

Exercise Your Spirit

A Training Camp

And they gathered it morning by morning, each
one according to his eating;

— Exodus 16:21

- A totally new way to serve God
- Walking according to the spirit and not according to the flesh
- Morning by morning

**Our
Human
Spirit**

A totally new way to serve God

Do you have some experience serving God in “oldness of letter”?

Do you have some experience serving God in “newness of spirit”?

But now we have been discharged from the law, having died to that in which we were held, so that we serve in newness of spirit and not in oldness of letter. – Romans 7:6

- To serve God by following an outward set of instructions is “**old**”.
- According to the New Testament there is a **new** way for us to serve God.
- Have you learned this new way?
- Are you serving God in **newness of spirit**?

Where this new serving takes place

- For God is my witness, whom I serve **in my spirit** in the gospel of His Son. – Romans 1:9

Illustration: a radio with a receiver to catch the air waves

- On God’s side, He is always there and ready, just like the radio waves in the air.
- On our side, we need the right instrument, a radio, to catch the waves. This is our human spirit.
- We all have one, but do we use it? Do we know how to use our “**radio**”?

Walking according to the spirit and not according to the flesh

Do you see the difference between the mind and the mingled spirit?

What has it been like for you when you obeyed or disobeyed the inner sense deep within?

That the righteous requirement of the law might be fulfilled in us, who do not walk according to the flesh but according to the spirit. – Romans 8:4

- The spirit in Romans 8:4 is the mingled spirit, our spirit mingled with the Holy Spirit.
- When we walk according to our spirit, spontaneously we walk according to the Holy Spirit, because the two spirits are one.

Walking according to the flesh

- Man fell when he took of the tree of the knowledge of good and evil, disobeying God, and taking in the sinful element of Satan.
- The fallen body is the flesh. We do sinful things when we walk according to the flesh.

Walking according to our mind is a better way, but still not the best

- This is when we analyze and calculate pros and cons and decide to do the good, rather than the bad.
- In this way, we also choose things by our likes and dislikes.

The third way is the best way

- Because God is in us, in our human spirit, He gives us a sense deep within.
- Sometimes this sense does not agree with our careful mental consideration.
- At this point, there is an “inner red light” or an “inner green light”.
- Therefore, walking according to the spirit does not mean “doing the right thing” or “doing good things”, which are of the mind.
- To walk according to the spirit is to walk according to the inner sense deep within us.

Morning by morning

What is the spiritual significance of manna?

What would help you to rise up early in the morning to contact God?

And in the morning there was a layer of dew around the camp - Exodus 16:13

- ... **14** And when the layer of dew lifted, there upon the surface of the wilderness were fine round flakes, fine as the frost on the earth. **15** And when the children of Israel saw it, they said to one another, What is it? For they did not know what it was. And Moses said to them, It is the bread which Jehovah has given you to eat. – Exodus 16:14-5

And they gathered it morning by morning, each one according to his eating; and when the sun became hot, it melted... - Exodus 16:21

- The children of Israel ate manna every day, but there was no oldness. Every day there was the **newness of manna**, the freshness of manna. Many people do their grocery shopping once a week. They buy their food and put it into the refrigerator for one week. But God did not give manna once a week. The children of Israel did not come out of their tents on Monday morning, gather manna, and then put it into the refrigerator to enjoy for one week. God sent the manna **day by day, early in the morning.**
- If you love your bed, you miss the manna. You have to rise up every morning to contact the fresh dew since the manna always came down with the dew. You have to rise early to gather manna every morning. Every morning it is the same, yet every morning it is fresh. I do believe that what was in the heart of the Lord was that His people had to rise up early in the morning to contact Him.
- We have the same Bible every morning, the same manna, but every morning it should be fresh under the fresh dew. It all depends on your **contacting God**. If, in your reading of the Bible, there is no contact with God, the same book becomes old. If there is the contact with God, the same book becomes new. To serve God today is not a matter of oldness but a matter of newness. **Newness is just God Himself!** Newness is in God! If you contact God, if you are in God, if you are one with God, whatever you say is new. For forty years the same manna came down again and again, but every morning it was new. To be new means to be in the presence of God, to be in God. We serve God today in the newness of His presence. (*Our Human Spirit, Chapter 5*)