

And if the bugler doesn't sound a clear sound, how will the soldiers know they are being called to battle? 1st Corinthians 14:8 NLV

First Love Ministries, Inc.
PRAYER STUDY #177

The Spirit of Heaviness

To appoint unto those who mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness, that they might be called trees of righteousness, the planting of the LORD, that He might be glorified.

Isaiah 61:3

To grant [consolation and joy] to those who mourn in Zion-to give them an ornament (a garland or diadem) of beauty instead of ashes, the oil of joy instead of mourning, the garment [expressive] of praise instead of a heavy, burdened, and failing spirit-that they might be called oaks of righteousness [lofty, strong and magnificent, distinguished for uprightness, justice, and right standing with ©d], the planting of the Lord, that He might be glorified.

Amplified

According to scripture, the weapons against the Spirit of Heaviness are as follows (taken from Mary Garrison's *How to Try a Spirit*):

1. Oil of joy-Isaiah 61:3
2. Rejoicing in the Lord-Isaiah 61:3
3. Garment of Praise-Isaiah 61:3
4. Singing praises to the Lord-Psalm 9:2 & Psalm 104:33
5. Dancing and gladness-2nd Samuel 6:14 & Psalm 150:4
6. Peace-Psalm 4:18, Psalm 29:11, and 55:18

The Goal of a Spirit of Heaviness

1. To rob us of joy, which is our strength in the Lord: Nehemiah 8:10b-
...for the joy of the Lord is your strength.
2. To produce evil fruit or manifestations, such as depression, sadness, despair, hopelessness, loneliness, discouragement, rejection, self-pity, gluttony, and gloominess: Proverbs 12:25-*Heaviness in the heart of man maketh it stoop, but a good word maketh it glad.*
3. To bring us to a Spirit of Infirmary: Luke 13:11-13- *And behold there was a woman who had a spirit of infirmity eighteen years and was bowed together and could in no way lift herself up. And when Jesus saw her, he called her to him and said unto her, "Woman, thou art*

loosed from thine infirmity.” And he laid his hands on her and immediately she was made straight and glorified God.

Some Things to Rejoice Over

1. Luke 10:20-*Notwithstanding, in this rejoice not, that the spirits are subject unto you; but rather rejoice, because your names are written in heaven.*
2. Psalm 20:5-*We will rejoice in thy salvation, and in the name of our God we will set up our banners; the LORD fulfill all thy petitions.*
3. Psalm 97:1-*The LORD reigneth; let the earth rejoice; let the multitude of isles be glad thereof.*
4. Matthew 5:11-12-*Blessed are ye, when men shall revile you, and persecute you and shall say all manner of evil against you falsely for my sake. Rejoice and be exceedingly glad; for great is your reward in heaven; for so persecuted they the prophets who were before you.*
5. Luke 6:22-23-*Blessed are ye, when men shall hate you and when they shall separate you from their company and shall reproach you and cast out your name as evil, for the Son of man’s sake. Rejoice ye in that day and leap for joy; for behold, your reward is great in heaven; for in the like manner did their fathers unto the prophets.*
6. Isaiah 65:18-*But be glad and rejoice forever in that which I create; for, behold, I create Jerusalem a rejoicing and her people a joy.*

Syllogistic Logic (if a, then b; if b, then c; therefore if a, then c) of Scripture

1. Be still and Know that I am God. Psalm 46:10 *Be still and know that I am God; I will be exalted among the nations. I will be exalted in the earth.*
2. Those who are strong and know their God will do exploits. Daniel 11:32b *...but the people that do know their God shall be strong and do exploits.*
3. The joy of the Lord is our strength. Nehemiah 10:8b *...for the joy of the LORD is your strength.*
4. In His presence is fullness of joy. Psalm 16:11 *Thou wilt show me the path of life. In thy presence is fullness of joy; at thy right hand there are pleasures for evermore.*
5. Be still and know that I am God. Psalm 46:10 *Be still and know that I am God; I will be exalted among the nations. I will be exalted in the earth.*

An Attitude of Gratitude: A Sure Cure for Depression from Gene and Earline Moody's *Deliverance Manuel*

1. Account of triumph and joy at the destruction of idol worship and renewed worship of God. Ezra 3:10-12 *And when the builders laid the foundations of the temple of the LORD, they set the priests in their apparel and trumpets and the Levites, the sons of Asaph, with cymbals to praise the LORD, after the ordinance of David, king of Israel. And they sang together by course in praising and giving thanks unto the LORD, because He is good; for His mercy endureth forever toward Israel. And all the people shouted with a great shout, when they praised the LORD, because the foundation of the house of the LORD was laid.*
2. Guard your heart-life flows from it. Proverbs 4:23 *Keep thy heart with all diligence for out of it are the issues of life.*
3. You are what flows out of you. Matthew 12:35-36 *A good man out of the good treasure of the heart bringeth forth good things, and an evil man out of the evil treasure bringeth forth evil things, but I say unto you that every idle word that men shall speak, they shall give account of it in the day of judgment.*
4. Death and life are in your tongue-watch it, man! Proverbs 18:21 *Death and life are in the power of the tongue, and they that love it shall eat the fruit thereof.*
5. Anxiety-heavy heart; encouragement and help. Proverbs 12:25 *Heaviness in the heart of man maketh it stoop, but a good word maketh it glad.*
6. Formula for good success. Joshua 1:8 *This book of the law shall not depart out of thy mouth, but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein for then thou shalt make thy way prosperous and then thou shalt have good success.*
7. Think on these things. Philippians 4:8 *Finally, brethren, whatever things are true, whatever things are honest, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of a good report, if there be any virtue and if there be any praise, think on these things.*
8. Let Christ's words live in you. Colossians 3:16 *Let the word of Christ dwell in you richly, in all wisdom teaching and admonishing*

one another, in psalms and hymns and spiritual songs, singing with grace in your heart to the Lord.

9. Have what you believe and say. Mark 11:23 *For verily I say unto you, Whosoever shall say unto the mountain, Be thou removed and be thou cast into the sea and shall not doubt in his heart but shall believe that these things which he saith shall come to pass, he shall have whatever he saith.*
10. Order your conversation rightly. If you say with your lips “yea” but in your heart “nay”, you just cancelled! Psalm 50:23 *Whoso offereth praise glorifieth me; and to him that ordereth his conversation aright will I show the salvation of God.*
11. Ungrateful is high on the list of signs of the end times in personal life. Have an attitude of gratitude. 2nd Timothy 3:2 *For men shall be lovers of their own selves, covetous, boastful, proud, blasphemers, disobedient to parents, unthankful, unholy....*

“Joy, praise, gladness, thankfulness and reverence for God are all a part of gratitude. As soon as I began to be grateful in my mind and heart for all God’s goodness to me, I felt joy, peace, praise, gladness, reverence and honor for God spring up inside of me. I began to look at each problem I faced with excitement. It’s such an opportunity to watch God work. You will never escape the fact that you are in charge of your attitudes. Attitudes reside in the mind. You are in charge of that mind in your head (II Corinthians 10:5). The way you allow your mind to think will eventually become YOU (Matthew 12:35-37). Earline Moody