

Bringing Faith, Fire & Freedom To This Generation

# LONMAY MINISTRIES

[www.lonmay.org](http://www.lonmay.org)

LMM:  
LON MAY MINISTRIES  
P.O. Box 886  
Leavenworth, KS 66048  
TELEPHONE  
913-704-9682



## The Strength of the Spirit Man

### DEAR PARTAKER OF GOD'S GOODNESS,

I trust this letter finds you abounding in the Plan of God for your life and ministry today! I wanted to write to you about an observation I have made through my years of ministry to people.

In introducing people to the life of faith, that we are all called to live, I have seen a repeated pattern that concerns me. Let me first say that the life of faith is not something new to the bible. Men and women have lived this way for thousands of years. However it may be a new way to live for us, particularly because there is little evidence of it working in our culture today. Most people are living by the standards of only the world they see around them, consequently, they are as unstable as the times in which we live.

The natural, seen realm of life is only a part of the totality of our existence. The spiritual, unseen realm of life is equally a part of the totality of our lives. The life of faith has to do with the unseen part of our lives and will directly affect the seen part if done right. In comparison to this let me illustrate.



*"Keep thy heart  
with all diligence,  
for out of it (your  
heart, or spirit) are  
the issues of life."*



“A merry (or healthy) heart doeth good like a medicine, but a broken (or unhealthy) spirit drieth the bones.”



### PROVERBS 17:22

My car, which I can see, has a significant function in my daily affairs. It is something I come into physical contact with on almost a daily basis. I use it to do any variety of things as I need it to. It can take me to the store, it can take me to the mall, it can transport me wherever I need to go. I even wash it periodically so it looks nice. But the part of my car that I can't see is the internal workings of the engine. I can pretty safely assume that the unseen engine components are functioning like they are suppose to be. However, my assumptions are only right when there is an ongoing maintenance that takes place on the unseen part of my car.

If I don't ever change the oil, replace the air filter, change the spark plugs or even put gas in it, it won't be long until my car won't work for me any more. I could possibly start having red warning lights coming on and I could be left sitting alongside the road somewhere wondering why I'm not going anywhere. It looks nice and clean on the outside but something is very wrong on the inside preventing me from moving forward in it. An internal deficiency is affecting my external progress.

Likewise, our spirit man, the unseen part of us, has to be maintained. Proverbs 4:23 tells us “Keep thy heart with all diligence, for out of it (your heart, or spirit) are the issues of life.” The word keep comes from a Hebrew word meaning to “protect, maintain and obey”. Notice the bible tells us to maintain our hearts. Why? Because the life of the body comes from our spirit. If our spirit is sickly, it won't be able to produce the life energy needed to keep our bodies healthy.

Here's my observation. Very often people are trying to receive physical healing without proper spiritual maintenance. A healthy spirit will drive out sickness. The body may come into contact with a virus, but because of the abundance of life flowing from a healthy spirit man, it won't be able to attach itself to us permanently. Disease and infirmities of all types are the result of satan's attempt to inflict a form of death on us physically. He cannot readily reach us spiritually so he attempts to defeat us physically. He too knows the significance of a healthy spiritual life.

If allowed to, he will try to dismiss, repudiate and extinguish the need for

any real spiritual maintenance. He wants us to rely only on physical means for healing. Health insurance is a number one priority in society today because of it. I'm not opposed to natural means of health, but I will say, what are you going to do when natural medicine can't cure or correct your situation? What then?

In talking with someone recently they stated they had been “believing God” to be healed from a condition for over 30 years. When I questioned a little bit into their stand of “believing God” I found that they weren't spiritually well enough to receive the health that already belonged to them through Christ Jesus. This was the reason for the long and unnecessary stand.

Understanding what is already ours in Christ is only the first step. There is a further responsibility we have to feed our spirit the right nutrients it needs to be able to flush abnormalities out of our body. A strong spirit man prevents and can correct ailments in the body. Proverbs 17:22 tells us “A merry (or healthy) heart doeth good like a medicine, but a broken (or unhealthy) spirit drieth the bones.”

“... whatsoever things you desire when you pray, believe that you receive them and you will have them.” **Mark 11:24**

It has been my observation that most people are not aware of their part in receiving from God. (In this case it's healing we are talking about.) God's Words are designed to be read, thought about and meditated on to be digested into our spirit. This is eating spiritually. Prayer, in light of the Word(s) we've been meditating on, is exercise spiritually. When done in this order, receiving from God is the outcome. This is healthy spiritual diet and exercise. Much of the time people try to pray in faith before strengthening their spirit and get little or no results.

By locating specific scriptures that support God's Will for you to be well physically, and meditating on them, (without consideration for what your body is currently saying) they will strengthen your spirit man. Faith, or confidence will come to your heart. You

can very often sense the buoyancy taking place in your spirit as you do this. Prayer now will enable him (your spirit) to drive abnormalities from your body. Every day feed on the Word concerning what you need while your spirit is doing it's job. This keeps you strong and progressing spiritually. Consistency is the key to spiritual strength and assures victory.

Physical food is a daily necessity for physical strength. Likewise spiritual food is a necessity for spiritual strength. Much of the body of Christ is frail and weak spiritually today because either they don't know how to be strong spiritually or they don't take time to be strong spiritually. Sickness and disease is running rampant in the church because we have not fully known our part in receiving from God.

Having been healed of an incurable back condition myself, this principle has helped me receive many times since in other areas. It works EVERY time! Once your spirit is strengthened it is much easier to act on Mark 11:24 and see victory. “... whatsoever things you desire when you pray, believe that you receive them and you will have them.”

I believe more now than ever the need is real to get this teaching into peoples hands. Please feel free to share this with others who may be needing help in this area. The enemy has taken advantage of people enough!

We love you and do pray for you. Until we talk again, may God's best be yours as you pursue Him in all things!

Working together with Him,  
*Brother Lon*

