

A Wounded Spirit

“The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?”

(Proverbs 18:14 KJV)

“The human spirit can endure in sickness, but a crushed spirit who can bear?”

(Proverbs 18:14 NIV)

One of the components of human being is the spirit. And the spirit of man will help the man to pass through trials hardships and difficulties.

Even when the body or the soul of man is afflicted by sicknesses or infirmities, the spirit of man will sustain the man and makes him stand through the trials of sickness or infirmities.

The spirit of man will contribute to the man courage hope and perseverance in facing sicknesses and the rest of the threats against his soul and body.

The spirit of a man will sustain his infirmity; The human spirit can endure in sickness, Outward grievances are tolerable as long as the mind enjoys peace and itself is at ease. Many infirmities, many calamities, we are liable to in this world, in body, which a man may

bear, and bear up under, if he have but good conduct and courage, and be able to act with reason and resolution, especially if he have a good conscience, and the testimony of that be for him the spirit of the man had sustain his infirmity.

Much more than that is when the man is born again, and when he receives the Spirit of God witnessing and working with his spirit in days of trouble.

*That will be the testimony of us who receive the Spirit of God through receiving Christ. We will be passing through trials but trials will not be affecting us. We will be pressed and tried from every side, but we will be still going forward, “8 **We are troubled on every side, yet not distressed; we are perplexed, but not in despair; 9 Persecuted, but not forsaken; cast down, but not destroyed; 10 Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body.” (2Corinthians 4:8-10 KJV)***

***but a wounded spirit who can bear? but a crushed spirit who can bear?** The grievances of the spirit are the heaviest, and hardly man will be able to bear.*

If the spirit be wounded by the disturbance, and the sadness of the trouble, and despair after relief and cannot recover, and if the spirit be wounded by God’s wrath for sin, and the fearful expectations of judgment, then who can bear this?

Those who are with wounded spirits cannot help themselves, nor do others know how to help them. Only when they go back to God, repent and renounce of all their sins and reconcile once again with God, then their spirit will once again be revived and refreshed and be able to bear the hardship of life.

Therefore it is wisdom to keep conscience and to move away from offences and be reconciling with God. Then, He will be the one to sustain you, and His Spirit will maintain your spirit to bear under the hardship of life.

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My Prayer

Father God I come before you in the name of Jesus who died on the cross for my sins to give me eternal life. Lord thank you for your word that show me where is the point of my suffering. Lord I come back to you, I confess and renounce the following sins _____, Lord, I commit my wounded spirit in your hand to heal it and to sustain it. Lord I need your healing touch to my spirit right now in the name of Jesus. Lord sustains me in my trials and the infirmities that I am suffering from. This is my prayer in Jesus name, Amen.

**The Lord
Is
My Shepherd**

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