

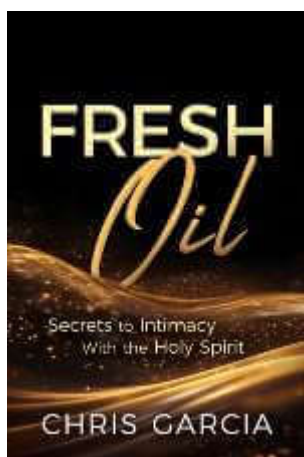
# Are You Spirit-Led?

Some of you are looking for a touch for your soul but need to come to Jesus first. There are moments in time when you have to do what King David said. He said, “Why is my soul downcast?” “Why is my soul downtrodden?” (See Ps. 43:5).

You need to put all hope in the Lord. Your soul does not dictate your reality. The Spirit does. Sometimes you need to tell your soul to praise the Lord. Your soul can only reflect what it sees. Your soul can only reflect fleshly desires. But [when you allow the Holy Spirit to take over](#), and you allow yourself to bask in His presence, to magnify His beauty, to delight yourself in Him and to fill yourself with Scripture and meditate upon His Word, your spirit will override your emotions, your mind and your will.

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Many times, we go to God with backward thinking. We try to enter into His presence with the body, the soul and then the spirit. What I mean is this: We want to touch or connect with our bodies, then our souls and lastly our spirits to be refreshed.



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In reality, for example in 1 Thessalonians 5:23 (NKJV), Paul gives us a wonderful revelation. He says, "May your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ." He talks about the day of the Lord, that one day, we are going to be standing before Him.

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But this also reveals something about Paul's mindset. Paul was spirit first, then soul, then body. We are all three. We have flesh, we have a body and we have a spirit. So many believers try to go in through the body and the soul. They get frustrated, never touching the spirit. But the flesh and the soul must be crucified to experience the glory of God. Always caring about our body, we must die to self and live to our Lord Jesus Christ so that the life of Jesus may manifest in our mortal bodies.

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We try to enter into the presence of God by fleshly means. But we think and say we are "spiritual." That word is thrown around quite a bit. Some say, "I am spiritual." But are you truly spiritual? [\*To be truly spiritual, you must be Spirit-conscious.\*](#) Spirit-led. Spirit dictated. That your spirit overrides your mind, your will and your emotions, and it overrides your body. To be spiritual means that you put your spirit first.

How do I put my spirit first? It's simple: Shift all attention to the Lord. For example, worship the way we do during our Fresh Oil worship time, putting the Lord first. Magnifying His beauty. Quieting yourself from all distractions. Simply receiving and feeding yourself upon the Word of God. This is

how you feed and nourish your spiritual body.

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**Chris Garcia** is the founder of [Father's Glory International](#). *Father's Glory* is devoted to promoting God's manifested presence and power through the proclamation of the gospel of Jesus Christ. Jesus Christ is Father's glory, and it is through the unveiling of the Son that lives are transformed. Chris is also a revivalist with a heart for the local church and serves as the lead overseer at [House of Glory](#) in Fort Smith, Arkansas. House of Glory is a Spirit-filled, fivefold apostolic revival hub that exists to cultivate the presence of God and the power of the gospel regionally and internationally. God is looking for those who will give Him a place to rest and allow His people to interact with His presence, power and glory. Second Corinthians 3:18 says, "But we all, seeing the glory of the Lord with unveiled faces, as in a mirror, are being transformed into the same image from glory to glory by the Spirit of the Lord." It is for His glory that we proclaim His name. Chris and his wife, Zuly, reside in the Fort Smith area with their three children. His new book, ["Fresh Oil,"](#) releases [Tuesday, Nov. 5,](#) and is [available for pre-order now on Amazon.](#)