

Spiritual Fitness

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1. Introduction

In cycling, your FTP is a key indicator of your fitness and endurance. FTP stands for Functional Threshold Power, which is the maximum power, measured in watts, that a cyclist can sustain for about an hour. A higher and maintainable FTP signifies better fitness.

Discipline is the essential element in sport. Without commitment and discipline, your FTP won't improve, leading to stagnation or regression. The same applies to our spiritual development and training. Just like you can't participate in an ultra-endurance mountain bike race without adequate preparation and training, spiritual growth also requires consistent effort and discipline.

2. The Munga – a Spiritual Journey

The Munga is a race that truly tests and shapes you as an individual. It challenges you on every level—spiritually, physically, and mentally. No matter how much you prepare, you can't fully predict the impact of the elements and weather on your performance.

This event includes days when you feel powerful and days when you're exhausted and lacking energy. These are the moments that truly count. Your focus and objectives will directly influence your mind. A resilient mind will motivate you to

say, "Lift yourself up and keep pedalling." Each pedal stroke and every kilometre of this race narrate a story that leaves a lasting impression.

Beware of pride. The Munga is an event that will humble you in many ways. Just when you think you have it all figured out, another challenge arises. This event offers lessons you can apply in daily life. So, how does this relate to a spiritual journey?

Hebrews 12:1-3 (AMP) tells us exactly the Munga story. *"Therefore, since we are surrounded by so great a cloud of witnesses [who by faith have testified to the truth of God's absolute faithfulness], stripping off every unnecessary weight and the sin which so easily and cleverly entangles us, let us run with endurance and active persistence the race that is set before us, [looking away from all that will distract us and] focusing our eyes on Jesus, who is the Author and Perfector of faith [the first incentive for our belief and the One who brings our faith to maturity], who for the joy [of accomplishing the goal] set before Him endured the cross, disregarding the shame, and sat down at the right hand of the throne of God [revealing His deity, His authority, and the completion of His work]. Just consider and meditate on him who endured from sinners such bitter hostility against Himself [consider it all in comparison with your trials], so that you will not grow weary and lose heart."*

During the Munga race, we endured extreme heat, with temperatures hitting 46 to 48 degrees. It reminded me of Israel's journey through the desert, where they faced intense heat to reach the promised land. It was in that desert experience that they encountered Yahweh face to face, heard His voice, and witnessed His majesty. In life's race, many feel lost during their own desert seasons, and it's precisely then that we should draw nearer to Yahweh and seek a face-to-face encounter with Him. God's longing is for us to build a direct, personal relationship with Him.

Moses' face shone with God's glory after engaging with Adonai face-to-face (Exodus 34). This should be our constant way of life. During bike rides, it's crucial to seek God more and stay hopeful in Him, who never abandons us. The intense heat also illustrates God's refining fire. As you ride through it, your mind tends to reflect on many things. As children of God, we should view this refining fire as a path to holiness—renewing and transforming our mindset (Romans 12:2) so that our thoughts align with God's, like those of Heaven.

3. Spiritual Fitness measured in FTP

The question now is, what does our Spiritual FTP look like? As I pray into it, the Holy Spirit began to reveal what Spiritual FTP signifies for this season:

- F = Fearing God
- T = Transformation
- P = Position

Much time is spent cycling and training our bodies, but do we apply the same discipline to our spiritual walk with Yahweh? The Holy Spirit showed that dedicating the same time and discipline to studying God's Word, prayer, and building a relationship and intimacy with Yeshua could radically transform our journey with God.

It is vitally important to address the question of how well-trained our spiritual senses are. As true sons and daughters of God, we have been called to be priests and kings on the earth, *"5 and from Jesus Christ, the faithful witness, the firstborn of the dead, and the ruler of kings on earth. To him who loves us and has freed us from our sins by his blood, 6 and made us a kingdom, priests to his God and Father, to him be glory and dominion forever and ever. Amen."* Revelation 1:5-6.

How can we properly govern and represent the King of kings if we lack proper training in spiritual matters? It is difficult to bring Heaven to earth without discipline and dedication to developing our spiritual senses. We often become distracted by worldly concerns and circumstances. During our lowest or most exhausted moments, training to hear Yeshua's voice becomes especially crucial.

4. The true meaning of Discipline and dedication.

The Hebrew word for discipline is (musar), which signifies instruction, correction, and chastisement. It emphasizes moral development and can also imply punishment or reproof. Another related term is (yasar), meaning to discipline or correct.

To operate within the Spiritual realms and understand how Heaven truly functions, the Discipline of the Lord is vital. *“5 And have you forgotten the exhortation that addresses you as sons? My son, do not regard lightly the discipline of the Lord nor be weary when reproved by him. 6 For the Lord disciplines the one he loves, and chastises every son whom he receives. 7 It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? 8 If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. 9 Besides this, we have had earthly fathers who disciplined us, and we respected them. Shall we not be much more subject to the Father of spirits and live? 10 For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. 11 For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.” Hebrews 12:5-11 ESV.*

The term 'dedicated' (Hebrew: (chanan)) means to train or dedicate, often used when preparing someone for a specific purpose or role. It embodies the concepts of

commitment and purposeful training, which are central themes in both disciplines and the idea of dedication.

Firstly, many people misunderstand what it means to be disciplined by God. Hebrews 12 explains that God disciplines His sons so that they can share in His Holiness. Why does God discipline His sons and daughters? His “discipline,” also called “chastisement” and “rebuke,” is meant for “everyone.” It is a sign of His love for His children, and we are encouraged to “not lose heart” when experiencing it. Discipline differs from condemnation; while God disciplines His children, He does not condemn them. Romans 8:1 ESV states: *“There is therefore now no condemnation for those who are in Christ Jesus.”* Discipline is about training and growth, whereas condemnation involves punishment and guilt.

When does God discipline us? Discipline acts as a form of training, encompassing both positive and negative aspects. It involves guiding someone to adhere to certain rules or exhibit specific behaviours, and also includes reproof to correct disobedience. Both elements of discipline can be challenging.

God’s discipline starts when we are born from above, into the family of Christ. Through discipline, we learn and understand the Word of God, adjusting our lives accordingly. This process is a blessing, not a burden.

“12 Blessed is the man whom you discipline, O Lord, and whom you teach out of your law, 13 to give him rest from days of trouble, until a pit is dug for the wicked.” Psalm 94:12–13 ESV. This type of discipline is more preventative than corrective. You will never learn how to function in the realms of the Spirit if not disciplined by God.

One of the most harmful issues in the Body of Christ today is taking offense. Offense occurs when someone feels upset, annoyed, or resentful due to something

another person said or did. This reaction usually arises from perceiving comments as insensitive or inappropriate, especially if they seem to violate personal moral values. Essentially, being offended is an emotional response to words or actions that are seen as disrespectful or hurtful.

The Bible warns that being offended can lead to bitterness, resentment, and spiritual damage. Bitterness can burden us and impair our judgment, resulting in negative feelings and damaged relationships.

5. Definition and Nature of Bitterness

Bitterness is a deep-seated resentment or anger that can arise from feeling wronged or unfairly treated. It is often linked with feelings like disappointment and envy. The Bible views bitterness as a harmful force that can damage relationships and hinder spiritual development. Hebrews 12 emphasizes the significance of God's discipline and warns against bitterness, with verse 15 cautioning us about missing out on God's grace because of its root. If the Bible causes you offense, it can hinder your spiritual growth and ability to learn and function.

6. Spiritual FTP

6.1 The Fear of God

You can love Jesus as much as you believe, but without obeying Him (not just believing but obeying) and fearing Yahweh, your love isn't authentic. As we examine the scriptures, we'll find that loving Jesus means total obedience, which depends on understanding the fear of God.

It starts with restoring the gate of First Love. Revelation 2:4 says, "But I have this against you: that you have left your first love," meaning you have lost the depth of love you initially had for Jesus.

In Revelation 2:4, Yeshua's message is clear: we need to revisit our original love for Him. obedience is closely linked to the gate of First Love. The area where you invest most of your time, thought, effort, and resources shows your true love and whom you genuinely follow. Jesus offers important wisdom in John 14 about loving Him and how that relates to obedience.

Fearing God is the basis for spiritual wisdom, understanding, and knowledge. Proverbs 1:7 states, "*The [reverent] fear of the Lord [that is, worshipping Him as truly awesome] is the beginning and the preeminent part of knowledge [its starting point and its essence].*"

When a believer sincerely shows reverence for the Lord, it paves the way for a deeper knowledge of God. In response, Yahweh grants greater wisdom and insight into the workings of Heaven, along with guidance on managing Heaven's matters on Earth (John 14:21).

The fear of the Lord highlights the true nature of prayer. As James 5:16 indicates, a righteous person's sincere and persistent prayer can accomplish much. This type of prayer demonstrates a desire that aligns with Jesus' teachings, where worship and reverence for Yahweh are expressed through both prayer and the fear of the Lord. It entails revering Yahweh as genuinely awesome and good.

The prayer of a righteous person refers to a follower of Christ who recognizes their true identity and spiritual position with Christ in the Heavenly realms, as described in Ephesians 2:6. It is vital for those claiming to follow Christ to grasp their seated

position— a foundational stance from which they pray. This awareness is one of the most important elements of a prayerful life. The place from which someone prays reflects their real seated position, also called the seat of rest.

Respect and awe for God mean that His sons and daughters live with a profound reverence for Him. Fearing God is about deeply honoring who He is. Your lifestyle will clearly reflect whether you genuinely walk in reverence for the Lord.

This principle is vital in daily life because getting closer to God is key to your success and relationship with Him. “*7 Submit yourselves therefore to God. Resist the devil, and he will flee from you. 8 Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded*” (James 4:7-8 ESV). An important question to ask yourself is whether you genuinely hunger and thirst for God's presence to be evident in your life.

“*Then Moses said to Aaron, This is what the Lord has said, Among those who are near me I will be sanctified, and before all the people I will be glorified. And Aaron held his peace*” (Leviticus 10:3 ESV). His divine presence transforms life's journey into a realm filled with signs, miracles, and wonders. Your way of living starts to develop the ability to change and reflect the true nature of Heaven.

As mentioned earlier, to genuinely grasp walking in the Holy Fear of God, you must rekindle your first love. Jesus Christ should remain your primary love in life and daily walk. Revelation 2:4 warns against the church becoming lukewarm. Be careful not to cultivate a lukewarm relationship with God.

Many sons and daughters of God have lost their first love for Him, which directly influences their capacity to walk in His holy reverence. This, in turn, affects how you pursue your spiritual journey. Isaiah 33:6 points out that the fear of the Lord is your treasure, highlighting that this reverence should be a cherished part of your

relationship with Yahweh. Guarding this treasure is essential because it provides divine wisdom and understanding, helping you navigate difficult decisions. Are you protecting the fear of the Lord in your life?

Many believers today, though they profess love for Jesus, might have lost their reverent fear of God. Genuine fear of God involves the absence of visible sin and reflects a desire to run the race with honesty and integrity. The Fear of the Lord inspires others to develop a deeper understanding of God's divine nature, character, and goodness. This insight encourages them to live reverently before Him, resulting in obedience and complete trust in His name. These principles are essential keys that unlock divine wisdom and prophetic insight.

In Christ Jesus, you are empowered to shape the atmosphere wherever you go, enabling others to benefit and bringing glory to God. The true fear of the Lord isn't about being afraid of God; it's about fostering a closer relationship with Him. When believers show a worldly fear of God, it often indicates they are hiding something. The fear of the Lord means sons and daughters of God are afraid of losing His Spirit or operating without His manifest presence. As Moses told Yahweh in Exodus 33, he begged that he should not move forward without God's divine presence.

What does it mean to be radically obedient to God?

- This principle involves obeying God's commands at every moment (Deuteronomy 27:10).
- Regardless of whether it makes sense, you obey Him without question (2 Corinthians 5:7).
- It's similar to "blind trust," where you follow God's commands without questioning the reasons (Hebrews 11:1).
- Obeying God with excellence should always be done joyfully, allowing you to

leap with excitement (Psalm 40:8).

- This principle also involves diligently doing what God asks without expecting anything in return (Luke 6:35).
- Even if it causes pain and feels like going through fire, it means forgiving and blessing those who offend you (Luke 6:28).

Yahweh's divine favor is shown through radical obedience (Proverbs 3:1-4). For sons and daughters to encounter more of God's Glory and His manifest presence, it is essential to walk in holy reverence of God, motivated only by a desire to follow His commands.

The holy fear of God enables individuals to approach Him directly, free from worldly or condemning fears, similar to how Abraham and Moses interacted with Yahweh as friends. Exodus 33:11 notes that "Inside the Tent of Meeting, the LORD would speak to Moses face to face, as one speaks to a friend." This reverent fear fosters a father-son relationship with God for His followers.

The current world atmosphere greatly needs more keys, secrets, and mysteries of Heaven—intimate truths that are unveiled to those who walk in friendship and trust with God. God discloses His secrets and mysteries to His friends. These friends are those who seek to walk in radical obedience and holy fear of God. This will directly impact your spiritual fitness.

A genuine friendship with Yeshua involves God's sons and daughters faithfully obeying all His commands. John 15:14-15 explains that those who consistently follow Yeshua's commandments are considered His close friends, and through this intimacy, a deeper understanding of God's nature is uncovered. These insights lead to revelatory and prophetic knowledge about who God is. The closer you walk with Yahweh in an intimate relationship, the more mysteries will be unveiled. This can also

provide individuals with a deeper understanding and revelation of God's will and purpose in their lives.

6.2 Transformation

Spiritual transformation represents a profound change in a believer's life through faith in Jesus Christ. As explained in Romans 12:2, "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect," it involves renewing the mind to follow God's will. This shift moves a person from aligning with worldly standards to seeking to please God, becoming a new creation in Christ. The New Testament emphasizes that this change is both essential and divinely supported. Ultimately, biblical transformation is a spiritual journey of growth and renewal through God's love and guidance, vital for every believer's spiritual well-being.

Spiritual transformation also means getting rid of the old self and being inwardly renewed by the Holy Spirit. This is a journey where a person's life is transformed from the inside out. A few examples are found in the Word, like in 2 Corinthians 5:17 *"Therefore if anyone is in Christ [that is, grafted in, joined to Him by faith in Him as Savior], he is a new creature [reborn and renewed by the Holy Spirit]; the old things [the previous moral and spiritual condition] have passed away. Behold, new things have come [because spiritual awakening brings a new life]."*

Important elements to focus on in spiritual transformation:

- Dying to oneself and experiencing rebirth: Spiritual transformation means being born again in Christ, as Jesus said, "unless one is born again he cannot see

the kingdom of God” (John 3:3). This signifies a profound shift in identity and purpose.

- Sanctification is a lifelong process through which believers grow in holiness and become more like Christ.
- Renewing the mind and heart involves releasing old patterns and embracing God’s truth, leading to transformed behaviors and attitudes (Romans 12:2).

The Holy Spirit plays the key role in spiritual transformation. Jesus assured that the Holy Spirit would lead believers into all truth (John 16:13-14), convict them of sin, and cultivate the fruit of the Spirit, including love, joy, and patience (Galatians 5:22-23). Through the Holy Spirit, believers are empowered to align their lives with God’s purposes, embodying Christ in their lifestyles and actions. This process is essential for developing spiritual fitness.

Spiritual transformation in the Bible involves a comprehensive change that influences one's thoughts, beliefs, and actions. It starts with salvation, is sustained by the Holy Spirit, and manifests through a life progressively more in harmony with God’s will. This process is both a personal journey and a testament to God’s power to renew and redeem, allowing believers to produce fruit and live purposefully in Christ.

Why do many people struggle with spiritual transformation? Every Christian possesses a supernatural power within the ability to be transformed into Christ's likeness. So, why do many Christians not see this spiritual transformation happening in their lives?

Many Christians assume it's not essential to imitate Jesus in their lives. They view securing their free pass to heaven as the main goal, considering other spiritual efforts as optional or just a bonus. For them, spiritual transformation resembles traveling first class—an indulgence if they choose to pay extra, but not a necessity for reaching spiritual maturity through their spiritual FTP.

Did Jesus permit belief without obedience? Reflect on His words:

- ✚ “He who believes in the Son has eternal life; but he who does not obey the Son will not see life, but the wrath of God abides on him” (John 3:36).
- ✚ “If anyone serves Me, he must follow Me” (12:26).
- ✚ “He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father” (14:21).

The Bible doesn't support the idea that one can be forgiven by Jesus without also following Him. Still, many Christians think that becoming like Jesus isn't necessary. Others don't experience spiritual growth because they believe it's impossible. In your life, you may have made resolutions to improve or to live as Jesus did, but each attempt has ended in disappointment. It might seem that you have no control over your appetites, worries, or bitterness, making you feel like you're drifting further from God.

You might wonder why it's worth trying to manage these aspects of your life, especially since it may feel unnatural. You're right; following Jesus isn't a natural way to live—it's a supernatural one. Jesus' promise is that we don't have to settle for an ordinary life.

“For His divine power has bestowed on us (absolutely) everything necessary for [a dynamic spiritual] life and godliness, through true and personal knowledge of Him who called us by His own glory and excellence” (2 Peter 1:3). Don't believe that spiritual

transformation isn't achievable—God has supplied all the essentials for a supernatural life.

6.3 Position

Position is fundamentally connected to your Identity. Without clarity on who you are and where you sit, spiritual strength becomes elusive. Before grasping one's position, understanding your Identity is essential. Ephesians 2:6 (ESV) states, "*and raised us up with him and seated us with him in the heavenly places in Christ Jesus.*" This verse eloquently illustrates what happens when you are born from above — it establishes the position from which every child of God should operate, pray, and think.

Ephesians 2:6 emphasizes the significance of our spiritual identity and standing in Christ. It explains that through faith in Jesus, we are not only saved but also granted new life and a new position in the heavenly realms. This verse serves as a reminder of our transformation and the blessings of being part of God's family. It inspires believers to live confidently in their spiritual resurrection and authority, encouraging them to embrace their identity in Christ and to express their faith boldly.

Sitting in heavenly places goes beyond a metaphor; it reflects a spiritual truth for followers of Christ who obey. Due to our union with Yeshua, we share in His divine authority (Psalm 110:1). He is our Head and Advocate. Peter stated, "*who has gone into heaven and is at the right hand of God, with angels, authorities, and powers having been subjected to him.*" (1 Peter 3:22, ESV; also see Philippians 2:9–11). The gates of hell will not overcome the church (Matthew 16:18) because we are more than conquerors through Christ (Romans 8:37), who grants us victory (1 Corinthians 15:57).

Our position in the heavenly realms is one of great honour that deserves deep respect. We have the royal privilege of being enthroned with the Son, which lets us share in His glory. Recognizing this spiritual truth can change how we think, live, and grow spiritually. While our place in heaven is secure because we are seated with Christ in heavenly places, we must remember that we do not earn this position. It is a gift from God given to us out of grace (Ephesians 2:8; 4:7; 2 Corinthians 3:5).

While we reside on Earth, we also sit in heavenly places through Jesus Christ, gaining access to all of heaven's benefits and spiritual blessings (Ephesians 1:3). We are designed to operate simultaneously in both Heaven and Earth. The same power of God that resurrected Jesus is active within us as we navigate this world (1 John 4:9). We have the full armor of God to help us resist the devil's schemes and stand firm against rulers, authorities, and the spiritual forces of evil in the heavenly realms (Ephesians 6:11–12).

Followers of Christ also need to understand the concept of position. The Seven Spirits of God play a crucial role in guiding believers towards their heavenly position. We will explore who the Seven Spirits of God are and why knowing them is essential for spiritual development.

7. Introduction to the Seven Spirits of God

The Seven Spirits of God act as divine guides appointed by God to assist our spiritual development, helping us mature as His children. God longs to deepen our understanding of His nature, His dwelling place, and the truths of heaven. The purpose of the Seven Spirits is to train us and give us greater revelation, so that we can truly mirror God's image and His heart in our earthly lives.

7.1 Why is it essential to know the Seven Spirits of God?

Galatians 4:1-2 ESV *“I mean that the heir, as long as he is a child, is no different from a slave, though he is the owner of everything, 2 but he is under guardians and managers until the date set by his father.”*

Understanding the Seven Spirits of God is crucial for us as God's sons and daughters. We need to learn about heavenly realities and languages, which is why God has assigned His children to be mentored by the Seven Spirits of God, serving as divine tutors. Every role these Spirits play in our lives is meant to help us develop and deepen our relationship with God the Father and Jesus the King. This training fosters our intimacy with Jesus, enabling us to grow into mature sons and daughters of God. As we mature, we are better equipped to reflect and demonstrate Jesus Christ's presence on Earth.

This training helps us grow closer to Jesus. As we mature as God's sons, we become better at reflecting and reveal Jesus Christ to others. God wants us to develop a deeper relationship with Him, and the Seven Spirits of God support us in imitating Him. After all, if we don't understand who our Heavenly Father is, it's difficult to represent Him effectively on earth.

Ephesians 5:1 (TPT) *“Be imitators of God in everything you do, for then you will represent your Father as his beloved sons and daughters.”* Christians must recognize the need to mature as sons and daughters, as we can no longer operate as babies. The Seven Spirits of God guide and support us in growing and maturing in our relationship with the Father, helping us become fully developed individuals. Galatians 4 also discusses the concept of the heir, emphasizing that we are heirs of God in Christ.

Galatians 4:7 ESV “*So you are no longer a slave, but a son, and if a son, then an heir through God.*” Being an heir through Christ means inheriting an imperishable inheritance (1 Peter 1:4), which encompasses the fullness of who Jesus is. As a result, we bear a significant responsibility and are accountable as sons on Earth. When we are equipped with understanding about our inheritance in Christ—what it entails and how to fully live in it—we can responsibly and diligently exercise the functions of Heaven. God will not permit us to grow further and walk in supernatural realities unless we do so responsibly and with accountability.

Our daily walk with the King always calls for an attitude of expectation. We should be open to the deeper things of God, constantly anticipating revelation both day and night. Psalms 16:7 says, “*I bless the Lord who gives me counsel; in the night also my heart instructs me*”. God teaches and trains us even when we sleep. When we are awake, Wisdom is prepared and eager to offer new insights based on our revelations. The Spirit of Wisdom is a constantly flowing river of divine wisdom from the Throne of God, always accessible to us.

7.2 The Menorah

The Menorah symbolizes the Seven Spirits of God, which continually burn before the Throne of Yahweh in the Temple (Ex 25:31-40, Rev 1:12-16, Rev 1:4-5, Rev 4:5-6). In scripture, particularly Ephesians 2:21-22, we see that God is actively transforming us into the Holy of Holies, His dwelling place. This indicates that the Seven Spirits of God reside within us and desire to live through us. The term 'Spirit' means Breath of God; each of the Seven is also referred to as the Spirit of... The breath of God of Wisdom.

It is crucial to examine Revelation 11 and Zechariah 4:3, where two olive trees feed the bowl with oil, which in turn supplies the seven lampstands representing the Seven Spirits of God. This oil flow symbolizes your intimacy and relationship with Yahweh. Your close connection provides the Seven Spirits within you, keeping them burning before God's Throne. The realization of the Seven Spirits in your life can only occur through genuine intimacy.

Ephesians 1:17 suggests that as the Spirit of Wisdom and Revelation grows in your life, your intimacy with the Father deepens. Intimacy involves closeness, unconditional acceptance, and familiarity with someone you are in relationship with. Ultimately, you recognize and accept that God accepts you just as you are.

Once again, 1 John 2:5 shows that genuine intimacy is achieved by walking as Jesus does. Ephesians 5:1 urges you to imitate the Father in all actions, transforming into His true nature, character, and reflection here on Earth. Your deep, revelatory relationship with the Father sustains the Seven Spirits of God, providing them with the necessary oil, as illustrated in Matthew 25 with the ten virgins.

When Moses was instructed to craft the lampstand for the Tent of Meeting, he was told to first shape the base and the shaft before moving on to other steps. Similarly, in your life, establishing a solid foundation is essential before progress can be made; this foundation is where Intimacy plays a crucial role. The shaft rises vertically, and the seven arms of the lamp extend upward. Once again, demonstrating your Intimacy with the Father provides the oil needed for the Seven Spirits of God, which burn before the Throne.

You have to have such a desire for the Seven Spirits of God to possess you so that God's full Governance will flow out of you constantly. This is where governing the earth begins.

✚ Without Intimacy, the flames will not stay lit, and that could form a weak link in your chain, which provides an opportunity for the enemy to exploit and attack you.

7.3 The Seven Spirits of God's purpose

The primary purpose of the Seven Spirits of God is to teach and instruct us in the things pertaining to the realms of the Kingdom of God. To present us in the courts of the King as mature, mandated sons of God. Thus, when we walk in that maturity, the King of kings can then release us to represent Him here on earth and to creation.

Biblical examples

A great example in the Old Testament is found in Esther 2:9, *"And the maiden pleased him, and she obtained kindness of him; and he speedily gave her the things for purification, with such things as belonged to her, and seven maidens, which were meet to be given her, out of the king's house: and he preferred her and her maids unto the best place of the house of the women."*

Here, we see that seven maidens were assigned to Esther for her purification. All of this occurred during the Persian Empire before she could meet the king. The queen was prepared over twelve months, undergoing various processes to be ready to appear before the king. Similarly, we also need preparation and training. You can't just walk into the King's presence; you must be prepared!

An interesting example, also in the Bible, is Samson. God appointed Samson as the judge and savior of Israel when there were no kings or rulers. The angel who

appeared to Samson's parents told them not to cut his hair. His hair had seven locks, which I believe represented the Seven Spirits of God guiding Samson in judging and saving Israel from enemies. Although small in stature, Samson was mighty in Spirit, embodying the maturity of a son of God.

Our Lord Jesus Christ is the most significant Man to have walked the earth, demonstrating that the Seven Spirits of God were evident in His life and walk. Even as a young man, Jesus sometimes taught with such wisdom that people were amazed and wondered where He had received such insight and revelation. Although He became a man among us, He underwent training as the Son of God. He is the Son of the Most High God. Isaiah 11:2 shows that the Spirit of the Lord rested on Jesus, along with the Seven Spirits of God. This indicates that the fullness of the Seven Spirits rested upon Jesus, who was mentored and endowed with wisdom and revelation. n.

7.4 Who are the Seven Spirits of God?

Isaiah 11:1-5 ESV *"There shall come forth a shoot from the stump of Jesse, and a branch from his roots shall bear fruit. 2 And the Spirit of the Lord shall rest upon him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the Lord. 3 And his delight shall be in the fear of the Lord. He shall not judge by what his eyes see, or decide disputes by what his ears hear, 4 but with righteousness he shall judge the poor, and decide with equity for the meek of the earth; and he shall strike the earth with the rod of his mouth, and with the breath of his lips he shall kill the wicked. 5 Righteousness shall be the belt of his waist, and faithfulness the belt of his loins."*

The scripture highlights the Spirit of the Lord as the first Spirit mentioned. It is important to distinguish that the Sovereign Spirit of the Lord is separate from the Spirit

of the Lord, which is one of the Seven Spirits of God. Each of these Seven Spirits creates a different aspect of the kingdom of Heaven within us, empowering us to govern God's kingdom on earth.

Revelation 4:5 says: *“And out of the throne proceeded lightnings and thunderings and voices: and there were seven lamps of fire burning before the throne, which are the seven Spirits of God.”* The Seven Spirits of God are burning before God's throne and have been sent to the earth to train His sons and daughters.

The Seven Spirits of God are seven spiritual beings emanating from the Holy Spirit. They can appear in various colours and emit unique fragrances, aiding us in distinguishing between them. Their role is to carry out God's commands, bringing His instructions to Earth to educate God's children about His kingdom, will, and purpose, and to demonstrate His kingdom here on earth.

In Isaiah 11:1, we can clearly see the Seven Spirits, and they are:

1. The Spirit of the Lord
2. The Spirit of Wisdom
3. The Spirit of Understanding, also known as Revelation
4. The Spirit of Counsel
5. The Spirit of Might
6. The Spirit of Knowledge
7. The Spirit of the Fear of the Lord.

7.5 Presenting the Seven Spirits of God

7.5.1 The Spirit of the Lord

The Spirit of the Lord prepares us for authority. During Noah's time, God flooded the earth to judge humanity's sins, and all living creatures perished except Noah, his family, and the animals. Afterward, God established a covenant never to flood the earth again, signaling this promise with a rainbow, which features seven colors. These colors symbolize the Seven Spirits of God, who are bound by this covenant with creation and mankind. Although each Spirit of God is distinct and unique, they work together and cannot operate independently in our lives.

The Spirit of the Lord guides us in understanding the different dimensions of the heavenly realm. He teaches us about God's Throne room, His majestic power, and His authority and dominion. It is crucial to understand sonship, and the Spirit shows us how to live and govern as sons on earth. Additionally, He reveals the meaning of transfiguration.

There are many different thrones on earth, such as government seats and spiritual authorities. We need to learn about them—how they operate and how to step into these roles. The Spirit of the Lord guides us in understanding this, along with all matters related to the Glory of God. The Spirit of the Lord calls us to our roles as sons and empowers us to perform tasks that are sometimes hindered by the fleshly realm, such as ministering in healing or deliverance.

Often, the Seven Spirits of God may also require something from us. The Spirit of the Lord calls us to yield and surrender to God, to be emptied so we can be filled with His fullness. This involves dying to ourselves, meaning that our self-centeredness is completely relinquished.

7.5.2 The Spirit of Wisdom

Wisdom is only accessible to those who are truly lovers of God, as God has hidden storehouses of wisdom. Wisdom was there in the beginning, as the scripture says in Proverbs 8:22-23 *“The Lord possessed me in the beginning of his way, before his works of old. I was set up from everlasting, from the beginning, or ever the earth was.”* God had Wisdom before Creation. Wisdom pleases God, and we can again become a delight to Him through the Spirit of Wisdom. God also established the earth’s foundations using Wisdom’s blueprints. Proverbs 3:19: *“The Lord by wisdom founded the earth; by understanding he established the heavens;*

The Spirit of Wisdom is incredibly powerful, acting as your personal protector when you follow God’s ways, since she teaches you to choose what is right. Solomon’s visions show that Wisdom offers genuine wealth and honor. By seeking wisdom instead of material riches, Wisdom guides us on how to acquire wealth and realize our true potential, leading to honor. It holds the keys to unlocking true knowledge, which we can only access through radical obedience to God.

Training our hearts to listen to the Spirit of Wisdom is crucial for broadening our discernment. When we pursue wisdom with the same intensity as searching for treasure, even in hidden places, we will encounter the Fear of the Lord and gain authentic knowledge of God.

Wisdom enables us to take control of life, govern as kings, and establish fair laws. It guides us on when to act and how to implement the guidance we receive. Additionally, wisdom can lead to a long life. Proverbs 3:16 *“Length of days is in her right hand; and in her left-hand riches and honor.”* The other benefits we can expect

from Wisdom are peace and prosperity, as well as untold blessings that can help us walk in victory, not defeat.

The Spirit of Wisdom guides us in creating prosperity and establishing justice and judgment on the earth. It shows us how to exercise authority from the Throne to bring divine order and justice. Wisdom instructs us on being skillful and wise in thoughts, speech, and actions, how to govern as sons of God, and how to spread joy to those around us. The Spirit of Wisdom prepares us for dominion.

7.5.3 The Spirit of Understanding (Revelation)

The Spirit of Revelation illuminates hidden truths, encouraging us to pursue God more and seek the mysteries of Heaven, especially His heart. This understanding enhances our knowledge of God's ways and the workings of anointing. Additionally, the Spirit of Revelation helps us interpret the Bible's scriptures, transforming them from mere theology into divine revelation.

The Spirit of Wisdom collaborates with Revelation because Wisdom helps us to implement the revelations given to us. Ephesians 1:17-19 states: "That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints, And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power." This shows that Wisdom and Revelation work hand in hand and describes their combined role.

Revelation mainly falls into two categories: prophetic and divine. Prophetic revelation occurs through various methods, such as being transported in the Spirit to

different locations, having face-to-face conversations with Jesus, or receiving revelations from angels. It can also come through dreams or visions.

Divine revelation, on the other hand, consists of four parts: interpretation, delivery, timing, and application. It is another way to receive insight, often as knowledge imparted directly to your spirit without verbal voices, angelic visitations, visions, or dreams. The Spirit of Revelation can assist us in various ways, allowing us to receive words for sermons or teachings we were previously unaware of.

The Spirit of Revelation requires us to completely trust in God, often involving a sense of brokenness where we surrender radically to Him. To receive more revelation, we must endure the challenging teachings of the Spirit of Understanding. God desires to trust us with His revelations and to walk in humility, as pride can easily lead us to boast in ourselves rather than in Jesus Christ. The school of revelation also calls for character, intimacy, humility, and a willingness to die to oneself.

The Spirit of Revelation guides us on where and how to access God's realms. It teaches us how to utilize the information we receive and when to apply it precisely. Gaining understanding enables us to interpret revelations, dreams, and visions. As we receive revelation, we learn to perceive it clearly and how to share it with others. The Spirit also teaches us to view others through a Godly perspective and to govern as sons of God. This includes teachings on rulership and sonship aimed at achieving dominion. Ultimately, the Spirit of Revelation empowers and authorizes us in our Heavenly position.

7.5.4 The Spirit of Counsel

The Spirit of Counsel involves taking God's advice and then listening for His plan of action. When we provide healing and perform miracles, we must ensure they

align with God's strategy. For instance, when praying for a blind person, different approaches may be necessary. Jesus prayed for blind individuals but often used different methods depending on the situation, rather than following a fixed pattern. He always acted through God's counsel.

Understanding the pattern of Heaven requires waiting for God's guidance, as even minor deviations can prevent the Kingdom from manifesting. To access God's miracle power, we must learn to listen to the Spirit of Counsel, much like Jesus did when He ascended the mountain to pray and received strategic instructions from Adonai for healing and other acts. God desires to reveal His works to us, which involves withdrawing and seeking His presence in prayer for divine guidance. When we follow His instructions, I believe He will empower us with supernatural power to bring about miracles.

Isaiah 11 shows Counsel working together with the Spirit of Might. Jesus, being the living Word, possessed the Word and often knew people's thoughts. When anointed with Counsel and Might, you can discern thoughts, secrets of the heart, and even uncover names and addresses. These anointings can reveal hidden truths.

The Spirit of Counsel shows us the way to govern as sons of God. He teaches us the counsels and how to communicate with Him properly. Counsel guides us in resolving issues we face and in providing God's guidance to others who seek advice. Therefore, the Spirit of Counsel teaches us to seek God's counsel and to receive His guidance for our lives.

The Spirit of Counsel guides us on how to operate in the different council chambers of Heaven and highlights the role of heavenly advisers in our lives. Counsel teaches us about our roles as priests and how to govern as sons of God within the

earth's dominion. An essential lesson from Counsel concerns the Trinity of God, their involvement in our lives, and our life in them. The Spirit of Counsel equips us for our appointed position as sons of God.

7.5.5 The Spirit of Might

Ephesians 3:16 “That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man.”

When we proclaim the Word of God, the Spirit of Might grants us acts of power, wonders, signs, and miracles. We also gain supernatural strength, particularly when we need to minister and preach for long periods without pause. Therefore, there is a cost involved in the training provided by the Spirit of Might. Sometimes, this requires fasting, prayer, character transformation, and even dying to oneself.

Many moments in life ask for miracles and signs from the world. In these times, we should seek God's advice. By following His guidance, the Spirit of Might empowers us to achieve what is impossible for humans alone.

There are four kinds of power found in the Greek vocabulary, namely:

7.5.5.1 Dunamis Power

Acts 1:8 “*But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the farthest parts of the earth.*”

Dunamis power is a powerful and explosive form of healing. We receive it by waiting for God's promise, meaning we must be patient until we experience it.

7.5.5.2 Ischus Power

James 5:16 *“Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”*

The effective, fervent prayer of a righteous person is powerful. Ischus, a Greek term, means “energizing power.” It provides Dunamis power because the Spirit energizes your faith. These two are connected as Ischus power energizes the Dunamis power within you.

7.5.5.3 Kratos Power

Acts 19:20 *“So mightily grew the word of God and prevailed.”* The Kratos Power of God is completely different from other aspects of God’s power. What Kratos power does in you is that it takes what you have, multiplies it, and then causes it to prevail. When this happens, it is when the Kingdom of God and its dominion come over an entire city and triumph.

7.5.5.4 Exousia

Exousia is delegated authority. If we believe wholeheartedly that we are who God says we are, we can then do what God says we can do. This is healing that comes through the principle of faith. This is where you speak the Word of God, and authority follows. We see in the Scriptures that Might is partnered with Counsel. We can’t pursue God’s power without His counsel. Counsel is necessary to guide you in the right direction.

The Spirit of Might teaches us about strength and total dominion. Might shows how to activate God's supernatural realm and bring its power into darkness to restore Yahweh’s Glory on earth. Might guides us in displaying God's power and

understanding the council chamber of war in heaven, where secret war strategies are kept, enabling us to access them and learn how to govern as kings on earth. The Spirit of Might also reveals our true position, seated with Christ in the Heavenly realm.

7.5.6 The Spirit of Knowledge

The Spirit of Knowledge enables us to see God as He truly is and understand who He is. It involves knowing God intimately, which comes from the inner man that knows God through the Spirit within you. The Spirit of Knowledge gives us divine insight through encounters with God, and you supernaturally gain understanding as Jesus teaches you. What is remarkable is that the Spirit of Knowledge can anoint you to lead others into deeper experiences with God; it's not just about head knowledge.

The Spirit of Knowledge calls for developing an intimate relationship with God and pursuing His Knowledge. This involves not just seeking information but cultivating intimacy with God. Importantly, the Spirit of Knowledge resides in and is revealed through a meditative lifestyle. We should withdraw from distractions and continually seek Jesus, placing Him at the center.

Psalm 37:7 says, *"Rest in the Lord, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass."* Psalm 46:10 states, *"Be still, and know that I am God."* We must remain patient and calm in every part of ourselves.

The Spirit of Knowledge teaches us how to access God's knowledge and how to apply it in our natural environment, drawing from the spiritual realm. Knowledge helps us become aware of places of authority and what to do with what we know and observe. He enables us to access the supernatural realm, heaven, and creation. The Spirit of Knowledge also teaches us to remember what we see, how to process all the

information we receive, and how to store it effectively. He guides us to gain divine insight into circumstances and how to bring order to chaotic situations. He empowers us for our Heavenly position.

7.5.7 The Spirit of the Fear of the Lord

The Spirit of the Fear of the Lord keeps us humble before Yahweh so that God can trust us with His divine wisdom, revelation, and knowledge. However, a word of caution is that we must be careful not to walk in pride.

We can truly say that this is the most important Spirit because with the Fear of the Lord, you will not have the other six Spirits of God. Just as Isaiah 11:3 says: "And shall make him of quick understanding in the fear of the Lord:"

Proverbs 8:13 "The fear of the Lord is to hate evil: pride, and arrogance, and the evil way, and the froward mouth, do I hate." Here, we see that the fear of the Lord involves leaving evil behind and even despising it. What the Fear of the Lord means is to stand in awe and reverence before God, overwhelmed by His majesty, holiness, and power.

What the Spirit of the Fear of the Lord requires is consecration, holiness, and complete separation from sin. He leads you to a place where you no longer desire to sin. The Fear of the Lord involves understanding God's awe, majesty, and wonder. The Spirit of Fear of the Lord guides us into the realm of holiness, intimacy, and reverent worship, showing us how to access and establish divine order in the world around us. He brings accountability to our position as sons and daughters.