

## **Faith and prayer**

Faith is essential to our prayer, for it is only in humble faith in Jesus that we may approach God.^ And in drawing close to Him, our faith grows, for all faith we have comes from the Father above.^ We are to use the seed of faith He gives us, and as good stewards, nurture it and invest it's potential in us back to the Father again, asking and seeking more. Step by step, reinvesting the faith He grants us, we strive to capitalize on its increase in us that God promises.^ Faith finds increase in the good soil of a soft heart bathed in God's influence, so our task is to continually seek to remove ourselves from sin, repenting of that which hinders the promise of increase. We strive to fulfill our responsibilities in removing the hindrances to faith's increase in us, and to continually go back to the Well, the Source, the Father to receive our provision of faith, which promises to grow and bring this increase.

### **Spiritual fitness**

If you have been Saved by the Blood of the Lamb, you have also received a resurrected soul, one seen blameless before God, one He has cleansed and set aright as it was originally, before Adam's sin perverted it. This soul in each Christian is promised eternal life, in the Pure and Glorious Presence of God. Yet while we are still here in the body, our flesh is not yet Resurrected, or perfect like our soul. <It, unlike our soul, has not yet died to sin and is thus still to be made perfect.> For now, our flesh, our human nature and condition, still is quite fallen and inclined to full disobedience to what God would desire. And so this is our lot – a perfect, resurrected soul endowed with the Holy Spirit of God, carried around in a fallen, sinful, wickedly indulgent body of which who's nature desires to do the things the spirit knows it shouldn't.^ (soul/spirit?) This is the Christian's condition, and our task for the rest of our co-existent life is to choose the way God and our spirit^ desire, while confronting, subduing, and disciplining our flesh. To do this undoubtedly requires prayer to fill our spirit and gain the continually needed provisions of God and His faith to overcome the relentless resistance of the body. Our faith, essential to our Salvation and our Sanctification, needs the continual and purposeful nourishment of God's provision – of His faith which feeds our spirit.