

**Healing School Class 111**  
**Tuesday October 15, 2024**  
**Dr. Pete Norris**

The spirit of a man is the lamp of the Lord, Searching all the inner depths of his heart. **(Proverbs 20:27 NKJV)**

But as it is written: “Eye has not seen, nor ear heard, Nor have entered into the heart of man The things which God has prepared for those who love Him.” But God has revealed them to us through His Spirit. For the Spirit searches all things, yes, the deep things of God. For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God. Now we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God. **(I Corinthians 2:9-12 NKJV)**

The body is more physical-conscious (body-conscious) and more mental-conscious (soul-conscious) than we are spirit-conscious. Our spirits can be educated just as our minds can be educated. How do you train your spirit?

**(1) Meditate in the Word**

You cannot develop spiritual wisdom without meditation.

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. **(Joshua 1:8 NKJV)**

How do you meditate? Talk about the Word. Think on the Word. The Hebrew word translated meditate also carries this thought with it: to mutter. Mutter the Word.

**(2) Practice the Word**

But be doers of the word, and not hearers only, deceiving yourselves. **(James 1:22 NKJV)**

Begin to practice being a doer of the Word by doing in all circumstances what the Word tells you to do.

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; **(Philippians 4:6 NKJV)**

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” **Philippians 4:6-7 NLT**

We don't mind practicing part of this verse, the part that says to pray. But if we are to practice just that part and not the first part, we are not practicing the Word. If you are going to fret and have anxieties, it will do no good to make requests. That kind of praying does not work. An over-anxious prayer full of fretful news does not work. We must practice Word and then we will get results.

And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. **(Philippians 4:7 NKJV)**

### **(3) Give the Word First Place**

The training : the developing and educating of your spirits comes by giving the Word first place in your lives.

My son, give attention to my words (Give heed to them-put them first);Incline your ear to my sayings(Listen to what I have to say),Do not let them depart from your eyes(Keep looking at the Word of God); Keep them (My Words) in the midst of your heart; For they are life to those who find them, And health to all their flesh. Keep your heart with all diligence, For out of it spring the issues of life. **(Proverbs 4:20-23 NKJV)**

Health is the Hebrew word for "medicine". There is healing in the Word.

### **(4) Instantly Obey the Voice of Your Spirit**

The human spirit has a voice. We call that voice conscious. Sometimes we call it intuition, an inner voice, or guidance. The human spirit is a spirit man. The human spirit saved or unsaved has a voice.

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. **(II Corinthians 5:17 NKJV)**

You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world. **(I John 4:4 NKJV)**

The spirit has within it the life and nature of God.