

# The HEARING OF Faith

LIVING STREAM MINISTRY RADIO NEWSLETTER

NUMBER 66, OCTOBER 2003

*"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*

## In THIS ISSUE

- 1 LETTER FROM LIVING STREAM MINISTRY
- 1 WHAT IS IT TO EXERCISE OUR SPIRIT?
- 2 EXCERPT FROM *HOW TO STUDY THE BIBLE*
- 2 RESPONSE FROM LISTENERS
- 4 THE PATH OF LIFE—EXERCISING THE SPIRIT

### Life-Study of the Bible

#### W E L C O M E S

GLIWICE, OSWIECIM, &  
USTRON-WISLA, POLAND

CCM	93.4 FM
CCM	94.9 FM
CCM	107.1 FM
3:00 P.M.	SUNDAY
6:00 P.M.	TUESDAY

JOHANNESBURG, S. AFRICA  
WEST RAND STEREO

	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

*(continued on page 3)*

## 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

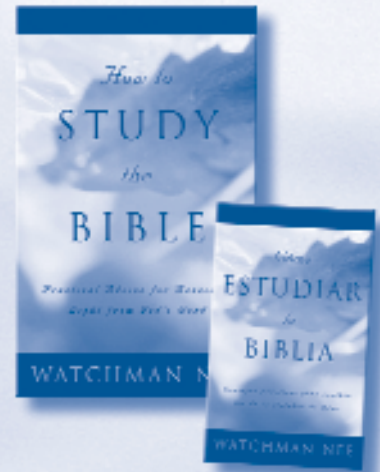
its natural function. When we walk, we use our feet, when we listen, we use our ears, and when we pray to contact God, we use our spirit. The Bible contrasts bodily exercise with the exercise of the spirit: “Exercise yourself unto godliness. For bodily exercise is profitable for a little, but godliness 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.

### *How to* STUDY THE BIBLE



*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.

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