetful hearer,
but a doer of the work, this man shall be blessed in his deed.

James 1:25

- We are looking into the perfect law of liberty about spirits.
- We want to hear, retain, and obey the truth, not just hear.
- God promises a blessing in the deed – by ruling our spirits.
- Here is one blessing for having a perfect spirit or heart ...

For the eyes of the LORD run to and fro throughout the whole earth,
to shew himself strong in the behalf of them
whose heart is perfect toward him.

II Chronicles 16:9a

- The “perfect heart” in this verse is a spirit ruled for God.
- Asa’s heart had been perfect in spite of the high places.
- He proved it by revival and against a million-man army.
- Now he had hired Syria for protection ... and lost God.

A man shall be commended according to his wisdom:
but he that is of a perverse heart shall be despised.

Proverbs 12:8

- Here is the reward of an excellent spirit by men's opinions.
- We understand the perverse heart here to be a bad spirit.
- You can be commended or despised by ruling spirit or not.
- Bible examples of commendation are Joseph, David, Daniel.

An Excellent Spirit

Jesus was perfect and always had an excellent spirit. His graciousness in His hometown was overwhelming. But He knew their hearts and exposed them by doctrine. Officers to arrest Him were captivated by His speech. He consoled, ignored, answered, rebuked perfectly.

My goal is to step on every person's toes,
for there is no man or woman here that
has the perfect spirit they should have.

Do not rejoice as I step on your brother's
toes, for your/my toes will also get it.

If we were to examine every verse related to our spirit, it would take forever to finish.

We will not examine every verse, but I will stay on this theme until it is complete.



Your spirit is your
worst enemy.



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

But because it is your spirit ...

You have learned from childhood to embrace it and express it and find it very hard to receive correction and instruction about this very personal part of you. ***Hear!***

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

Search me, O God, and know my heart:
try me, and know my thoughts:

Psalm 139:23

- Self-examination by these words is for an excellent spirit.
- The “heart” and “thoughts” in this verse are your spirit.
- God already knows both, but you want Him to judge them.
- We want God to show us every fault or sin in our spirit.
- God’s word has much to say, so let us listen to Him speak.

The difference between ruling
your spirit or not ruling
it is very great.

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

Proverbs 17:22

- Here you can see “heart” and “spirit” used like synonyms.
- A merry heart is a choice from other places and does good.
- But a broken spirit choosing a negative view dries up a life.
- Look at the great difference between choices in your spirit.

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

Proverbs 18:14

- Here you can see the great difference a spirit can cause.
- All men/women will have infirmities, the spirit can sustain.
- But a wounded spirit choosing a negative view is painful.
- Look at the great difference between choices in your spirit.

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

Proverbs 25:28

- This man has no rule over his spirit for he forfeited the fight.
- He is helpless and will foolishly sin with a slight .
- He will live and die a loser – hard words – but note the city.
- It is a choice to rule your spirit or not ... to be great or not.

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

- This man, rather than forfeiting the fight, rules his spirit.
- He is intentionally cautious and slow to anger to avoid folly.
- He will live and die a winner – good words – taking a city.
- It is a choice to rule your spirit ... and also to rule your anger.

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

Ecclesiastes 7:9

- Anger is from the spirit, and fools have it waiting to explode.
- You rule your spirit by slowing down any angry reaction.
- Defer anger – postpone it – agree to get angry tomorrow.
- Fools are not just stupid – they do not control their anger.

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

Proverbs 19:11

- The word “spirit” is not here ... but discretion is by the spirit.
- Discretion = ability to know the right action for any occasion.
- A wise man that values graciousness knows not to get angry.
- It is not weakness to ignore a personal offence ... it is glorious!

EXCEPTIONAL men rule their spirit.

Losers do not and face destruction.

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

Symptoms of Not Ruling Your Spirit (5)

Thin-skinned

Whisperer

Partial

Disrespectful

Much talking

Offended

Drama

Symptoms of Not Ruling Your Spirit (6)

Boasting

Overbearing

Selfish

Scornful

Haughty

Demanding

Biased

Symptoms of Not Ruling Your Spirit (7)

Contentious

Envious

Cutting

Foolish

Impulsive

Vengeful

Pushy

Symptoms of Not Ruling Your Spirit (8)

Unstable

Discord

Too sensitive

Unhappy

Historian

Unmerciful

Fearful

Symptoms of Not Ruling Your Spirit (9)

Picky

Melancholy

Ostentatious

Poor listener

Discontent

Easily hurt

Stingy



A gentle and meek
spirit is a great spirit.

Now I Paul myself beseech you by the meekness and gentleness of Christ, who in presence am base among you, but being absent am bold toward you:

II Corinthians 10:1

- **Meekness** = not haughty, humble, patient and unresentful.
- **Gentleness** = kind, courteous, helpful ... Paul like a nurse.
- Paul with apostolic authority and truth chose Jesus' example.
- Paul could also come with a rod and righteous indignation.

A bruised reed shall he not break,
and smoking flax shall he not quench,
till he send forth judgment unto victory.

Matthew 12:20

- **Bruised reed** and **smoking flax** = discouraged, poor, weak, etc.
- Jesus was not rough with them but rather gentle and helpful.
- He was the mighty God but He was tender to those hurting.
- Yet He could and did rebuke the rulers, and He won the victory.

There is that speaketh like the piercings of a sword:
but the tongue of the wise is health.

Proverbs 12:18

- Jesus could cut the wicked rulers, but He did not the poor weak.
- Our tongues can say words that cut and leave people bleeding.
- Or they can use words that encourage, help, and uplift others.
- Thus we self-examine by prayer about our words (Ps 19:14).

An Excellent Spirit

If you and I were to make an excellent spirit our most important goal, and then those around us did so by self-examination and correcting all backsliding, we would have an excellent church. Each must start with himself, for all beams must be removed before eye surgery on others for motes. But if we do not acquire this excellent spirit, Paul warns by inspiration and experience that a church can consume itself.

For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another.

For all the law is fulfilled in one word, even in this;
Thou shalt love thy neighbour as thyself.

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

Galatians 5:13-15

- This is not Christian liberty to own guns but end of Moses.
- But end of Moses' many laws does not end 2nd command.
- Stop thinking and talking about or to others critically. Stop!

13 For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another.

- A. Returning to his original argument in this chapter (5:1) taken from the previous allegory (4:21-31), Paul began the practical section of this epistle by the proper use of gospel liberty.
- B. There would be a natural temptation at hearing about your liberty from the Law of Moses to think that you could live any old way while waiting for the hope of righteousness by faith.
- C. But Paul very clearly rejected the foolish notion that liberty is for the flesh, to affirm instead that liberty is to walk in the Spirit and righteousness (Rom 6:1-2,15; I Pet 2:16; II Pet 2:19).
- D. Here begins Paul's N.T. application of the Law and liberty – the two great commands stand!
- E. Observe here, as in other places, that loving one another is of great importance and emphasis: it can hardly be overstated as the evidence of eternal life and building ingredient of churches.
- F. He had already introduced loving service with contrast of it to religious circumcision (5:6).

14 For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbour as thyself.

- A. The Law was until John Baptist, and then came the kingdom of God (Luke 16:16; John 1:17).
 - 1. The ceremonial laws of priests, sacrifices, diet, menstrual periods, child dedication, leprosy, and holy days are gone (3:24-25; Hebrews 7:12,18; 8:13; 9:10; 10:9).
 - 2. The covenantal laws of circumcision, the Sabbath Day, and such are gone (Col 2:16-17).
 - 3. The national laws of cities of refuge, extermination of Canaanites, restitution and slavery for thieves, and so forth are gone. We gather principles of wisdom, but not private laws.
 - 4. The hopeless shedding of animal blood as a schoolmaster of damnation is over (3:24-25).
- B. For the second great commandment teaches nothing about the Levitical priesthood, circumcision, the Sabbath Day, extermination of Canaanites, or avoiding pepperoni pizza!
- C. What remains is the love of God and love of neighbor, which Paul and James repeats in the New Testament as yet binding on Christians (Romans 13:8-10; James 2:8-11).
- D. Keep in mind that our Lord greatly expanded the commandments to include much more than our hypocritical minds and hearts want to allow them (Matt 5:17-48).
 - 1. The commandment, "Thou shalt not kill," includes anger without a cause (Matt 5:21-22).
 - 2. The commandment, "Thou shalt not commit adultery," includes fantasies (Matt 5:27-28).
 - 3. We should conclude, "Thou shalt not steal," includes not paying for help (Jer 22:13-14)!
 - 4. "Thou shalt not bear false witness," includes backbiting, talebearing, and whispering!
 - 5. "Honor thy father and mother," includes supporting them in old age (I Timothy 5:4,8).
 - 6. "Thou shalt not covet," includes contentment and generosity (Heb 13:5; II Cor 9:6-7).

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

- A. The opposite of loving one another is biting and devouring, which destroys relationships.
- B. A kingdom divided against itself cannot stand, and this applies to the church as well.
- C. Bitter envy and strife in your hearts is devilish wisdom from hell (5:26; James 3:14-18).
- D. Heresy in doctrine is often associated with fighting (I Cor 3:1-3; II Cor 12:20; I Jn 3:18-19).
- E. It is your solemn duty to severely warn those who speak against anyone or any aspect of this church, because we neither need them nor want them (Prov 25:23; I Thess 5:14).
- F. We cannot allow our children or youth to have grudges, offences, rivalries, or jealousies.
- G. It is your solemn duty to teach your children this rule and condemn sibling rivalry or cruelty.

Pastor, what about heresy or malcontents
among us? *What about it or them?*

**Heap coals of love!
Overcome by good!
Let preaching work!
Warn only if crucial!
Let all dig and dung!
Let God cut if a need!**

Effect/Benefit of a Person that Rules His Spirit (1)

Confidence

Consistency

Faithfulness

No Fear

Graciousness

Forgiveness

Love

Effect/Benefit of a Person that Rules His Spirit (2)

Example

Trust

Warmth

Counsel

Merciful

Peace

Praise

Effect/Benefit of a Person that Rules His Spirit (3)

Discreet

Stable

Comfort

Selfless

Unity

Spiritual

Humble

Effect/Benefit of a Person that Rules His Spirit (4)

No Strife

No Tension

Encourager

Thankful

Impartial

Attentive

Joyful

Effect/Benefit of a Person that Rules His Spirit (5)

Receptive

Relaxed

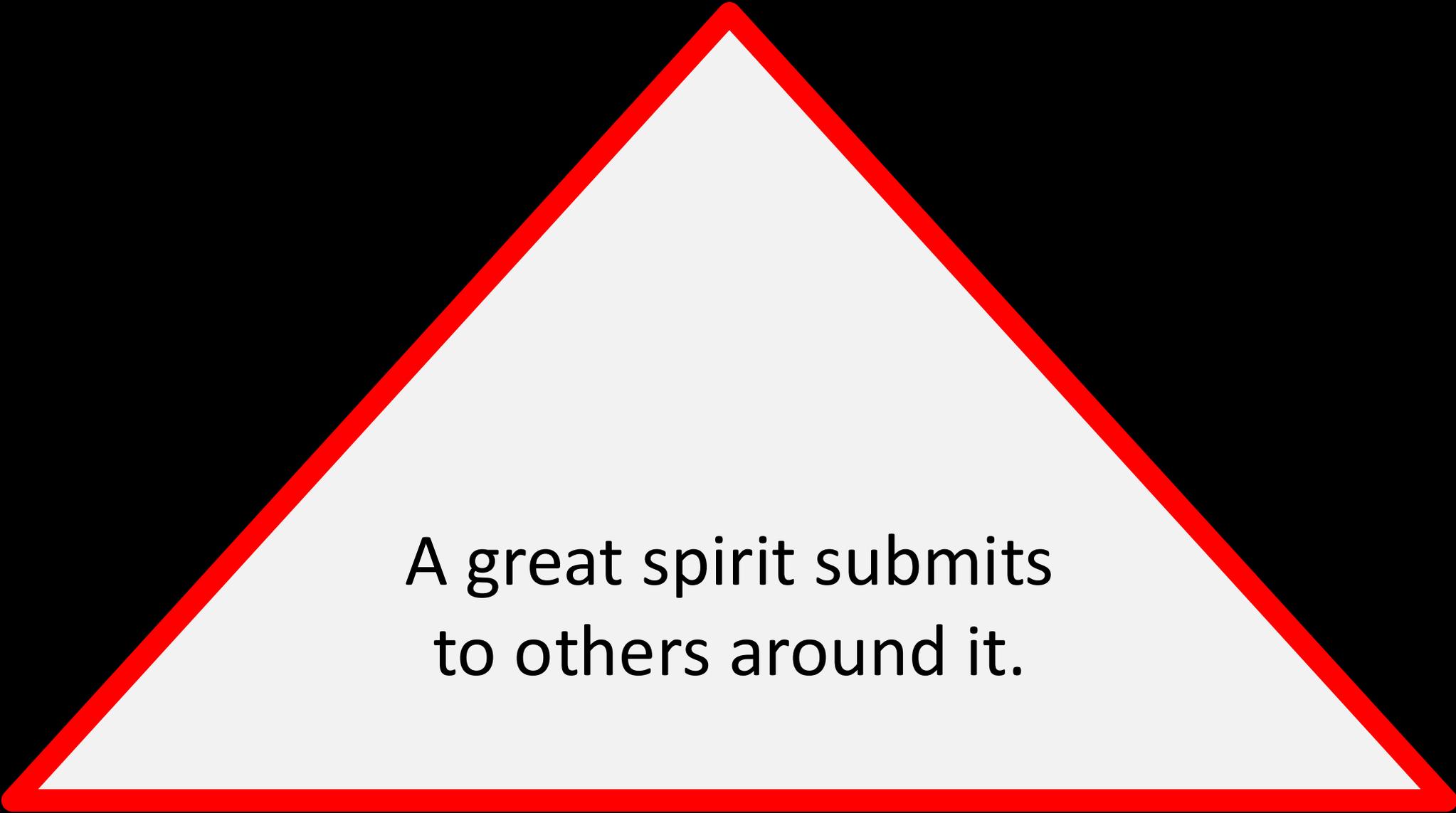
Condescending

Listener

Sympathetic

Enjoyable

Selfless



A great spirit submits
to others around it.

Conscience, I say, not thine own, but of the other:
for why is my liberty judged of another man's conscience?
For if I by grace be a partaker, why am I evil spoken of
for that for which I give thanks?

I Corinthians 10:29-30

- Christians change liberty and conduct by others' consciences.
- Our liberty under God's grace does not allow rogue conduct.
- The goal in context is GOS – God's glory, no Offence, Save some.
- There is a victim mentality today, but we sacrifice self for Christ.

Let nothing be done through strife or vainglory;
but in lowliness of mind let each esteem
other better than themselves.

Philippians 2:3

- **Strife** = conflict, debate, tension. **Vainglory** = a name or agenda.
- Nothing through strife! Rather acquiesce or submit to others.
- Get down yourself; put others up. It is a choice of mind (spirit).
- This is the spirit of Christ and it exceeds the limit you put on it.

Yea, all of you be subject one to another, and be clothed with humility:
for God resisteth the proud, and giveth grace to the humble.

I Peter 5:5

- The best unity is found by each allowing any other their way.
- It requires humility to cover and direct all we do toward others.
- God resists the proud – never forget it – get down for His grace.
- This is the spirit of Christ and it exceeds the limit you put on it.

C. How does God expect each church member to be subject to every other individual member?

1. This rule cannot confound authority relationships taught elsewhere e.g. ministers are not to officially submit to members, or husbands submit to wives, or parents obey children.
2. This rule must include authority relationships taught elsewhere, for they are immediately in context with Paul's similar instruction and are obvious roles for submission (Ep 5:21).
3. However, this rule cannot be limited to authority roles, for the attendant humility is not.
4. Yet, like ministers are to be examples, not lords, all members can submit to each other.
5. Members should quickly seek to resolve any offences they have caused (Matt 5:23-24).
6. Members should submit to the accusations of others and forgive quickly (Matt 18:15-35).
7. Members should seek the lowest role in the church until pulled up higher (Luke 14:7-11).
8. Members should in kind brotherly love and honor prefer one another (Romans 12:10).
9. Members should ignore high things and condescend to men of low estate (Rom 12:16).
10. Members should value Christian liberties of others more than their own (Rom 14:1-23).
11. Members should bear the infirmities of the weak and not please themselves (Ro 15:1-3).
12. Members should be likeminded one toward another to create church unity (Rom 15:6).
13. Members should speak the same thing and be perfectly joined in judgment (I Cor 1:10).
14. Members should choose to suffer defrauding and take wrong than to revenge (I Cor 6:7).
15. Members should show charity, which in its first description, suffers long (I Cor 13:4-7).
16. Members should bear one another's burdens and serve their needs (Ga 6:2; I Thes 5:14).
17. Members should denigrate themselves from time to time to exalt others (Ephesians 3:8).
18. Members should in lowly minds esteem others better than themselves (Philippians 2:3).
19. Members should forebear, forgive, and forget any offence by any other (Col 3:12-15).
20. Members should confess their faults one to another and pray for one another (Jas 5:16).
21. Members should humbly accept and appreciate correction/rebuke (Ps 141:5; Pr 27:5-6).
22. Members should humbly serve one another with the spirit of footwashing (John 13:14).
23. Members should be given to hospitality without grudging (4:9; Ro 12:13; Luk 14:12-14).



A great spirit is perfect
like God is perfect.

Be ye therefore perfect,
even as your Father which is in heaven is perfect.

Matthew 5:48

- This is the goal and standard we want – perfection like God.
- The context here is very simple – love of personal enemies.
- God loves His enemies in His general benevolence to all men.
- You need to read the section to appreciate its godly high bar.

Ye have heard that it hath been said,
Thou shalt love thy neighbour, and hate thine enemy.
But I say unto you, Love your enemies, bless them that curse you,
do good to them that hate you, and pray for them
which despitefully use you, and persecute you;
That ye may be the children of your Father which is in heaven:
for he maketh his sun to rise on the evil and on the good,
and sendeth rain on the just and on the unjust.
For if ye love them which love you, what reward have ye?
do not even the publicans the same?
And if ye salute your brethren only, what do ye
more than others? do not even the publicans so?
Be ye therefore perfect, even as your Father
which is in heaven is perfect.

Matthew 5:43-48

Do not I hate them, O LORD, that hate thee?
and am not I grieved with those that rise up against thee?
I hate them with perfect hatred: I count them mine enemies.

Psalm 139:21-23

- David did not alter Matthew 5:43-48 about personal enemies.
- Enemies of God are blaspheming, haughty monsters of rebellion.
- God's enemies = Goliath, not Saul ... Doeg, not Abiathar ... etc.
- Excluded ... Jubileed ... Hesitant ... Different ... are not enemies.

Do not I hate them, O LORD, that hate thee?
and am not I grieved with those that rise up against thee?
I hate them with perfect hatred: I count them mine enemies.

Psalm 139:21-23

- Some that went out from us may be God-haters, but very few.
- Rising up against God was not David. Let God decide marginal.
- God's enemies = Judas, not Peter ... Herod I, not Barnabas... etc.
- Confused ... Carnal ... Weak ... Feeble ... are not His enemies.

Goliath

Saul

**Most
Former
Members**



And if any man obey not our word by this epistle, note that man,
and have no company with him, that he may be ashamed.
Yet count him not as an enemy, but admonish him as a brother.

II Thessalonians 3:14-15

- This unrepentant sinning brother was excluded to save him!
- “No company” is not totally shun, but “ordinary socializing.”
- Some shame is the goal, not enmity or hatred ... he is a brother.
- Admonition is a form of love, to be shown, not total shunning.

Thou shalt not hate thy brother in thine heart: thou shalt in any wise rebuke thy neighbour, and not suffer sin upon him.

Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I am the LORD.

Leviticus 19:17-18

- Cutting him off totally in hatred is wrong. You seek conversion.
- No revenge ... no grudges against children of God ... but love.
- *What standard? As you love you. Why? Our God is Jehovah.*

Should Paul have hated **Corinth** for divisions, heresies, and disrespect?

Should he have hated **Galatians** for falling from Christ and grace for circumcision?

And I will very gladly spend and be spent for you;
though the more abundantly I love you, the less I be loved.

II Corinthians 12:15

- These heretics had denied the resurrection of the dead.
- These believers were so weak Paul feared another Jesus.
- These wild Charismatics had turned assemblies into chaos.
- Some of them disrespectful the great apostle of the Gentiles.
- But Paul kept right after them with parental affection anyway.

My little children, of whom I travail
in birth again until Christ be formed in you,
I desire to be present with you now, and to change my voice;
for I stand in doubt of you.

Galatians 4:19-20

- These heretics had fallen from Christ and grace for Moses.
- They exalted circumcision as a great thing to glory about.
- They had been bewitched from Paul's perfect gospel of grace.
- But Paul loved them like a mother giving birth ... and chances.

Can we love “truth” too much?

Yes ... when doctrinal truth causes us to
cross other lines of brotherly love truth!



An excellent spirit talks
and thinks about God.

Then they that feared the LORD spake often one to another:
and the LORD hearkened, and heard it, and a book of remembrance
was written before him for them that feared the LORD,
and that thought upon his name.

Malachi 3:16

- End gossip about others or church to praise God to each other.
- This is not a suggestion. It is a terrible sin. God hates gossip.
- Those that truly fear God – think of Him; talk of Him; no gossip.
- God considers these His jewels and spares them in judgment.

Neither filthiness, nor foolish talking, nor jesting,
which are not convenient: but rather giving of thanks.

Ephesians 5:4

- Recall, “out of the abundance of the heart the mouth speaketh.”
- These sins are between God’s judgment of sins we think worse.
- An excellent spirit includes careful content ... here thanksgiving.
- The label of “not convenient” for these three sins is in Romans 1.

Example of Good Spirit

Joseph graciously, gloriously forgave his brothers without bitterness for pain and trouble he endured by their evil, both before and after Jacob died.

And Joseph said unto his brethren, Come near to me, I pray you.
And they came near. And he said, I am Joseph your brother,
whom ye sold into Egypt.
Now therefore be not grieved, nor angry with yourselves, that
ye sold me hither: for God did send me before you to preserve life.

Genesis 45:4-5

- Joseph with great kindness removed their guilt or regret for it.
- He took care of them by free food and the best land of Egypt.
- He totally trusted the providence of God and freely forgave.

Now therefore fear ye not: I will nourish you, and your little ones.
And he comforted them, and spake kindly unto them.

Genesis 50:21

- This reply was prompted by a lie and appeal to dead Jacob.
- Joseph told them to not fear and promised full family help.
- Note the inspired words ... He comforted and spake kindly.
- Remember how our spirit (thoughts) ends up with words.

Example of Good Spirit

David graciously, gloriously forgave Abner without any of the bitterness that most men would have.

And the king said unto his servants,
Know ye not that there is a prince
and a great man fallen this day in Israel?

II Samuel 3:38

- Abner, captain of Saul's army, had chased David for his life.
- When he came for peace, David warmly made a covenant.
- Joab proved that David and he were incredibly different.
- Our Lord has shown us by great emphasis to be like David.

Example of Good Spirit

David graciously, gloriously forgave Amasa without any of the bitterness that most men would have.

And say ye to Amasa, Art thou not of my bone, and of my flesh?
God do so to me, and more also, if thou be not captain of
the host before me continually in the room of Joab.

II Samuel 19:13

- Amasa, captain for Absalom, was guilty of sedition / treason.
- Amasa was son of Abigail, cousin of Absalom, cousin of Joab.
- When he came for unity, David wisely put him over Joab.
- Joab proved again David and he were incredibly different.

Example of Good Spirit

David after Goliath won Jonathan by words, gave 200 exhausted equal share, spared Saul twice on the battlefield, praised Saul at his death, killed a man that claimed to have killed Saul, killed those that killed Saul's son Ishbosheth, would not kill Shimei, kindness to Mephibosheth, etc., etc.

Example of Good Spirit

Moses was the meekest man on earth, did not seek his exalted role with Israel, humble and unresentful of injury, and begged God to spare Israel repeatedly when He was ready to destroy them, etc.

Example of Good Spirit

Jesus humbled Himself to be us for crucifixion, was perfect double-son at 12, compassion on all kinds, forgave sinner woman, noted a widow's two mites, servant is better than chief, pitied the children of Jerusalem, wept for Lazarus, washed apostles' feet, forgave soldiers, forgave Peter for promotion, etc.

Example of Good Spirit

Paul flushed his Jewish resume, was not content with his attainments, joyfully suffered for Christ, never rested except in prison, spent himself like a parent for churches, full of powerful praise, his crown was growth of others, unwavering in the cause, mercy to forgive men preaching of envy, etc.

Some indeed preach Christ even of envy and strife;
and some also of good will:... What then? notwithstanding,
every way, whether in pretence, or in truth, Christ is preached;
and I therein do rejoice, yea, and will rejoice.

Philippians 1:15-18

- Paul had pastor adversaries desiring to afflict him in prison.
- They were not heretics – but preached truth in envy and strife.
- But Paul rejoiced... even if in pretence ... Christ was preached.
- What a spirit! Can you grasp it? Let us both grasp it and have it!

Example of Bad Spirit

Sons of Zeruiah were David's nephews and useful in battle for many years protecting him, but they were harsh and vengeful, killing Abner and Amasa and wanting to kill Saul and Shimei, and David said they were too hard for him, though his family. David had Solomon kill Joab for murder. See topical sermon.

And I am this day weak, though anointed king;
and these men the sons of Zeruiah be too hard for me:
the LORD shall reward the doer of evil according to his wickedness.

II Samuel 3:39

- David was king, but mighty men of his family were too vicious.
- Zeruiah his sister had these three – Abishai, Joab, and Asahel.
- David was put in a terrible bind – appreciating yet hating sin.
- David had Solomon kill Joab and cursed his family to free his.

Example of Bad Spirit

Sons of Thunder start by John stopping a man from casting out devils in Jesus' name, for he was not part of their group. Then James and John wanted to call fire down on Samaritans that did not celebrate Jesus. Our Lord's warning should never be forgotten ... *Ye know not what manner of spirit ye are of.*

And John answered him, saying, Master,
we saw one casting out devils in thy name, and he followeth not us:
and we forbad him, because he followeth not us.
But Jesus said, Forbid him not: for there is no man
which shall do a miracle in my name, that can lightly speak
evil of me. For he that is not against us is on our part.

Luke 9:49-50

- This kind of envy happens, like Joshua with Moses (Nu 11:24-30).
- John the Baptist had a fabulous, opposite attitude (John 3:26-34).

He that is not with me is against me:
and he that gathereth not with me scattereth.

Luke 11:23

- These that were not with Jesus were Jewish exorcists/haters.
- They had accused Jesus of operating by the power of the devil.
- Those that did not promote Jesus were clearly scattering men.
- This verse should be remembered to balance out Luke 9:38-40.

And they did not receive him, because his face was as though he would go to Jerusalem.

And when his disciples James and John saw this, they said, Lord, wilt thou that we command fire to come down from heaven, and consume them, even as Elias did?

But he turned, and rebuked them, and said, Ye know not what manner of spirit ye are of.

For the Son of man is not come to destroy men's lives, but to save them. And they went to another village.

Luke 9:53-56

- James and John, full of misguided zeal, offered to play Elijah.
- They knew the Bible story of Elijah and the captains of 50.
- Jesus had named these two the sons of thunder (Mark 3:17).
- These two were clearly zealous for the true Christ, our Jesus.
- Jesus rebuked these two dear apostles for their terrible spirit.
- Our reason for this study is an excellent spirit, opposite theirs.
- To obey our Lord, we measure our spirit by the goal of saving.



A gentle and meek
and compromising
spirit is a great spirit.

But why dost thou judge thy brother?
or why dost thou set at nought thy brother?
for we shall all stand before the judgment seat of Christ.

Romans 14:10

- This warning about Judgment Day is in context of liberty.
- We must treat brothers well for God is their master, not you.
- God's kingdom is righteousness, peace, and joy in the Spirit.
- We pursue peace, edification, and avoid offence to be accepted.

Why do ye not rather take wrong?
why do ye not rather suffer yourselves to be defrauded?
Nay, ye do wrong, and defraud, and that your brethren.

I Corinthians 6:7-8

- Ignoring offences or trespasses by others is a glorious spirit.
- Real character of excellence overlooks wrong and defrauding.
- Corinth took brothers to small claims court! Paul crushed it!
- Your pettiness to defend yourself God considered defrauding.



An excellent spirit is
better identified or
measured by others.

We easily think too highly of ourselves to be useful judges, so we must exalt other opinions over our own lest we be deceived.

He that loveth pureness of heart,
for the grace of his lips the king shall be his friend.

Proverbs 22:11

- This is one of the best character verses in all the Bible.
- The “heart” here is your spirit – the internal or real you.
- This person is obsessed about a pure/holy/perfect spirit.
- It produces gracious speech ... so do not deceive yourself.
- Kings and good men will admire and appreciate his grace.

Righteous lips are the delight of kings;
and they love him that speaketh right.

Proverbs 16:13

- Here is another verse from Solomon about righteous speech.
- Good words come out of the abundance of a good heart.
- This was not written by a slave but rather by a great king.
- Right words (from right hearts) actually delight monarchs.
- And the effect is that the monarch loves the speaker. See it!

Every man shall kiss his lips that giveth a right answer.

Proverbs 24:26

- An excellent spirit gives right answers and good answers.
- Others appreciate and are impressed by the spirit to do so.
- So much is this true that Solomon invoked kissing on lips.
- The lesson right here is to trust others' opinions, not yours.
- This is one of the most crucial rules for humility and wisdom.

Search me, O God, and know my heart:
try me, and know my thoughts:

Psalm 139:23

- Self-examination by these words is for an excellent spirit.
- The “heart” and “thoughts” in this verse are your spirit.
- God already knows both, but you want Him to judge them.
- We want God to show us every fault or sin in our spirit.
- God’s word has much to say, so let us listen to Him speak.

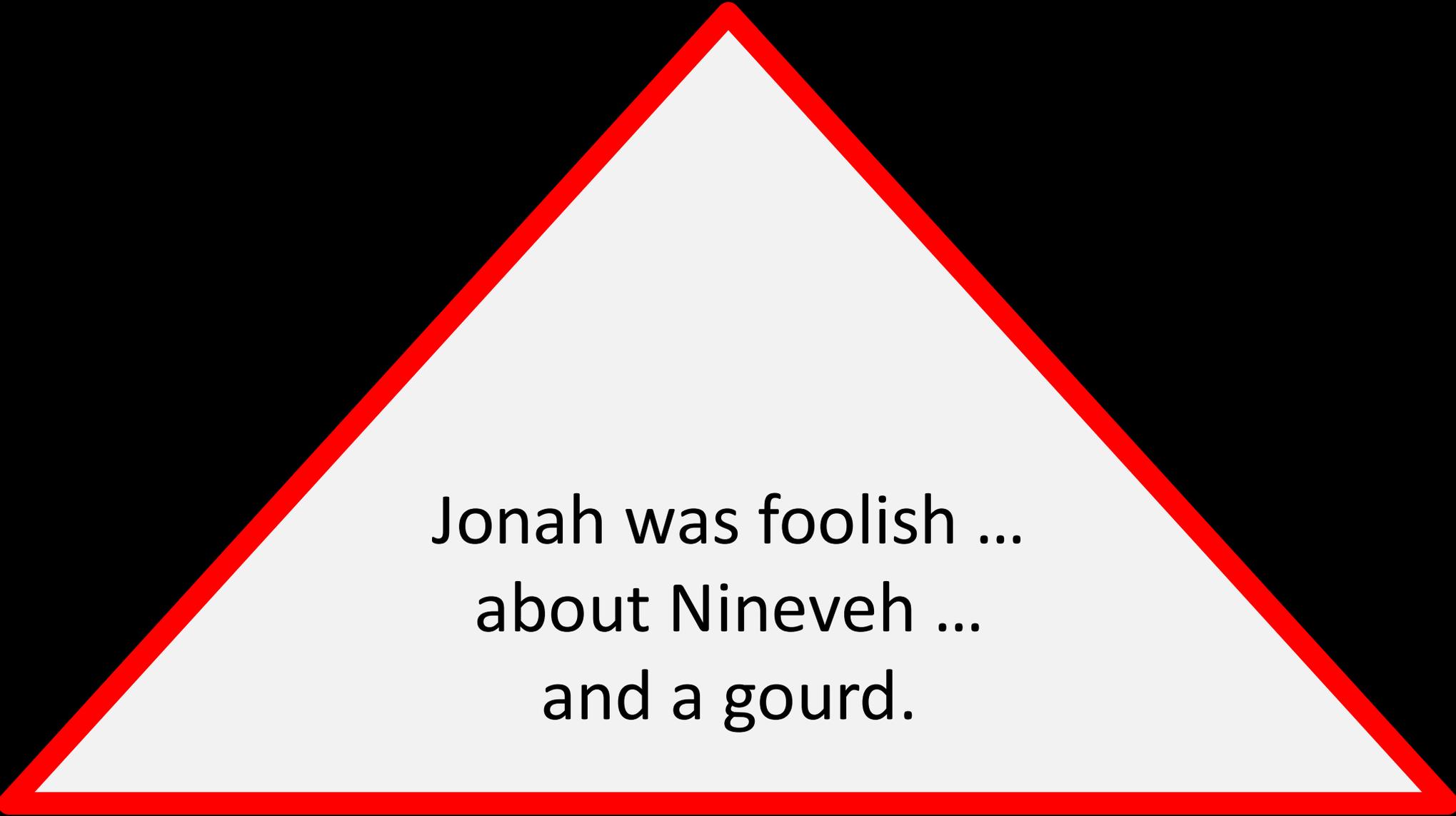
We want to be fervent in spirit
and do everything heartily as
unto the LORD God Jehovah
and His Son Jesus Christ.

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

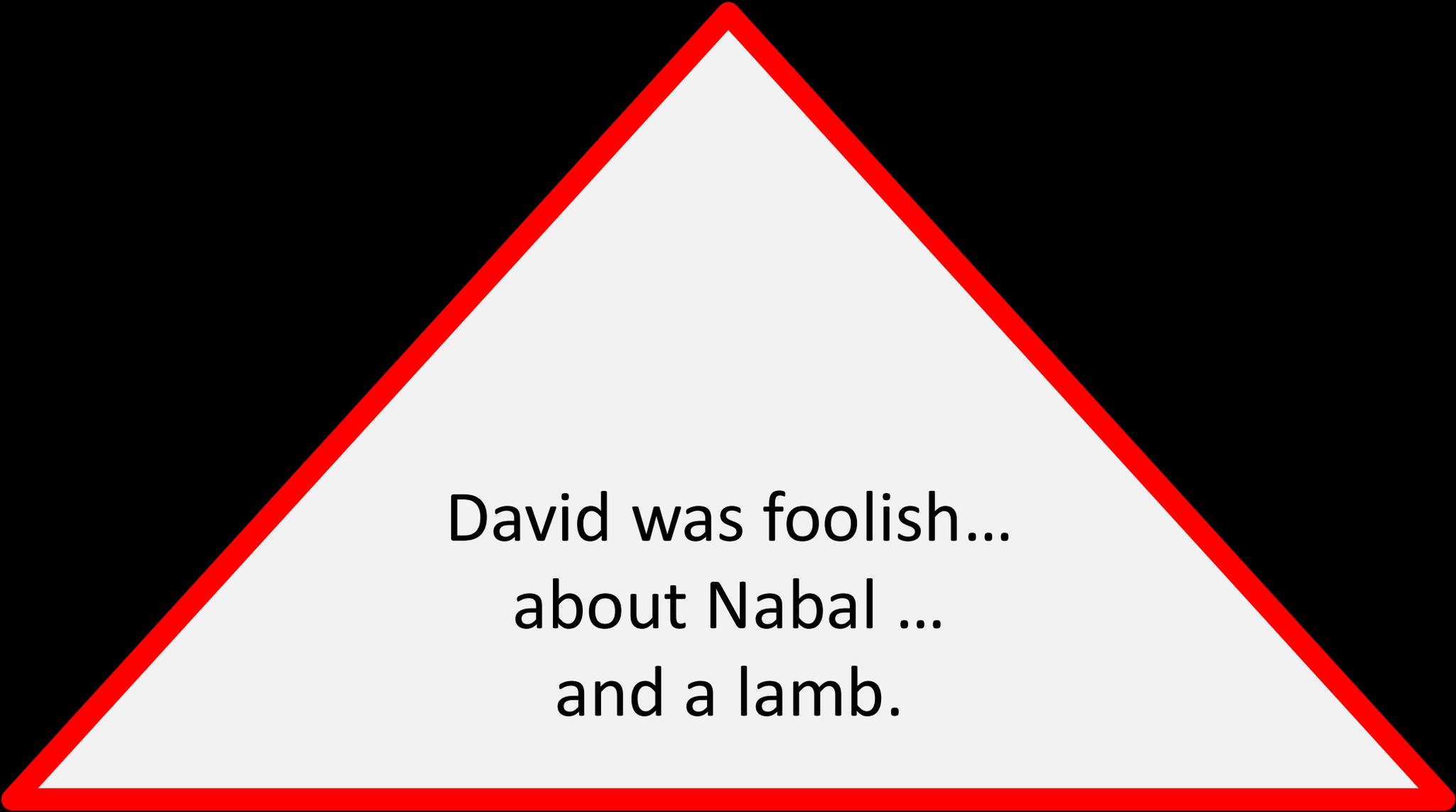
Search me, O God, and know my heart:
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- We want God to show us every fault or sin in our spirit.
- God’s word has much to say, so let us listen to Him speak.



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



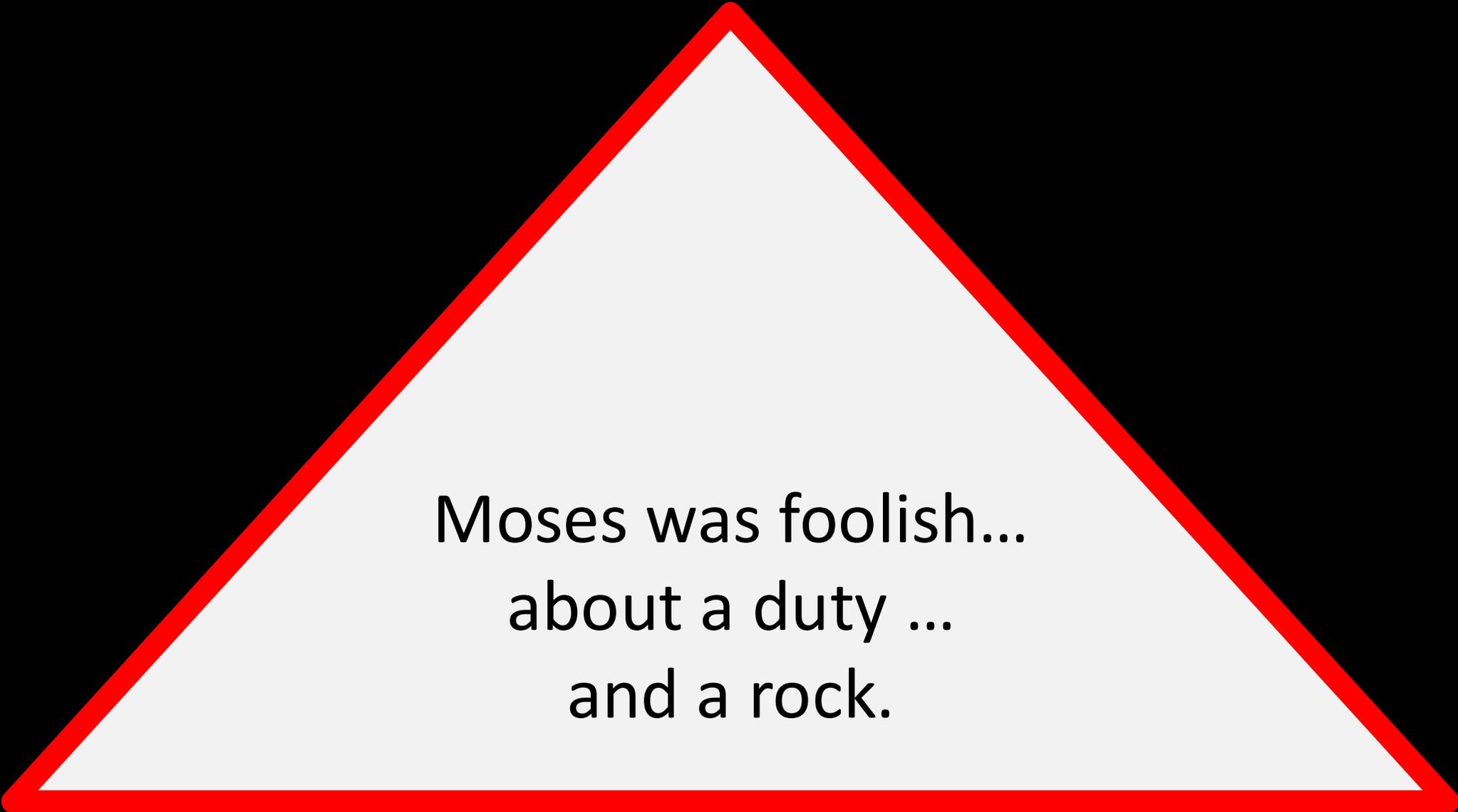
David was foolish...
about Nabal ...
and a lamb.



Elijah was foolish...
about his zeal.



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



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

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 feelings and
urges that take 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

Got This far on 9/21/2025



Emotion control ... or
rule of spirit is key to
slow fleshly reactions.

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.

Got this far on 9/28/2025



When your spirit
changes to take you
down, all important
things do not change.

These Things Never Change

God

Jesus

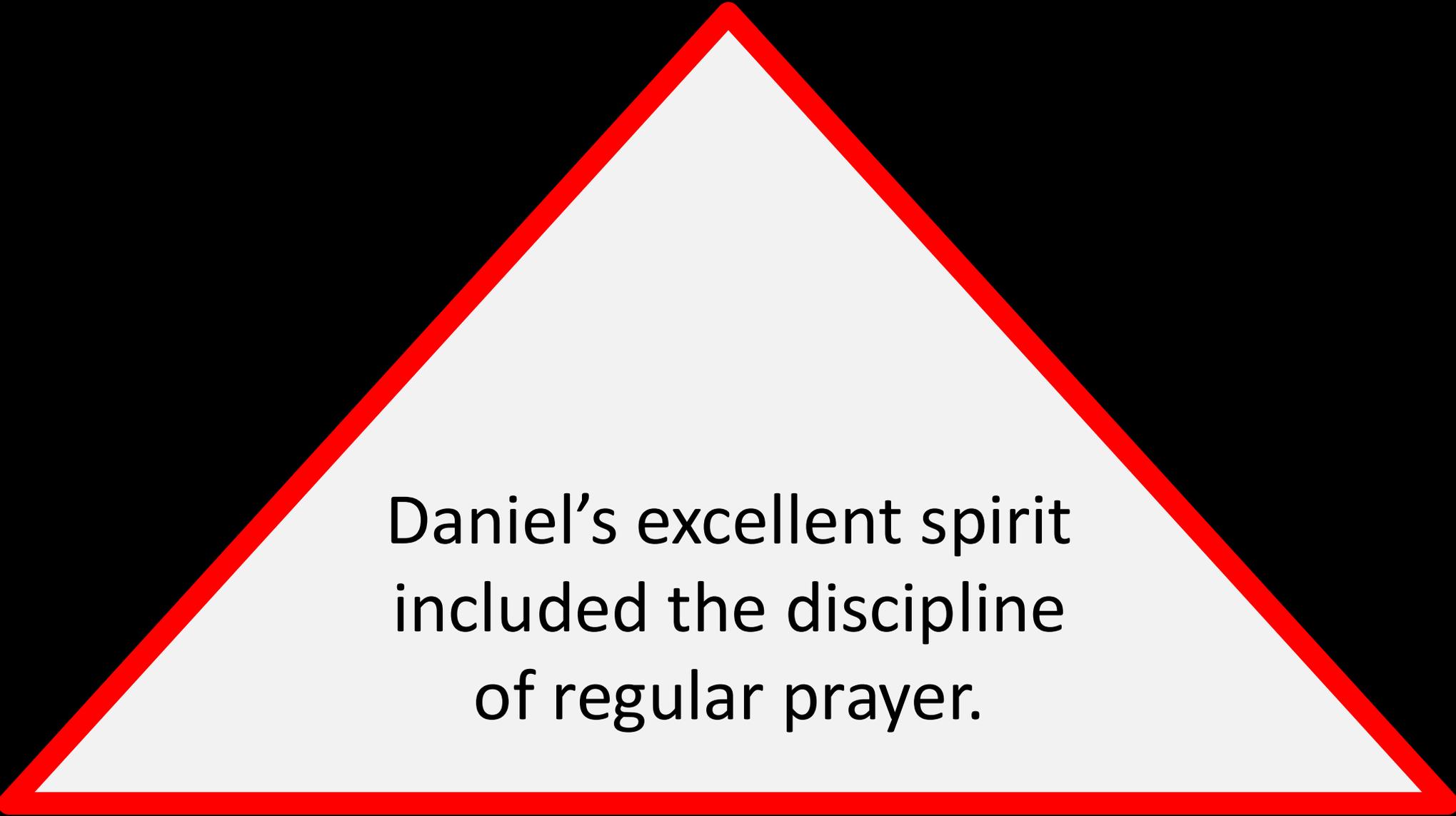
Spirit

Bible

Truth

Power

Heaven



Daniel's excellent spirit
included the discipline
of regular prayer.

Then said these men, We shall not find any occasion against this Daniel, except we find it against him concerning the law of his God.

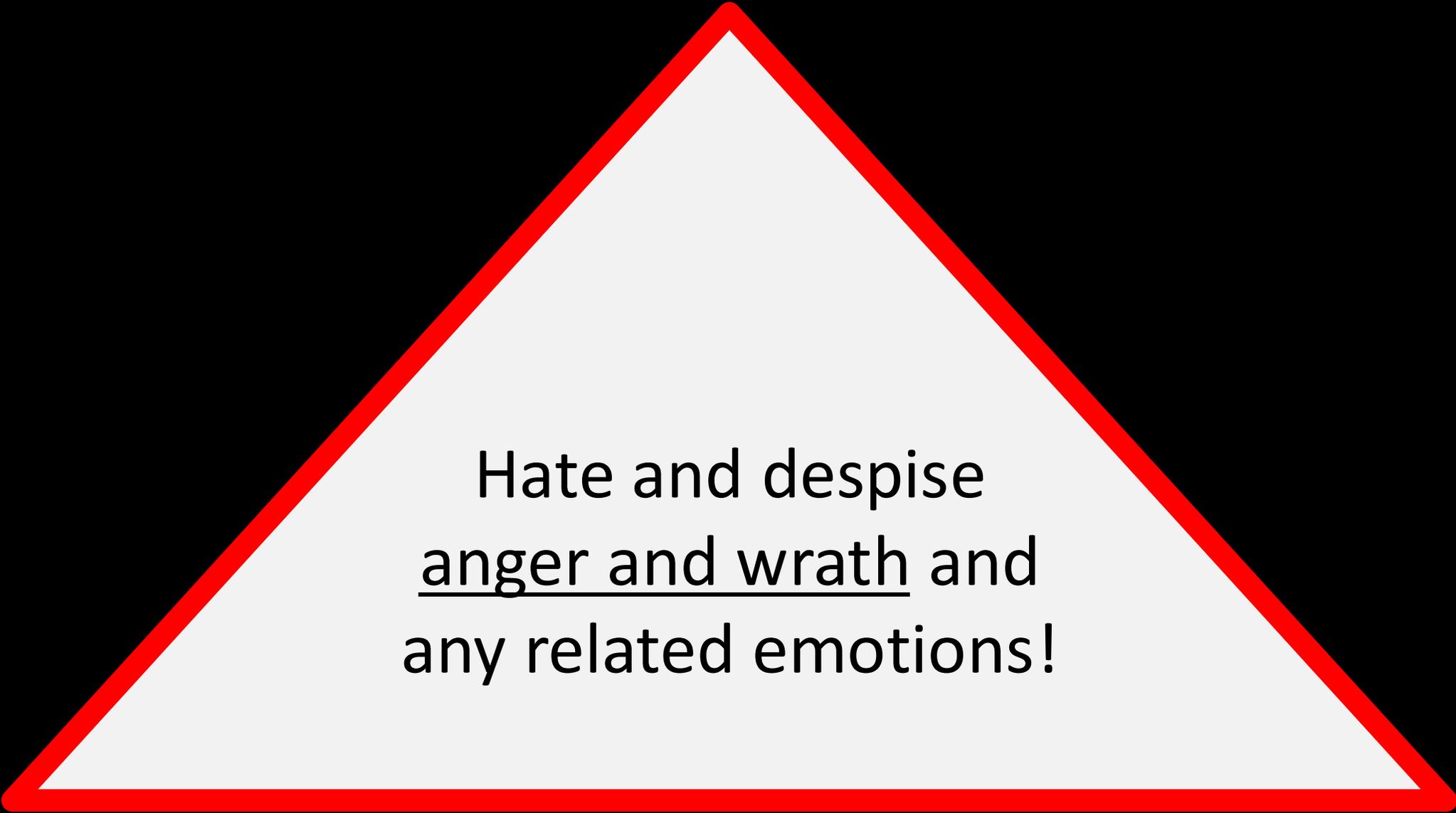
Daniel 6:4

- Daniel was faithful and faultless in kingdom matters of Persia.
- When vetted by envious peers, they could only fault his religion.
- They even had to change the law, for Daniel kept truth in place.

Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.

Daniel 6:10

- Daniel knew his life was at stake, but he prayed thrice daily.
- Daniel's practice was from Solomon's prayer about Jerusalem.
- Daniel was totally committed to truth though easy to be seen.



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 seldom 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 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



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

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

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, That whosoever is angry 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

Whosoever hateth his brother is a murderer:
and ye know that no murderer hath eternal life abiding in him.

I John 3:15

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 spake unadvisedly with his lips.

Psalm 106:32-33

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

Brethren ... my goal for every one of
us ... defer anger and gladly pass
over transgressions.

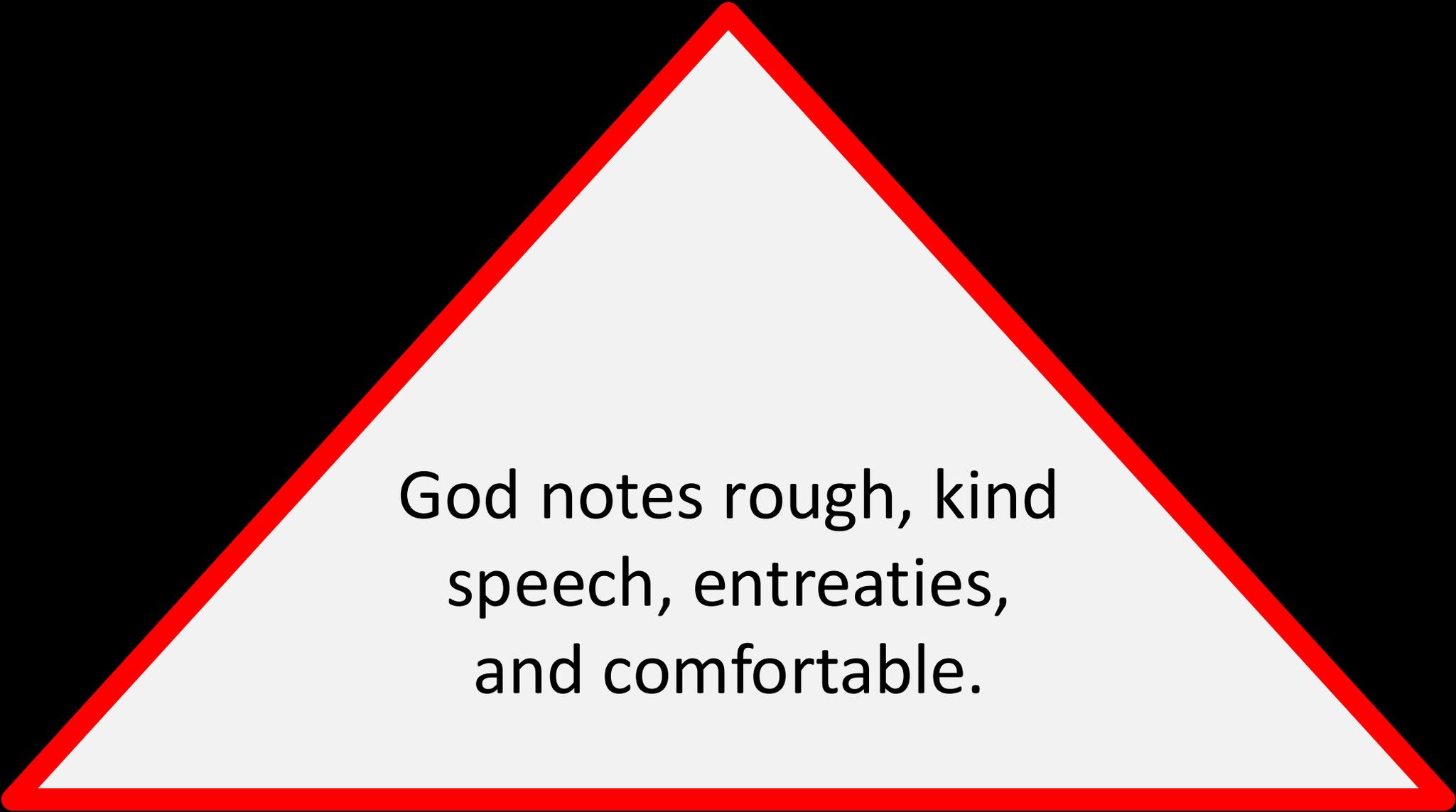
Do you speak unadvisedly with your
lips for little speed bumps
in your life?

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 the
offences by others.



God notes rough, kind
speech, entreaties,
and comfortable.

The poor useth intreaties;
but the rich answereth roughly.

Proverbs 18:23

- **Entreaty** = earnest prayer or request; to beseech, implore.
- The poor, from a position of weakness, must usually beg.
- Paul taught to not rebuke older men but intreat like a father.
- The worldly rich can be proud and answer roughly; let's not.
- **Rough** = harsh, overbearing; uncivil, rude; angry, passionate.

And his soul clave unto Dinah the daughter of Jacob,
and he loved the damsel, and spake kindly unto the damsel.

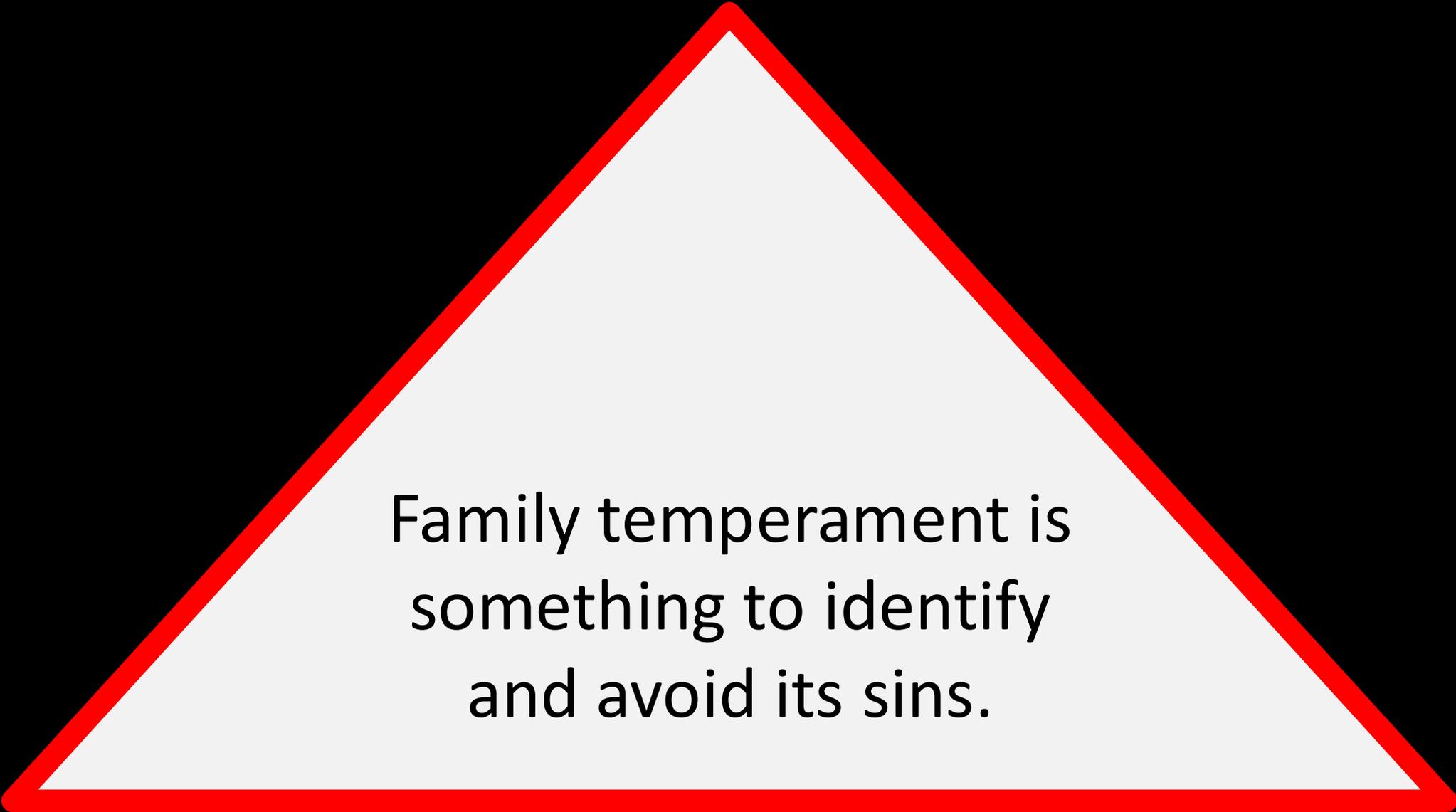
Genesis 34:3

- If you love another person, you will speak kindly to him/her.
- **Kind** = affectionate, loving, acceptable, agreeable, pleasant.
- To win a person, like Shechem here, you know how to speak.

Speak ye comfortably to Jerusalem, and cry unto her,
that her warfare is accomplished,
that her iniquity is pardoned:
for she hath received of the LORD'S hand double for all her sins.

Isaiah 40:2

- **Comfortably** = in a comforting way, consolingly, cheerfully.
- Here the comfort is warfare over, sin forgiven, God at rest.
- Paul taught to not rebuke older men but intreat like a father.



Family temperament is
something to identify
and avoid its sins.

We make only a brief mention here:

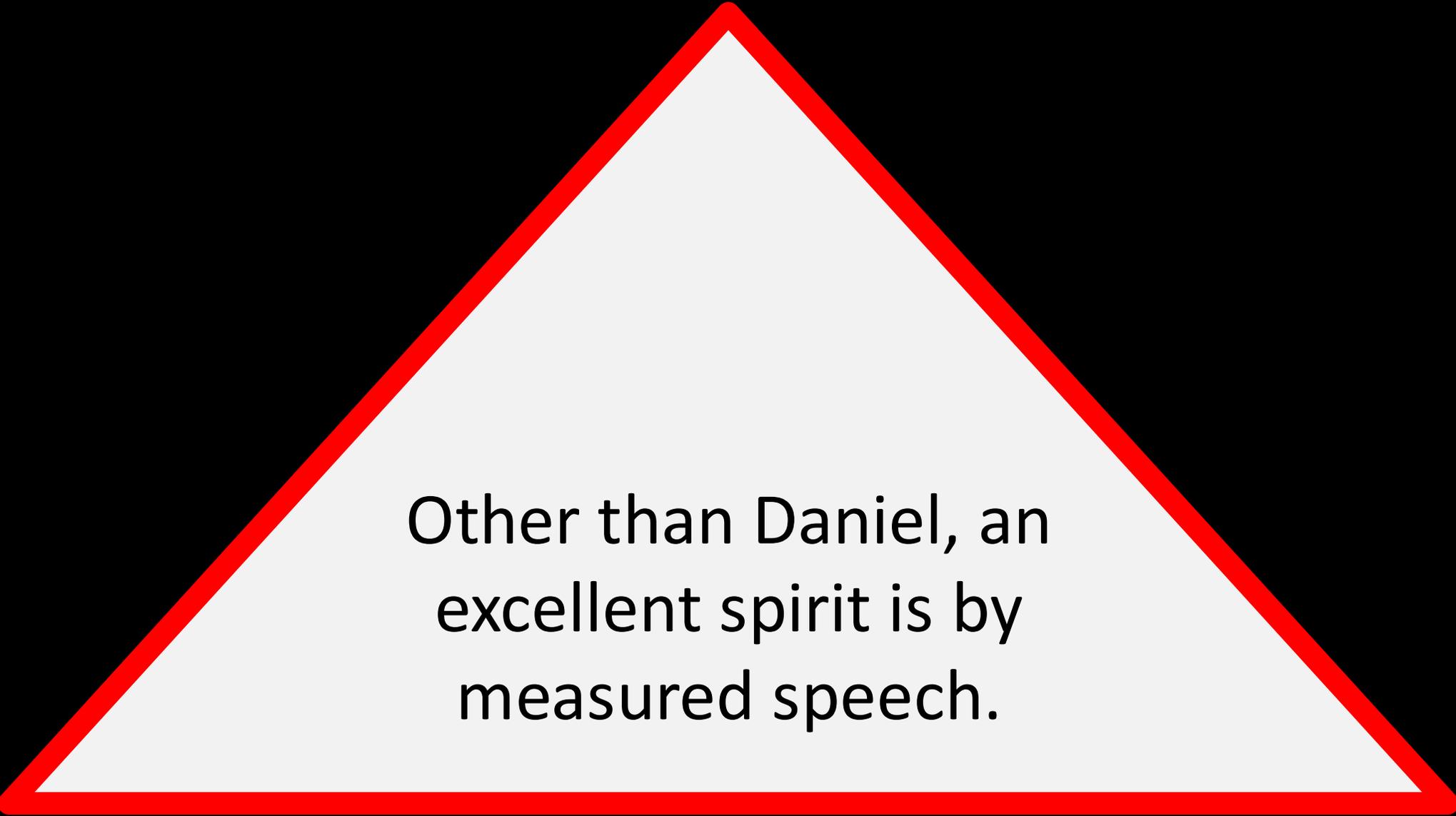
Sons of Zeruah ... were very alike.

Sons of Thunder ... were alike.

Sons of David ... were alike.

Sons of Eli ... were alike.

Simeon & Levi ... also.



Other than Daniel, an
excellent spirit is by
measured speech.

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

Proverbs 17:27

- “Excellent spirit” is in the Bible 3 times; twice for Daniel; here.
- It is more than cautious and limited speech, but it is that here.
- Men with knowledge do not talk very much unless it is needed.
- They fear words due to sin ... they limit words to provide value.

Even a fool, when he holdeth his peace, is counted wise:
and he that shutteth his lips is esteemed a man of understanding.

Proverbs 17:28

- This is the easiest and simplest way to be thought a wise man.
- Cut words in half, listen twice as much, for a noble reputation.
- An excellent spirit limits words to a few helpful / gracious ones.



An excellent spirit by
careful speech studies
before giving opinions.

The heart of the righteous studieth to answer:
but the mouth of the wicked poureth out evil things.

Proverbs 15:28

- The heart of the righteous here is an excellent spirit of a man.
- Before he answers, even when pressed, he studies to be sure.
- Opposite this wisdom, a wicked man blurts a foolish answer out.
- Never be hasty to answer. Truth and wisdom always beat speed.

He that answereth a matter before he heareth it,
it is folly and shame unto him.

Proverbs 18:13

- Do not be a fool – finish listening before composing an answer.
- Fools are already forming their response before hearing it all.
- This impulsiveness will shame you by answering incorrectly.
- It is never a shame ... *“Please give me time for a proper answer.”*
- Here again ... in another light ... is the excellent spirit we seek.



An excellent spirit will
be sober, but it need
not be somber.

Sober

Grave, serious, solemn; indicating or implying a serious mind or purpose. Calm and composed.

Somber

Gloomy, lowering, dark and sullen or dejected.
Melancholy, dismal, darksome.

That the aged men be sober, grave, temperate, sound in faith, in charity, in patience.

That they may teach the young women to be sober, to love their husbands, to love their children,

Young men likewise exhort to be sober minded.

Titus 2:2,4,6

Got this far on 10/12/2025



Charity is the greatest,
trumping great gifts,
but is “negative.”

And now abideth faith, hope, charity, these three;
but the greatest of these is charity.

I Corinthians 13:13

- Charismatic gifts disappeared by 70 A.D. but not these three.
- But the greatest of these three – and all are great – is charity.
- Faith and hope are excellent, but neither requires as much.
- Charity = love, sort of ... *a disposition to judge leniently and hopefully of the character of others, to make allowance for their apparent faults and shortcomings; large-heartedness.*

But covet earnestly the best gifts:
and yet shew I unto you a more excellent way.

I Corinthians 12:31

- Corinth loved spiritual gifts, but Paul wrote of a better goal.
- Better than being an apostle was treating others by charity.
- Even tongues of angels would be mere noise without charity.
- Total knowledge and faith leaves you nothing without charity.
- Extreme giving and martyrdom do not profit without charity.

Our inspired apostle could not have
described the superiority of charity
better than he did right here ...
for an excellent spirit.

Charity suffereth long, and is kind; charity envieth not;
charity vaunteth not itself, is not puffed up,
Doth not behave itself unseemly, seeketh not her own,
is not easily provoked, thinketh no evil;

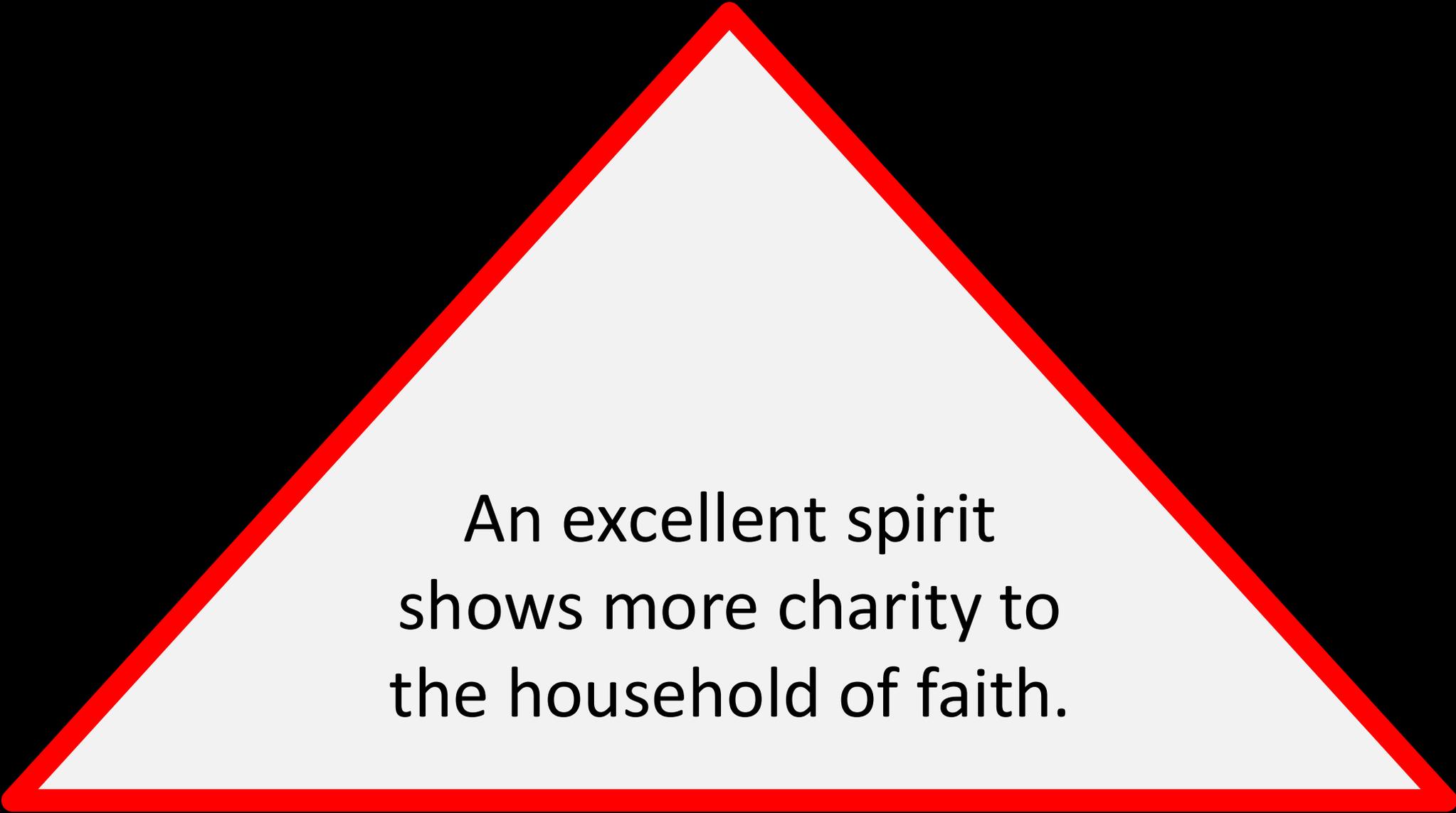
I Corinthians 13:4-5

- Charity is more forbearing and forgiving than financing a trip!
- Fervent charity in a church covers the multitude of sins (I Pet 4:8).
- It is distinguished from brotherly kindness in Peter's list of 8.
- See "negative" words ... suffer, not, not, not, not, not, not, no.

Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. And above all these things put on charity, which is the bond of perfectness.

Colossians 3:12-14

- There are seven things of the new man to put on for conduct.
- Charity above all these things is better grasped as over them????
- All seven parts are charity and bonded together for perfection.



An excellent spirit
shows more charity to
the household of faith.

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

Galatians 6:10

- As God grants opportunity to serve others by Bible rules, do it.
- The context here is living by the Spirit to reap life everlasting (8).
- Our vigilance for needs and liberality of giving is for believers.
- It may be easier to give to nice pagans, but Jesus set the order.

Thou shalt not rule over him with rigour;
but shalt fear thy God.

Leviticus 25:43

- If a poor brother sold himself to serve, you were to be gentle.
- The main source of servants were heathen without this rule.
- The lesson here is a greater degree of gentleness to brethren.



An excellent spirit
knows gentleness and
mercy beat harshness.

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

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

Isaiah 28:21

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

Micah 7:18

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

James 2:13

But if ye had known what this meaneth,
I will have mercy, and not sacrifice,
ye would not have condemned the guiltless.

Matthew 12:7



An excellent spirit is
careful and strong to
protect reputations.

A talebearer revealeth secrets:
but he that is of a faithful spirit concealeth the matter.

Proverbs 11:13

- To see the verse's application here – note the “faithful spirit.”
- “Secrets” are hurtful facts of a person not absolutely needed.
- An excellent spirit will conceal, cover, hide, disguise secrets.
- On the other hand, a talebearer tells secrets by his bad spirit.
- The difference is great – others are wounded or protected.

The words of a talebearer are as wounds,
and they go down into the innermost parts of the belly.

Proverbs 18:8 and 26:22

- A talebearer's words tell secrets to others that should be hid.
- Such secrets shared cause wounds that excellent spirits avoid.
- An excellent spirit, loving pureness of heart, will not tell them.
- Telling secrets wounds the person discussed and him hearing.
- Though friends before, secrets shared can divide good friends.

Where no wood is, there the fire goeth out:
so where there is no talebearer, the strife ceaseth.

Proverbs 26:20

- All fires require fuel, so they go out as soon as the fuel is gone.
- Many differences and fights depend on continued talebearing.
- If all talebearing were shut down, harmed reputations will rise.
- If all harmed reputations were helped, fighting has no prompt.
- We know pride causes contention, but so does this talebearing.

An ungodly man diggeth up evil:
and in his lips there is as a burning fire.
A froward man soweth strife: and a whisperer
separateth chief friends.

Proverbs 16:27-28

- The wicked compulsion to look for faults/flaws is ungodliness.
- After digging up dirt on others, he must quickly tell it widely.
- What kind of man sows division? Contrary, perverse, rebellious.
- What is the result of ungodly and froward men? Friends divided.

The north wind driveth away rain:
so doth an angry countenance a backbiting tongue.

Proverbs 25:23

- Here is God's solution when you hear others sharing secrets.
- Show an angry face rebuking their sin ... warn them verbally.
- If you do not do this, then you are guilty of the sin of listening.
- If your countenance is not enough, then rebuke, or disappear.
- An excellent spirit always tries protect, not harm, reputations.

A wicked doer giveth heed to false lips;
and a liar giveth ear to a naughty tongue.

Proverbs 17:4

- Sin of listening – hear others say bad things and not stop them.
- Only a wicked person will listen to someone speaking lies.
- A man that allows another to say bad things is a liar himself.
- It is allowing ... giving heed, giving ear ... so it can occur easily.
- An excellent spirit will not hear sin, and he stops the speaker.



Are you magnanimous
or a malcontent in
spirit and conduct?

Magnanimous

High-souled; nobly ambitious; lofty of purpose; noble in feeling or conduct. Superior to petty resentment or jealousy, loftily generous in disregard of injuries.

Malcontent

Discontented, dissatisfied. Actively discontented; indisposed to acquiesce in the existing administration of affairs; inclined to rebellion or mutiny; restless and disaffected.

Which were They?

Joseph

Korah

Michal

David

Joab

Daniel

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

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.

Got this far on 10/26/2025



Hate pride next to
anger, for a haughty
spirit is not excellent.

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

Proud and haughty scorner is his name, who dealeth in proud
wrath.

Proverbs 21:24

He that is of a proud heart stirreth up strife: but he that putteth
his trust in the LORD shall be made fat.

Proverbs 28:25

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;

I Corinthians 13:4-5

Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble.

I Peter 5:5

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.

We are not special.

God and His Son are special.

Then others are more special than we.

Pride will distort your judgment and
reactions to keep you from
an excellent spirit.

But pride also offends (or vexes) the Holy Spirit, reducing His power for an excellent spirit and/or turning God into an enemy.

But they rebelled, and vexed his holy Spirit:
therefore he was turned to be their enemy,
and he fought against them.

Isaiah 63:10



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

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 said ... and how it should be said (include volume).

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

Proverbs 15:4

Wholesome = conducive to well-being in general, esp. of mind or character; mentally or morally healthful; tending or calculated to do good; beneficial, salutary.

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

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

Every man shall kiss his lips that giveth a right answer.

Proverbs 24:26



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

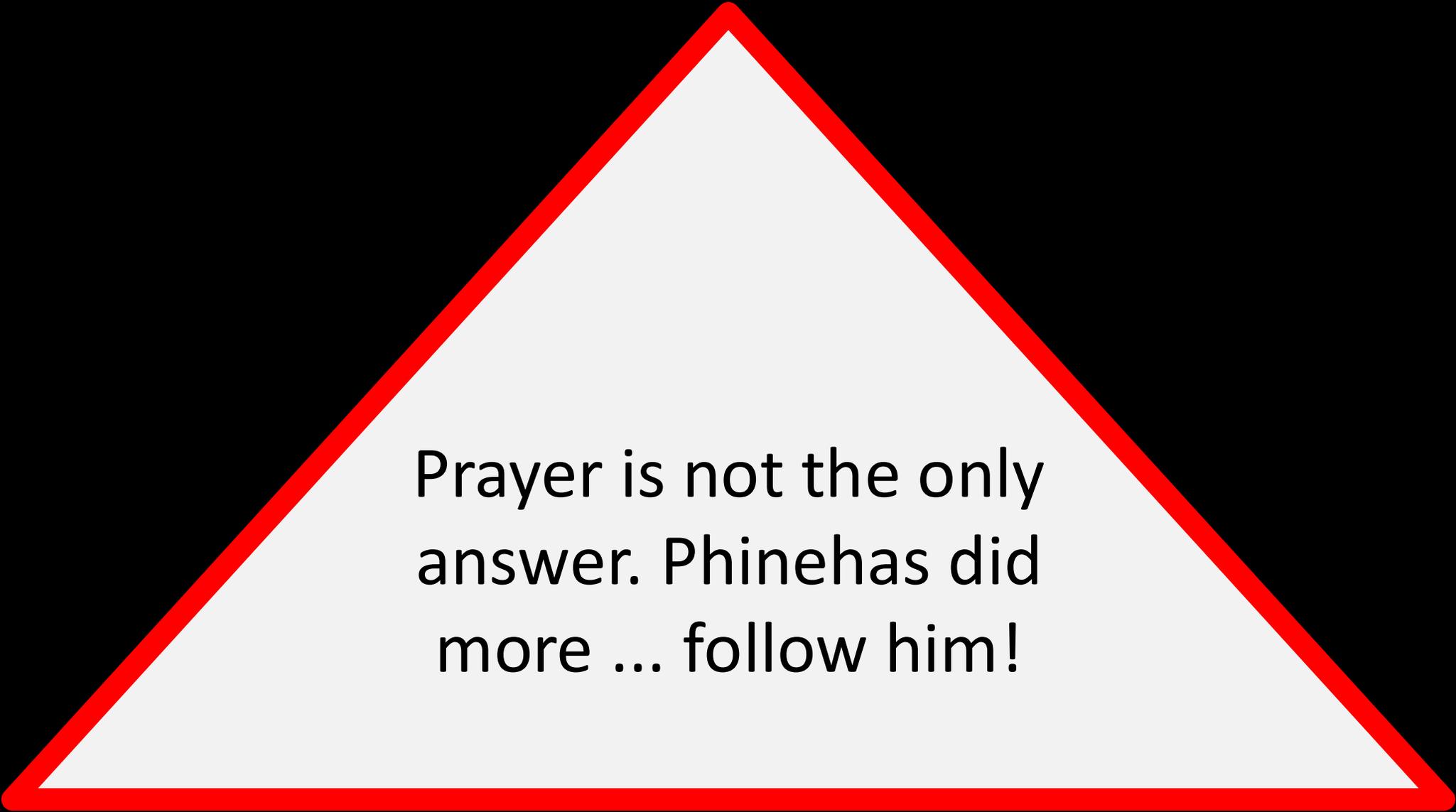
But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.

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



Prayer is not the only
answer. Phinehas did
more ... follow him!

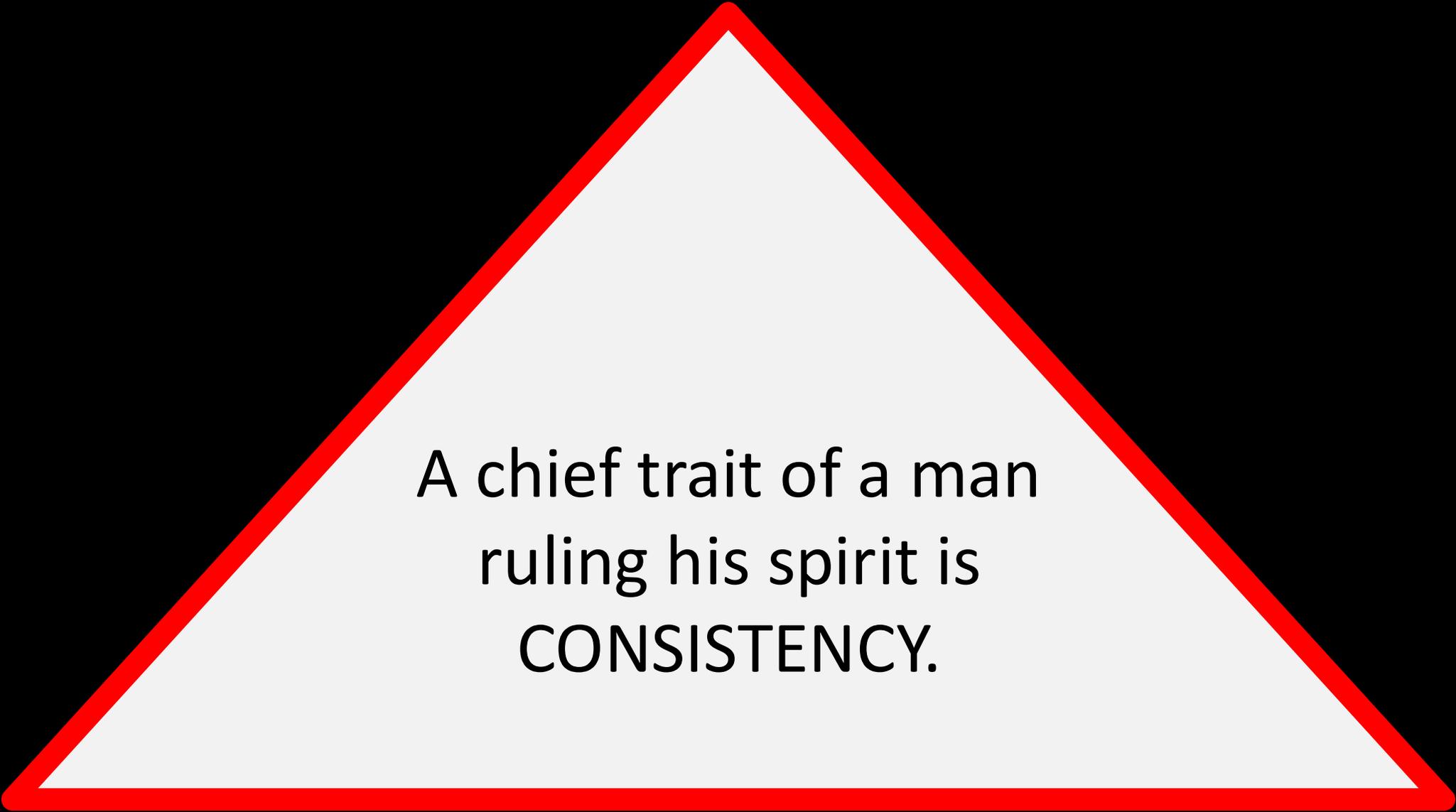
Stop making excuses ... even blaming God
for your lack of self-control ... it is your
fault and you can remedy it.

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 lusts and to rule your spirit.

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

Repent and confess childish faults to
the Lord and others and get going.



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

Bipolar disorder is a mental health condition of extreme highs and lows.

Christians with big changes in emotions may not be bipolar, but they trouble us.

Changes from exuberant joy to negative reflection are an unruly emotional spirit.

Consistent Christians rule their spirits so you know they will always be the same.

Changes in commitment or conviction are
a spirit not fully grounded on scripture.

The Bible's morality does not change; so
change in morals may be an unrulid spirit.

A ruled spirit eliminates foolish lows and foolish highs not based on real substance.

The best of men are lifted in spirit at times or even cast down, but never destroyed.

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

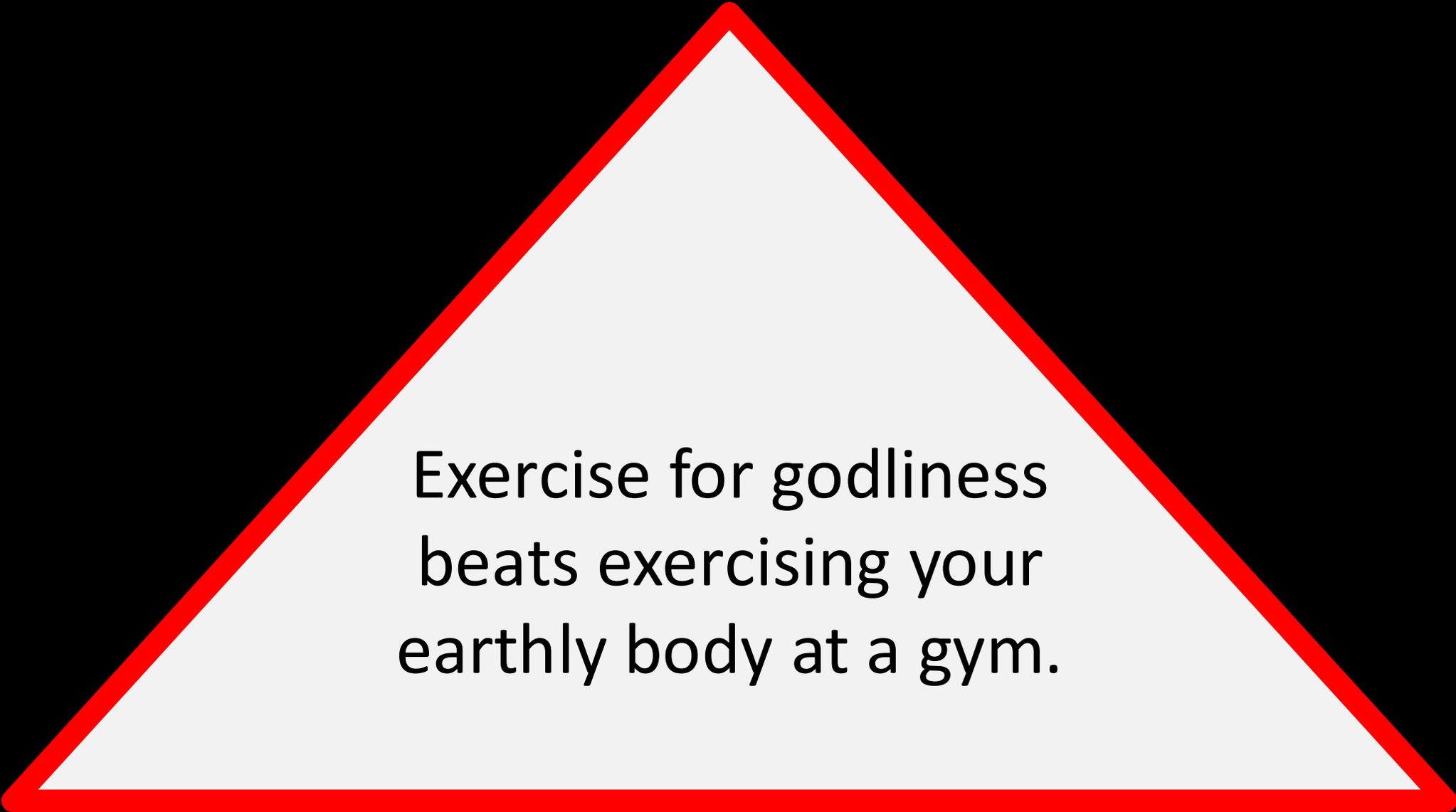
Proverbs 20:6

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



Exercise for godliness
beats exercising your
earthly body at a gym.

7 But refuse profane and old wives' fables, and exercise thyself rather unto godliness.

8 For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

I Timothy 4:7-8

How can you exercise for godliness?

Learn Bible well
Walk in the Spirit
Self-examination
Apply Bible to life
Set goals of grace
Be perfect at home
Embrace hard projects



An excellent spirit is
not black and white,
but rather righteous.

Judge not according to the appearance, but judge righteous judgment.

John 7:24

3 And shall make him of quick understanding in the fear of the LORD: and he shall not judge after the sight of his eyes, neither reprove after the hearing of his ears:

4 But with righteousness shall he judge the poor, and reprove with equity for the meek of the earth: and he shall smite the earth with the rod of his mouth, and with the breath of his lips shall he slay the wicked.

Isaiah 11:3-4

It is dangerous to judge by what you first see or hear, for you should be slow to answer and also study to answer.

In general, no two persons and no two events deserve the same treatment; you should discern the differences.



An excellent spirit
reflects God's Spirit for
righteousness or truth.

An excellent spirit will compromise
personal preference to benefit others,
but it will never compromise Bible truth.

Joseph's excellent spirit of being gracious to even his brothers did not allow for any liberty with Potiphar's wife.

Daniel's excellent spirit purposed in his heart to not defile himself with the king's diet when a captive in graduate school.

Daniel's excellent spirit would not give an inch in his conviction of prayer three times daily toward Jerusalem.

Jesus' excellent spirit toward His parents
did not tolerate any deviation from
God's laws, truth, or worship.

Paul rejoiced Christ was preached by
adversaries with contentious spirits, but
he strictly cursed variation from his gospel.



An excellent spirit can
look or sound harsh
if sin is ignored.

Did Nehemiah have an excellent spirit?

- 1-3** All bad friends were rejected
- 4-9** Apartment in temple destroyed
- 10-14** Support of the ministry required
- 15-22** Business near Sabbath prohibited
- 23-31** Divorced pagan wives (children)

Rulers exercising authority will not look or sound like a personal relationship e.g. Trump with Melania ... or Zelenskyy!

Who Was More Excellent?

Charlie Kirk or President Trump?

Be careful ... only one man had any authority.

Be careful ... only one made daily decisions.

Do not let USA feminization deceive you.

“Quit you like men” in Bible is still true.

Think logically and not emotionally.

Stopping sin requires a wheel.

SBM is more Biblical when **SBMUN**

Revivals like those by great Bible kings or
one in Ephesus about books of magic
or John's ministry seems violent.

Got this far on 11/2/2025



An excellent spirit is
not thin-skinned, for it
is not easily provoked.

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 13:5-7

21 Also take no heed unto all words that are spoken; lest thou hear thy servant curse thee:

22 For oftentimes also thine own heart knoweth that thou thyself likewise hast cursed others.

Ecclesiastes 7:21-22

That make a man an offender for a word....

Isaiah 29:21

A thin-skinned person is not a victim but rather a person that has not learned to pass over verbal offences of others.

These folks do not justify harsh-talkers at all but rather give them an opportunity to be even gentler and kinder than usual!

A thin-skinned person by lack of charity can be cruel by offence at acceptable or marginal speech that would not offend most others.

A harsh-taking person on the other side can easily offend and wrongfully say, *Thinskin!*, though guilty for having been too harsh.

All harshness is not bad, as the Bible shows
over and over, especially in matters of
God's kingdom and sin against it.

An excellent spirit is not thin-skinned or a harsh-talker ... and knows to charitably adjust in the presence of either!

You will be tempted to be both before
the day ends, so listen mercifully
and only speak graciously.

You will run into both kinds of persons
before the day ends and others
are safe with you in bed!



Reproving the world as
light has no room for
an unruléd spirit.

But all things that are reprov'd are made manifest by the light:
for whatsoever doth make manifest is light.

Ephesians 5:13

14 Do all things without murmurings and disputings:

15 That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world;

Philippians 2:14-15

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

You deserve it!

Of course, such a measure does not apply to enemies, or Jesus and Paul would have miserably failed this rule.

Using Bible verses while angrily overstating
or impatiently pushing or snidely criticizing
does not make your conduct Christian.

But if you get criticized or persecuted
while keeping our Lord's religion,
this is pleasing to God.

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

14 If ye be reproached for the name of Christ, happy are ye; for the spirit of glory and of God resteth upon you: on their part he is evil spoken of, but on your part he is glorified.

15 But let none of you suffer as a murderer, or as a thief, or as an evildoer, or as a busybody in other men's matters.

16 Yet if any man suffer as a Christian, let him not be ashamed; but let him glorify God on this behalf.

I Peter 4:14-16

So the goal of an excellent spirit is to please God and only seek or try to please men a far second.



Be intentional about all
activities. Do not relax
spirit. Fear reactions.

If you relax, emotions and habits take over and your reaction to provoking will bring forth a sinful response.

23 Keep thy heart with all diligence; for out of it are the issues of life.

24 Put away from thee a froward mouth, and perverse lips put far from thee.

25 Let thine eyes look right on, and let thine eyelids look straight before thee.

26 Ponder the path of thy feet, and let all thy ways be established.

27 Turn not to the right hand nor to the left: remove thy foot from evil.

Proverbs 4:23-27

I thought on my ways,
and turned my feet unto thy testimonies.

Psalm 119:59

15 See then that ye walk circumspectly, not as fools, but as wise,

16 Redeeming the time, because the days are evil.

17 Wherefore be ye not unwise, but understanding what the will of the Lord is.

Ephesians 5:15-17

Stay on guard at all times. Recall previous failures and be careful. Avoid difficult people/situations. Lock your lips.



An excellent spirit is
perfect by loving and
praying for enemies.

44 But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;

45 That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.

Matthew 5:44-45

Blessing and Praying Is Opposite These:

<i>Retaliate</i>	<i>Rebuff</i>
<i>Revenge</i>	<i>Rebut</i>
<i>Ridicule</i>	<i>Retort</i>
<i>Reproof</i>	<i>Revile</i>
<i>Rancor</i>	<i>Rant</i>

Let us deposit good and kind thoughts into
the treasure chest of our hearts to have
only good things to ever come out.

34 O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh.

35 A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things.

Matthew 12:34-35



An excellent spirit
requires Holy Spirit
power to show Christ.

Showing Christ is bearing fruit and likeness
to our Lord in love, peace, gentleness,
longsuffering, meekness, charity....

Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

Matthew 11:29

As carnal and difficult as a job or business can be, the Bible tells us how to follow Jesus to be excellent even there.

21 For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps:

22 Who did no sin, neither was guile found in his mouth:

23 Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously:

I Peter 2:21-23

Not only must we have Holy Ghost power
to show Christ, we can only be content
if Christ shines through powerfully.

13 Ye call me Master and Lord: and ye say well; for so I am.

14 If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet.

15 For I have given you an example, that ye should do as I have done to you.

John 13:13-15

1 If there be therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies,

2 Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind.

3 Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

4 Look not every man on his own things, but every man also on the things of others.

Philippians 2:1-4

Rather than wear a WWJD bracelet or a
JESUS IS LORD bumper sticker, let us
choose each word/action as Him.



An excellent spirit must
be honest, transparent,
open, sincere, true.

While an excellent spirit uses few words, it does use words so that others are not constantly wondering about him.

Henceforth I call you not servants; for the servant knoweth not what his lord doeth: but I have called you friends; for all things that I have heard of my Father I have made known unto you.

John 15:15

Some men cannot be trusted, for their
spirit, affection, commitment, and
loyalty change too much.

Let love be without dissimulation.

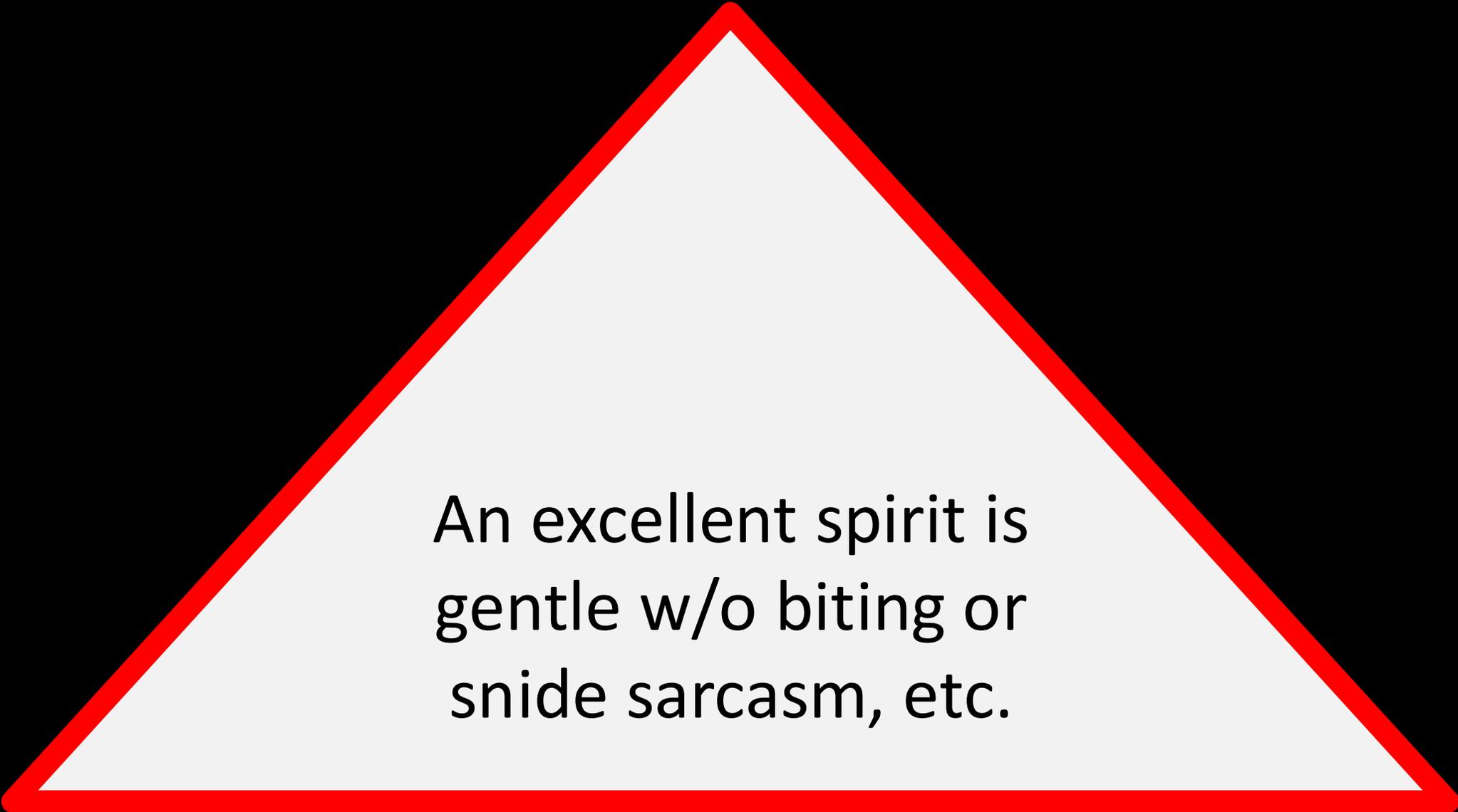
I Peter 1:22

Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently:

I Peter 1:22

An excellent spirit does not change often,
for it is committed to a holy standard
of truth that does not change.

An honest and open man/woman may sound harsh or hard, but that is because truth is not flattery.



An excellent spirit is
gentle w/o biting or
snide sarcasm, etc.

A soft answer turneth away wrath: but grievous words stir up anger.

Proverbs 15:1

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

Proverbs 15:4

Pleasant words are as an honeycomb, sweet to the soul, and
health to the bones.

Proverbs 16:24

There is that speaketh like the piercings of a sword: but the tongue of the wise is health.

Proverbs 12:18

Hate These Related 'S' Words

Sarcasm

Scorn

Scoffing

Sneer

Snide

Snarky

Spiteful

Scathing

Sassy

Sanctimonious



Excellent speech is not
extreme or too graphic
or falsely exaggerated.

Such Extreme Speech Is Often by:

Temperamental Vulnerability

Long-Established Habits

Residing Bitterness

Tense Situations

Vengeance

Pride

In the Bible God Has Shown Us:

Hyperbole ... but it is always obvious

Euphemism ... very creatively done

Absolutes ... limited various ways

Litotes ... clear understatement

Excessive Charity for Sinners and
Exaggerated Criticism of Saints
Are Both By a Wrong Spirit

Whitewashing Sinners Is Not Mercy
Condemning Saints Is Not Holiness
Extreme Points Are Discounted
Truth Will Be Proportionate
Do Not Distort Reality
Accuracy Is Godly



An excellent spirit is
discerning; no error by
audience or manner.

Jesus was and always will be the best at discerning each person / audience and responding perfectly in all aspects.

The Lord GOD hath given me the tongue of the learned, that I should know how to speak a word in season to him that is weary: he wakeneth morning by morning, he wakeneth mine ear to hear as the learned.

Isaiah 50:4

A bruised reed shall he not break, and smoking flax shall he not quench, till he send forth judgment unto victory.

Matthew 12:20

Ye serpents, ye generation of vipers, how can ye escape the damnation of hell?

Matthew 23:33

4 Answer not a fool according to his folly, lest thou also be like unto him.

5 Answer a fool according to his folly, lest he be wise in his own conceit.

Proverbs 26:4-5

Paul was made all things to all men that he might by all means save some, making a difference with Jews or philosophers.

Jesus knew this difference among men and
would not pander to or pamper those
He knew were not fully sincere.

23 Now when he was in Jerusalem at the passover, in the feast day, many believed in his name, when they saw the miracles which he did.

24 But Jesus did not commit himself unto them, because he knew all men,

25 And needed not that any should testify of man: for he knew what was in man.

John 2:23-25

60 Many therefore of his disciples, when they had heard this, said, This is an hard saying; who can hear it?

61 When Jesus knew in himself that his disciples murmured at it, he said unto them, Doth this offend you?

John 6:60-61

30 As he spake these words, many believed on him.

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

32 And ye shall know the truth, and the truth shall make you free.

John 8:30-32

Can a pastor like Timothy ignore questions
he considers foolish and unlearned
and have an excellent spirit?

But foolish and unlearned questions avoid, knowing that they do gender strifes.

II Timothy 2:23

23 But foolish and unlearned questions avoid, knowing that they do gender strifes.

24 And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient,

II Timothy 2:23-24



There is extra benefit,
if you 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



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

Because zeal is extreme in righteous and wise ways, it is easy to justify less than an excellent spirit by calling it zeal.

A fool uttereth all his mind: but a wise man keepeth it in till afterwards.

Proverbs 29:11

The heart of the righteous studieth to answer: but the mouth
of the wicked poureth out evil things.

Proverbs 15:28

12 The words of a wise man's mouth are gracious; but the lips of a fool will swallow up himself.

13 The beginning of the words of his mouth is foolishness: and the end of his talk is mischievous madness.

14 A fool also is full of words: a man cannot tell what shall be; and what shall be after him, who can tell him?

Ecclesiastes 10:12-14

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

20 For the wrath of man worketh not the righteousness of God.

James 1:19-20

Zeal is controlled and directed passion
for what is good, right, and wise
to God's **g**lory without
offending any to
save others.

31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

32 Give none offence, neither to the Jews, nor to the Gentiles, nor to the church of God:

33 Even as I please all men in all things, not seeking mine own profit, but the profit of many, that they may be saved.

I Corinthians 10:31-33



When an unruly spirit
rises in you, hate and
crush it without mercy.

Stop thinking ... order yourself to hope
in God ... do what is right without
compromise ... remind yourself
nothing has truly 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 ...
for David immediately chased the
Amalekites and won the day.

At times like this we remember Jesus was tempted like we are but without sin, and He provides the strength through His Spirit for you to rule your spirit.



Fear social media and
texting as fleshly
provisions.

Both allow liberty for foolish or hasty words, for no one is present to inhibit, and the least matters of life are shared, so a huge distraction and waste of time.

Social media promote narcissism – selfish and self-exalting view of life – which is very contrary to humility and an excellent spirit.

3 Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

4 Look not every man on his own things, but every man also on the things of others.

Philippians 2:3-4

Our Lord did not lift up His voice in the street, for He was far from any self-promotion so popular today.



Never be destroyed,
which is to neglect
duties or quit.

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, 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 and Reject
the following 5 by 'D'

Distress

Despair

Deserted

Destroyed

Death

When you are sorely tempted by these five, remember that it is by suffering that you can partake more fully with your Lord.



If you must lose it, do it
alone and get over it,
in a few minutes.

Do not disappoint your wife or ruin your
children or discourage your church
by an undisciplined spirit.

Real men and virtuous women do their best to not let others see when they cannot fully rule their spirits.

Because they know dead flies stink and
ruin the ointment of the apothecary,
or corrupt a wise man's reputation.

Dead flies cause the ointment of the apothecary to send forth a stinking savour: so doth a little folly him that is in reputation for wisdom and honour.

Ecclesiastes 10:1

Our Lord Jesus Christ never lost it, and even when very heavy and begging the Father, He did it alone or with only a few.



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 (sermon 2002) ... <http://www.letgodbettrue.com/pdf/ruling-your-spirit.pdf>.

Rule Your Spirit (slides 2018) ... <https://letgodbettrue.com/wp-content/uploads/2018/12/rule-your-spirit.pdf>

Sons of Zeruiah ... <https://letgodbettrue.com/sermons/index/year-2002/sons-of-zeruiah/>

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.

Proverbs 25:28 Commentary ... http://www.letgodbettrue.com/proverbs/commentaries/25_28.php.

Proverbs 29:22 Commentary ... http://www.letgodbettrue.com/proverbs/commentaries/29_22.php.

Macho Sickness ... <https://letgodbettrue.com/wp-content/uploads/2018/07/nabal-macho-sickness.pdf>

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

Grow Up! ... <http://www.letgodbettrue.com/pdf/christian-maturity.pdf>

Your Thoughts Can Destroy You ... <http://www.letgodbettrue.com/pdf/your-thoughts-can-destroy-you.pdf>.

A Man's Heart ... <http://www.letgodbettrue.com/pdf/manly-heart.pdf>

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

Change! ... <http://www.letgodbettrue.com/pdf/change.pdf> .