

Proverbs 18:14 – “The spirit of a man will sustain him in sickness, but who can bear a broken spirit.”

Principle: A strong spirit is more important than a strong body.

The spirit here is the human spirit, not the Holy Spirit. Many times it is referred to as the heart. It is the innermost part of a person. The Holy Spirit works in and through the human spirit. A broken spirit leads to a helpless and hopeless condition. Depression is a condition where the spirit is pressed down. A person can be infirmed in body and yet sustained by his spirit, unless the spirit is broken (KJV wounded). Sustaining the spirit is a vital work of the Holy Spirit. The spirit of a believer is where the Spirit of God dwells. Healing begins in the spirit. A wounded spirit is crippled until it is restored to health. The spirit is the part of a person that makes him human. Without the spirit there is no image of God. A Christian will be ineffective if his or her spirit is not whole. Inner healing will not occur without the work of the Holy Spirit. When the spirit of a man is broken there is no hope for wellness without the inner work of the Holy Spirit. A spirit needs to be reset like a broken limb before spiritual health is restored. Psalm 51 is a description of the resetting of David's spiritual life. Sometime the spirit is sick because of sin. When that is the case begin by asking God for mercy, and then pray your way through Psalm 51. Your inner man is worth it.