

"He therefore who bountifully supplies to you the Spirit . . . does He do it out of the works of the law or out of the hearing of faith?" Galatians 3:5



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Life-Study of the Bible

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	90.7 FM
2:30 p.m.	WEDNESDAY

Dear Life-study Listener,

We are happy to announce the spread of the life-study radio program in Poland and South Africa. If you have friends or relatives in that part of the world, you will especially want to take note of the station information at the lower left corner of this page. More importantly, please pray for the Lord to reach His lovers and seekers with the riches of this ministry.

Witness Lee told us once that life and truth are like the two rails of a track on which the train of God's economy runs. The train cannot proceed without either; both are necessary for progress. Life is mysterious and truth is objective. In this newsletter we try to stress both life and truth in every issue. Our "Path of Life" column on page four stresses the experience of life through many different practices. This month, for example, is on the exercise of the spirit. But if a believer only stresses the life aspect of the Christian life, there is a danger of becoming unbalanced. So on page three we advertise the book, *How to Study the Bible.* We hope all readers of this newsletter would be helped to enter into a balanced and proper Christian life so the train of God's economy can go on through *you*.

Next month Living Stream Ministry will conduct an international conference in Washington, D.C. over the Thanksgiving weekend. If you can include that in your plans, call us for more information at (888) 543-3788.

Living Stream Ministry

WHAT IS IT TO EXERCISE OUR SPIRIT?

According to the Bible, man is a being of three parts: spirit, soul, and body. Many consider the soul and the spirit as being the same, but they are actually distinct from each another. In 1 Thessalonians 5:23 Paul prayed that "your spirit and soul and body be preserved complete," indicating that the soul and

RESPONSE from

We invite you to share your comments with us and other listeners so we all may be encouraged in the Lord. Responses should be addressed to The Hearing of Faith, "Response from Listeners," 2431 W. La Palma Ave., Anaheim, CA 92801 or radio@lsm.org. Responses are subject to editing for the sake of space and clarity.

Your program format is perfect, just enough to be able to absorb on a daily basis without overload. Truly edifying! Very enlightening! Thanks so much for coming to Jacksonville, Florida.

Jacksonville, FL

I want to tell you that your Bible [New *Testament Recovery Version*] *is changing* my life. I love the Word of God, and it is taking me deeper and deeper into the Word of God. It is revolutionizing my life. Mauldin, SC

I greatly appreciate these teachings which uncompromisingly declare Christ as our life to deal with our natural life.

Jacksonville, FL

Excellent commentaries regarding the person of Christ as our everything as set forth in God's Word for us!

Highlands Ranch, CO

And receive THE HELMET OF SALVATION AND THE SWORD OF THE SPIRIT, WHICH SPIRIT IS THE WORD OF GOD, BY MEANS OF ALL PRAYER AND PETITION, Draying at every tim

Ephesians 6;17-18a

Excerpt from

HOW TO STUDY THE BIBLE

BY WATCHMAN NEE

First Corinthians 3:1 says, "And I, brothers, was not able to speak to you as to spiritual men, but as to fleshy, as to infants in Christ." Here is another word: fleshy. The Corinthian believers were infants in Christ; they were fleshy. This is the reason verse 2 says, "I gave you milk to drink, not solid food." To be sure, such ones are not totally ignorant of spiritual

God's Word says that spiritual discerned by spiritual men.

things. Yet they can only touch the most obvious revelations; they cannot touch anything deeper. They are fleshy, and therefore they can only take milk, not solid food. Milk is for those in their first stage of life. This means that these ones can only take the most elemental revelations in things can only be Christianity. Solid food, on the other hand, is for a grown-up throughout his lifetime. It refers to the deeper and more profound revelations. A man does not continue drinking milk all the time; there is only a short period during his life when he has to drink milk. Yet there are men

who, like the Corinthian believers, are drinking milk all the time. "For you were not yet able to receive it. But neither yet now are you able."

First Corinthians 2 and 3 show us three kinds of men:

First, there is the soulish man. Such a man merely possesses all the faculties of the soul. We can call him the psychological man. A soulish man is an unregenerated man; he does not have a regenerated spirit and does not have the proper organ to understand God's word. Such a person cannot understand the Bible.

Second, there is the fleshy man. Such a man has God's life and His Spirit within him. But he walks not according to this spirit but according to the flesh. He has a regenerated spirit, but he does not use his spirit or subject himself to the rule of his spirit. He has a spirit, but he does not come under the control of the spirit or allow the spirit to take over everything. The Bible calls this kind of person fleshy. He has a very limited understanding of the Bible. He can only take milk, not solid food. Milk is something that is first digested by the mother. It refers to indirect revelations, revelations that do not come to a person directly. A man who drinks milk cannot receive any direct revelation from God. He receives revelation from other spiritual men, who transfer such revelation to him.

Third, there is the spiritual man. Such a person has the Spirit of God. He operates under the power of the living Spirit and walks according to the principle of the Spirit. The amount of revelation he receives is unlimited. God's Word says that spiritual things can only be discerned by spiritual men.

In order to study the Bible, we have to remember these basic requirements: We must be spiritual and we must walk according to the spirit.

How to Study the Bible, pp. 16-17

EXERCISE OUR SPIRIT (continued from page 1)

the spirit are distinct from each other, just as the body is distinct from the soul. Although the spirit and the soul are close together, as marrow is within bones, they can and should be separated. Hebrews 4:12 says, "For the word of God is living and operative and sharper than any two-edged sword, and piercing even to the dividing of soul and spirit and of joints and marrow." We must discern our soul from our spirit if we are to exercise our spirit.

The functions of the soul and the spirit are also distinct. With our soul, we substantiate the things in the psychological realm, such as thoughts and feelings. With our spirit, we substantiate the things in the spiritual realm, especially God Himself. John 3:6 says, "That which is born of the Spirit is spirit," showing that we are regenerated, born of

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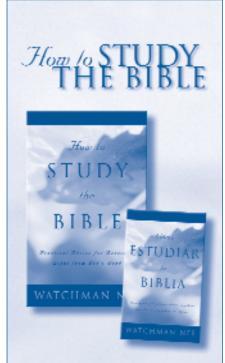
God the Spirit, in our human spirit. And John 4:24 says, "God is Spirit, and those who worship Him must worship in spirit and truthfulness," showing that our human spirit can contact God and enjoy Him. Just as a radio receiver substantiates the invisible radio waves and makes them real to us, our human spirit can substantiate the invisible God and make Him real and practical to us (1 Tim. 6:16; 2 Cor. 4:13).

Let us now consider what it is to exercise our spirit. To exercise our spirit is to use our spirit to carry out its natural function. When we walk, we use our feet, when we listen, we use our ears, and when we pray to contact God, we use our spirit. The Bible contrasts bodily exercise with the exercise of the spirit: "Exercise yourself unto godliness. For bodily exercise is profitable for a little, but godliness is profitable for all things" (1 Tim. 4:7b-8a). Godliness is the expression of God in our daily living through our contact with Him as the indwelling Spirit in our spirit (Rom. 8:9-10; 2 Tim. 4:22). Therefore, to exercise unto godliness is to exercise our spirit to express Christ in our daily life.

To exercise our conscience is also to exercise our spirit. Paul said, "Because of this I also exercise myself to always have a conscience without offense toward God and men" (Acts 24:16). The conscience is a part of the spirit (Rom. 9:1). Therefore, to exercise our conscience to be void of offense is to exercise our spirit. When we pray to confess our offenses toward God and man, opening ourselves to the Lord from the depths of our being, we not only receive forgiveness and cleansing but we also contact God Himself as the Spirit in our spirit.

We also exercise our spirit when we read the Word of God in a prayerful way. Ephesians 6:17-18a says, "And receive the helmet of salvation and the sword of the Spirit, which Spirit is the word of God, by means of all prayer and petition, praying at every time in spirit." By praying in our spirit, we receive the Word. If we learn how to exercise our regenerated human spirit, our living contact with God will increase and our Christian life will be greatly enriched.

For further reading on this subject, please see *The Spirit with Our Spirit*, chap. 8; and *The Economy of God*, chaps. 11 and 18, by Witness Lee, published by Living Stream Ministry.



Many good books have been printed on how to study the Bible, but most pay attention only to methods of studying the Bible; in How to Study the Bible Watchman Nee pays attention to the person who studies the Bible. Even with the right methods, we can receive very little in our study of the Bible if our person is not proper before the Lord.

Watchman Nee How To Study the Bible English ISBN 0-7363-0407-X Spanish ISBN 0-7363-0539-4

Available at Christian Bookstores through Anchor, Appalachian, Riverside, Spring Arbor Distributors. Published by Living Stream MInistry 2431 W. La Palma Ave. • Anaheim, CA 92801 1-800-549-5164 • www.lsm.org



Below are excerpts focused on matters and practices of the spiritual life as revealed in God's Word. May the Lord show us "the path of life" (Psa. 16:11) that we may have a daily living of enjoying, experiencing, and gaining Christ.

A CHANGE OF ORGAN

So many of us simply do not exercise our spirit or use our spirit. In our daily life we don't care for our spirit or pay attention to it. We care for so many good things and try to do these good things by ourselves. We must have a change, not of the things, but of the organ. The question is: do you use the soul or the spirit?

For example, since I am a Christian, I have to love my brother, so I change hatred into love. This is a change of things. Morally speaking, this change is right. Spiritually speaking, it is not so right. When I hated this brother, I hated with my self. When I loved this brother I also loved in my self. Now I have to change by exercising the spirit. This is a change of organ. Formerly, my dealing with my brother was in the self. Now I have to change my dealing with this brother to the spirit. By changing the organ, I learn how to exercise and use my spirit.

If I do mean business with the Lord, I must learn how to exercise my spirit. I must firstly reject my mind, my reasoning, my emotion, and my desire. I just stop exercising my soul. Then I begin to exercise my spirit. As we practice this day by day, this exercise will become our habit.

EXERCISING BY PRAYING

We have to start to exercise our spirit by praying, because to pray, in principle, is something in the spirit (Eph. 6:18). If you are going to exercise your eyes, you have to see. If you are going to exercise your feet, you have to walk. The more you walk, the more you exercise your feet. In

EXERCISING THE SPIRIT

like manner, the best way for you to exercise your spirit is to learn to pray.

LEARNING TO SENSE THE SPIRIT

Maybe when you begin to pray, you are still in the mind, in the soul. But if you keep on praying, you will pray yourself into the spirit. Even in our

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prayer we must deny the mind, the emotion, and the will, and learn to sense the spirit. You shouldn't pray according to what you know. You shouldn't pray according to what you like, desire, or love. You shouldn't pray according to what you decide to pray. You must deny the mind, emotion, and will, and take care of the inner sense deep within you.

Maybe you made a decision to pray for the church, but when you go to the Lord and start the prayer, the sense within is something different. You have to forget about your decision and take care of the inner sense. The inner sense may indicate that you have to say something like this: "O Lord, even with the church, I'm too much in the flesh." Your decision is to pray for the church, but the Lord gives you the sense that you are so much in the flesh. The more you confess that you are in the flesh, the more you sense the anointing, the peace, the harmony, and the refreshment. On the other hand, if you stood with your decision to pray for the church against the inner

sense, you would sense the dryness and emptiness within.

THE NEED OF PRACTICE

We must put all these principles into our daily practice. Whatever I do or say, I do it and say it by denying my mind, emotion, and will, and by sensing the inner situation. This means that I am using and exercising my spirit. I am living, walking, and doing things not by my self, but by my spirit with the Lord. In our spirit we have the victory. Just turn yourself to the exercise of the spirit. In our spirit we have the enjoyment of the Lord. Practice to use and exercise your spirit.

Our Human Spirit, pp. 71-73, by Witness Lee

THE HEARING OF FAITH

is a publication of Living Stream Ministry. All subscriptions are free. In addition to portions of ministry, this newsletter features broadcast updates and other items of interest. We hope that this newsletter will not only inform you of current news but will also nourish and refresh your spirit. Please be sure to read our reply card and feel free to use it to make comments or ask questions

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According to the revelation of the Scripture, we believe that any ministry that comes from God should trust in God for all its needs. Therefore, we have made it our policy not to solicit donations or contributions. However, if any of our listeners are led by the Lord to give, we will accept offerings as from the Lord and will use them for the furtherance of His truth

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