



JOYCE MEYER
MINISTRIES®

NOT BY MIGHT, NOR BY POWER, BUT BY MY SPIRIT

Teaching Notes by Joyce Meyer

Joyce Meyer Ministries

Nanakramguda

Hyderabad - 500 008

Andhra Pradesh

INDIA

91-40-2300 6777

www.jmmindia.org

TN20

**NOT BY
MIGHT,
NOR BY
POWER,**



*But By
My Spirit*

Teaching by Joyce Meyer

Joyce Meyer Ministries • Life In The Word

P.O. Box 655 • Fenton, MO 63026
636-349-0303 • 1-800-727-WORD (9673)
www.joycemeyer.org

NOT BY MIGHT, NOR BY POWER, BUT BY MY SPIRIT

Frustrated, Frantic, And Fearful

I. Introduction To Grace

- A. **Zechariah 4:1-7** – Recap: A **project** is being attempted, human obstacles are in the way – they cry grace, grace to the mountains rather than using human strength and becoming frustrated.
- B. **Frustrate** (defined/Webster's) – To disappoint, prevent from obtaining a goal or fulfilling a desire. To cause feelings of discouragement or bafflement. To make ineffectual.
 - 1. I was very frustrated about many, many things.
 - 2. My spiritual growth, healing, prosperity, my ministry, Dave, my children, my church, neighbors, other relatives, what people thought, my future, past, getting my basement finished, landscaping, new furniture, etc.
 - 3. **Galatians 3:10** – I was under the Law, not grace.
- C. **Grace** – The power of the Holy Spirit to meet our evil tendencies (**James 4:6**)
 - 1. **James 4:1-6** – What causes strife and turmoil?
We TRY to make things happen instead of trusting.
 - 2. Exchange TRY for TRUST.

- D. **I Peter 5:5-10** – God Himself **frustrates**, opposes, and defeats the proud. He gives grace to the humble.

II. The Spirit of Grace

- A. **Zechariah 12:10** – The Spirit of grace and supplication

1. Supplication – Ask or pray
2. Grace – Power coming through the channel of “the prayer of faith” to meet the need.
3. By grace through faith
4. Be cautious not to worship faith – **worship GOD.**

One of the Holy Spirit’s names in the Word is the Spirit of Grace.

- B. Independence or dependence (two ways to live):

1. Independence – Doing it yourself; effort, struggle, frustration; many ups and downs.
 - a. Proud when you succeed; downcast when you fail
 - b. Complaining; discontent; grumbling; faultfinding; no joy; no peace; worn out; very little, if any, progress
2. Dependence – God desires total dependence on Him – our measure of success is directly linked to our measure of dependence.
 - a. Dependence (defined) – Leaning, relying, trusting; faith, confidence in the one depended on, resting on. Takes pressure off, relieves struggle, frustration, etc.

b. Creates an “attitude of gratitude”

C. The ministry of the Holy Spirit

1. **John 14:16-17** – *And I will ask the Father, and He will give you another Comforter (Counselor, Helper, Intercessor, Advocate, Strengthener, and Standby), that He may remain with you forever – The Spirit of Truth, Whom the world cannot receive (welcome, take to its heart), because it does not see Him or know and recognize Him. But you know and recognize Him, for He lives with you [constantly] and will be in you.*
2. **John 14:26-27** – *But the Comforter (Counselor, Helper, Intercessor, Advocate, Strengthener, Standby), the Holy Spirit, Whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will cause you to recall (will remind you of, bring to your remembrance) everything I have told you.*

Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]

3. **Romans 4:4** – To a “laborer” his wages are not counted as a gift, but something due him.

There can be no thanksgiving without the knowledge of grace.

4. **Psalms 100:4** – *Enter His gates with thanksgiving . . .*
5. Learn to ASK for HELP in all things so you can enjoy life and be thankful.

Power To Change Your Personal World (Yourself, Others, And Circumstances)

I. Changing Ourselves – “How Can I Change?”

- A. **Galatians 3:2-5** – We cannot reach perfection through works of the flesh.
- B. **II Corinthians 3:18** – We change from glory to glory, **but it comes from the Lord.**
 - 1. Enjoy the glory you are in – do not live in comparison.
- C. **Philippians 1:6** – He began the work in you – **HE must** finish it.
 - 1. **Deuteronomy 7:22** – Little by little to prevent pride
 - 2. **I Peter 5:10** – After you suffer awhile
- D. **I Thessalonians 5:22-24** – God Himself will **do it.**
- E. **John 6:28-29** – Our work is to believe.
 - 1. Our work is the work of faith.
 - 2. Believers enter **REST.**

II. Things I Tried To Change

- A. My personality
 - 1. I tried to be like Donna, and tried to be like Dave (merciful, sweet, easygoing, no worry, etc.).

B. My gifts and talents

1. I tried to be like my neighbor.
 - a. Grow tomatoes
 - b. Sew clothes
 - c. Play guitar
2. **Romans 12:4-8** – Let us exercise our gifts according to the grace given us.

C. Every message I heard that convicted me, **I tried** to make it work.

1. **Psalm 127:1** – Unless the Lord builds the house, they **labor in vain**.
2. **Isaiah 50:10-11** – Those who trust the Lord have the victory and are blessed.
3. **Isaiah 30:1-3, 14-18** – Works of the flesh can only end in misery.
Those who are in their own works end up very miserable.

III. Changing Others

A. My husband

1. His personality
2. His desires (sports, ministry)
3. **Proverbs 21:1** – God changes the heart of the king the way He changes the watercourses.

B. My children

1. Laura was messy and not motivated.

2. David was like me (strong personality), so I felt he challenged me continually.
- C. **Romans 12:16** – Live in harmony by “adapting yourselves” to other people and things.
1. All my life I was fighting something or someone until I learned to “adapt” and “go with the flow.”
 2. Learn to change what we can, accept what we cannot, and pray for wisdom to know the difference.

IV. **Changing Circumstances**

- A. The same principles apply.

Letting Go And Learning To Enjoy

I. Free To Enjoy

- A. **John 10:10** – I came that you might have and **enjoy** life.
- B. **John 17:13** – His joy perfected and completed in us
- C. **John 15:1-11** – I have told you these things that My joy might be in you.

II. Abide

- A. **John 15:5** – Apart from Me you can do nothing.
 - 1. Branches off of the Vine quickly wither.
 - 2. Hang on the Vine.
- B. **Romans 11:17** – We were grafted in to share the richness and sap of the tree.
 - 1. To **RECEIVE**
 - 2. (Explain “grafted in”)
- C. Receive versus get
 - 1. Get (defined/Webster’s) – To come into possession of, to obtain, to go after and obtain, to seize, to take by force. To acquire as a result of action or effort. (Works, works, and works)

2. Receive (defined/Webster's) – To act as a receptacle or a container; to permit to enter; believe to be at home to visitors, to welcome or greet.
3. **Work done apart from grace** equals works of the flesh and failure.
 - a. Works – Man's energy trying to do God's job.
 - b. **Work done** “not by might, nor by power, but by God's Spirit” equals success, joy, enjoyment, ease, etc.
4. **James 4:2** – You have not because you ask not.
5. **John 16:24** – Ask and receive that your joy may be full.
6. **John 3:27** – We can receive **nothing** unless it is granted from heaven.
7. Things to be **RECEIVED**:
 - a. **Salvation (John 1:12)** – To as many as received Him, He gave power to become the sons of God.
 - b. **Holy Spirit (Acts 2:38; 8:17)** – Have you received the Holy Spirit?
 - c. **Forgiveness (Acts 10:43)** – Receive forgiveness in His Name.
 - d. **Favor, gifts, and spiritual blessing** – All must be received and cannot be earned or deserved. (John 1:16-17)
 - e. **God's love** – For God so loved that He gave.
 - f. **Prayer and fellowship with God** (Song of Solomon 2:7; 3:5)
 - g. **Righteousness (Romans 5:17)** – Receive the free gift of righteousness.

III. Rest

- A. **Hebrews 4:3** – Those who believe enter rest.
 - 1. Faith causes one to receive by faith without seeing in the natural.

- B. “Sit Down” – Seated in heavenly places
 - 1. **Ephesians 2:6** – We are **SEATED** in heavenly places.
NOT pacing in heavenly places
 - 2. Jesus is **seated** in heavenly places.
 - a. **Colossians 3:1**
 - b. **Revelation 4:2-3, 9-10; 5:1, 7**
 - 3. **Hebrews 1:3, 13**

- C. Seat/seated (defined/Webster’s) – A foundation on which one rests; to fix firmly in place.

Rest (defined/Vine’s) – Not a rest from work, but IN work; not in activity, but rest while being active.
 - 1. **Matthew 11:28** – Come unto Me all that labor, and I will give you rest.

Laboring In Vain

I. Worry

A. **Romans 11:6** (KJV) – *And if by grace, then is it no more of works: otherwise grace is no more grace. But if it be of works, then is it no more grace: otherwise work is no more work.*

1. **Worry is our work** and is the opposite of grace.

2. Worry (defined/Webster's) – To torment oneself with disturbing thoughts. To feel uneasy, anxious, or troubled. To torment with annoyances, cares, or anxieties.

To seize by the throat with the teeth and shake or mangle.

B. Are you fellowshiping with God or your problem?

1. **Hebrews 12:2** – Look away from the problem to Jesus.

2. **Numbers 21:4-9** – They became discouraged due to their trials, complained, and opened a door for the devil – delivered by looking to serpent on a pole (representing Jesus on the Cross), not by looking at their problem.

C. Worry causes you to grow cold in love.

1. **Matthew 24:12** – Love grows cold because of our problems.

2. You cannot solve your own problems, but you can solve someone else's. (God will use you if you are empty of self-care.)

3. **Ephesians 3:19** – Be wholly filled with God.

II. Reasoning

A. Endless revolving of the mind around and around the problem or situation – searching for knowledge and understanding; detailing, planning, and plotting in **EXCESS** produces exhaustion in the physical, emotional, and mental realm.

1. **Proverbs 3:5-7** – *Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding.*

In all your ways know, recognize, and acknowledge Him, and He will direct and make straight and plain your paths.

Be not wise in your own eyes; reverently fear and worship the Lord and turn [entirely] away from evil.

B. Reasoning causes confusion and prevents discernment.

1. **Romans 8:4-7** – Mind of the flesh (sense and reason without the Holy Spirit)

Mind of the Spirit (life and peace)

2. Do not live out of your head – live out of your spirit.

3. Reasoning causes you to come up with your own answer instead of God's. For example:

- a. We had a banquet and special meeting on the Fourth of July. The attendance was low. The more I tried to reason it out, the more confused I felt. (I was sensing DEATH.)

I turned inwardly to my spirit and “**I knew**” (revelation comes out of your spirit from the Holy Spirit) that we were not to have a lot of special meetings in St. Louis any more, but we would benefit the Kingdom more by breaking new ground. (I was sensing LIFE.)

- b. I felt irritated at someone because they handled a situation wrongly. When I put my carnal mind on it, I wanted to confront them and bring correction; however, I was not sensing life. I turned to my spirit and “knew.” “You make mistakes, Joyce. They already feel bad enough. Do not make them feel worse, but build them up by remembering all the good things they have done.”

C. **Knowledge** – Why do we crave to know?

1. We want to be in control of our lives; but God requires trust, which often means we will not know for a season.
2. **I Corinthians 2:2** – Paul resolved to “know” nothing but Christ.
 - a. **I Corinthians 1:19** – God brings our knowledge and philosophy to nothing.
 - b. Adam and Eve had the same problem. God said trust and obey – instead they were tempted with knowledge.
3. Tree of knowledge can represent our natural mind. Tree of life can represent our spirit indwelt by the Holy Spirit.

I Corinthians 2:14-16

III. **Supernatural Favor Or Natural Favor**

- A. **Grace** (Greek/*charis*) – Unearned, undeserved, free favor; God’s unmerited favor.
1. Natural can be earned.
 2. Supernatural comes by grace through faith.
 3. Learn to believe for favor.

- B. What do people do to “earn favor”?
1. People pleasing
 2. Allowing control and manipulation
 3. Living under “obligation” rather than liberty
 4. Being born into a certain “right” family

Example: Our Savior Church and how hard I worked to get into the right social group – now I believe for favor.

C. **Luke 2:52** – Jesus increased in favor with God and man as He studied the Word and obeyed.

D. **Psalm 27:13** – Expect favor

1. A poor self-image causes you to “expect” to be left out, rejected, and mistreated.
2. “Expect good” – not because you deserve it but because of grace, grace, and more grace.

Grace is God’s willingness.

Many believe He is able, but they doubt He is willing.

“Not by might, not by power, but by My Spirit”

Zechariah 4:6

