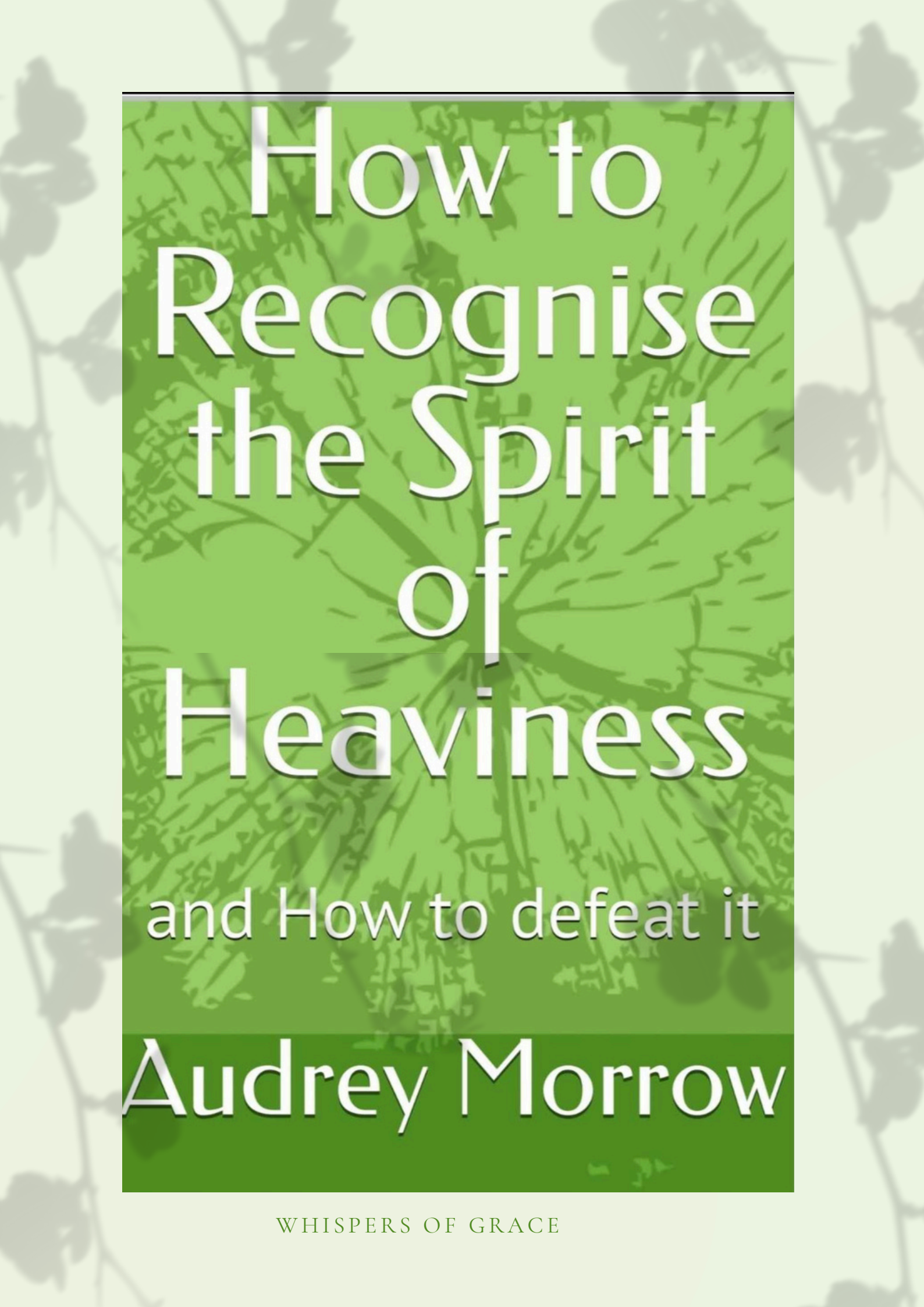




How to Recognise the Spirit of Heaviness

and How to defeat it

Audrey Morrow

WHISPERS OF GRACE

How to Recognise the Spirit of Heaviness and How to defeat it



The Spirit of the Lord is upon me “to appoint unto them that mourn in Zion, to give 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 v 3 (KJV)

What is the Spirit of Heaviness?

First of all, we have to recognise that it is a 'Spirit of Heaviness' some would call it a principality or agent of darkness, others an evil spirit.

It can attack a person, household, church congregation or fellowship, a town, a city, or even a whole nation.

If we fail to recognise it for what it really is and where it is from we will never defeat it. We will be held under its heavy weight and unable to move forward.

The Hebrew word for heaviness is
'keheh'
which comes from a root word for
"Dark, dim, obscure, colourless, gloom"



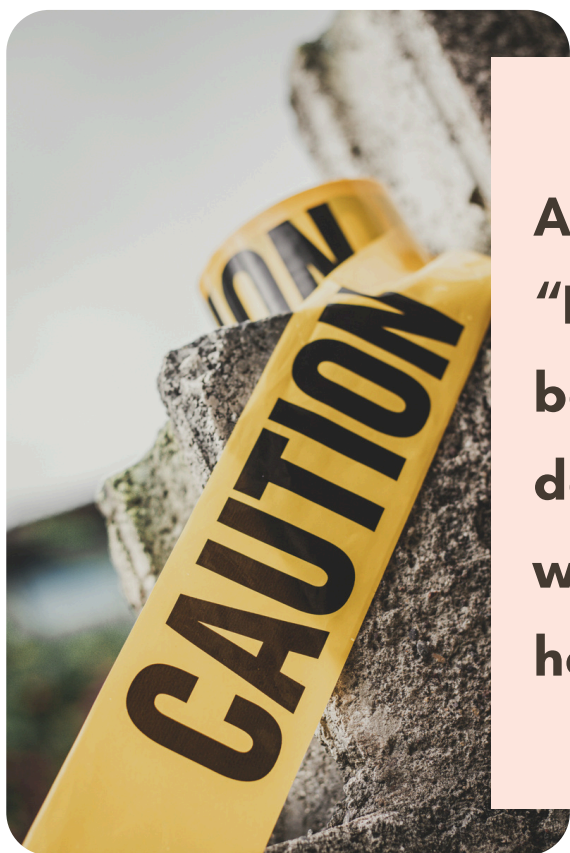
So we could describe the Spirit of Heaviness as something that seeks to keep us in the dark, to keep us from the truth and to keep us from moving forward in our lives.

How does the Spirit of Heaviness operate?

It comes like a 'dark, dim, obscure, colourless, gloomy' cloud that makes a person feel weary, heavy, tired, lacking energy and enthusiasm, unable to praise and pray like they want to, weighted down, and unable to lift themselves above it, sorrowful, weak and dull of mind.

It brings confusion, obscures the light so you can't see a way out or a way forward, it causes doubts to arise, and opens the door for other spirits like 'hopelessness', 'self-pity', 'unbelief,' and 'death'.

It lurks in the darkness waiting and looking for a weak point or moment in our lives – like a time of deep hurt, grief, or trauma and is always ready to jump when we are physically tired or distracted.



**As 1 Peter 5 v 8 (KJV) warns us
“Be sober, be vigilant;
because your adversary the
devil, as a roaring lion,
walketh about, seeking whom
he may devour:”**

The spirit of heaviness is one of the devil's agents who AS a roaring lion, roams about. It is extremely important that we acknowledge this little two letter word 'AS' – for it lets us know that Peter is not saying the devil is a roaring lion – but only that this is an example of how he acts.

In total contrast though, we know that Jesus is the Lion of the Tribe of Judah.

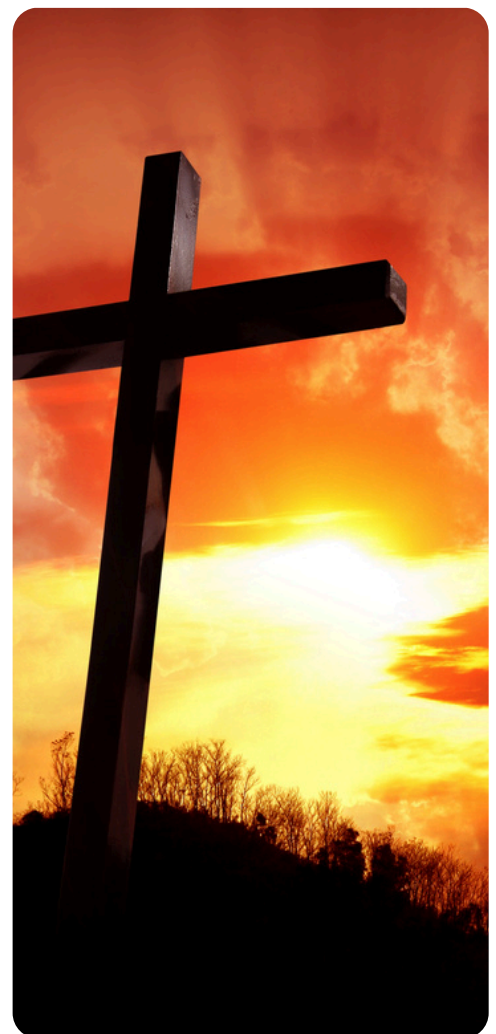
“

I love how Reinhard Bonnke put it "The Bible says that the devil is like a roaring lion (1 Peter 5:8). He comes in the darkness, and tries to frighten the children of God with his mighty roar. But when you switch on the light of the Word of God, you discover that there is no lion. There is only a mouse with a microphone! The devil is an imposter".

How does the Spirit of Heaviness come into our lives?

If you have not already accepted Jesus Christ as your Lord and Saviour, I want you to know that Jesus loves you, and he is waiting for you to call upon his name. He will not turn you away.

The Bible says the Gift of Salvation is for anyone who will believe in their heart and confess with their mouth that Jesus Christ is Lord, and that God has raised him from the dead.



You can stop right now where you are and ask Jesus to come into your life with a simple prayer just like this one.

“Lord Jesus, I acknowledge you as the Son of God, I believe that you died on the cross for my sin and that God raised you to life again. I believe you are the one true living God. I repent of my sin and of doing things my own way, come and wash me clean and make me your child. Thank you for saving me. Thank you for loving me. Amen.”

The Bible says that “by grace you are saved through faith, and this is not from yourselves, it is the gift of God; it is not from works, so that no one can boast.” Ephesians 2:8–9 (KJV).

If you have prayed, believing in your heart then welcome to the Family of God, you are now a Child of God. Please contact someone you know who is a Born Again Christian and ask them to help you and pray with you. Or if you don't know anyone, please contact us. Our contact details will be included at the end. **(please note, it is not a prayer that saves you but the one you pray to).**

After we have received the gift of salvation and received Jesus Christ as our Lord and Saviour we can then say that we have been delivered from the power of darkness and we have been translated into the Kingdom of his dear Son Jesus Christ, we are under new management, we now belong to Jesus.



Colossians 1 v 13 (KJV)

“Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:”

These two kingdoms, the power of darkness and the kingdom of God are very different. Each has its different and distinct ways of operating, with its own unique words and languages.

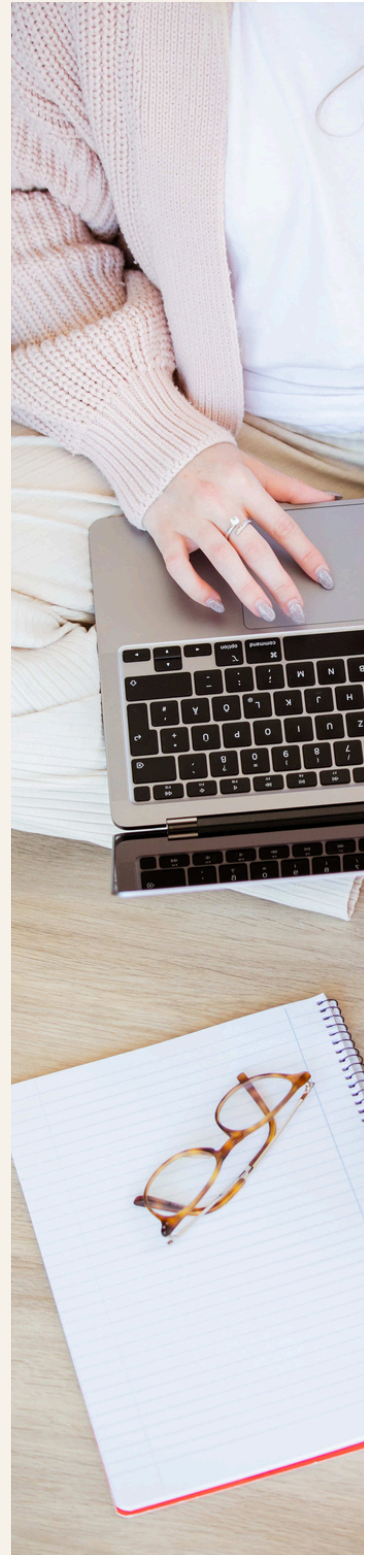
Once we have been 'translated' into the Kingdom of God by receiving his gift of Salvation through Jesus Christ, we can now begin to discover a new way to live, with new words and a new language to speak.

We have access to God's great promises and to his perfect will. Through his Word and by his Holy Spirit who teaches us.

The definition of the Word 'Translated' will help us to understand what this verse in Colossians is truly teaching us.

The Word TRANSLATED means: -

1. Move from one place or condition to another.
2. Cause (a body) to move so that all its parts travel in the same direction, without rotation or change of shape.
3. To express the sense of (words or text) in another language.
4. Be expressed or be capable of being expressed in another language.



Most people will read point 1 and 2 and understand that Colossians 1 v 13 is teaching us that we have been taken out of one place which was darkness and moved – translated – to another place which is the kingdom of God. But the true meaning is much more than that.

Look closely, it does not say we have been moved from darkness to light - it says "We have been delivered from the power of darkness"

We may look the same on the outside when we receive the gift of Salvation, and it doesn't 'look' in the natural thinking that anything has changed but in reality and spiritually – God has not just moved us out of darkness but he HAS DELIVERED us from the POWER of darkness – this means that he has lifted us up to a higher realm and higher reality and given us access to his throne of Grace where we can enter into and experience the joy of his great and wonderful promises.

This verse is letting us know that we are 'under new management' and have been set free by his great power which is far above all the power of darkness.

We are no longer subject to or controlled by the power of darkness but we have been given power and authority in Jesus Christ to choose what is right and to speak up against all that is not good.

Now as new-born babes in Christ we are commanded to discover and learn this new 'Kingdom' life, through the wisdom and knowledge of the Word of God revealed to us through the power of the Holy Spirit.

Hebrews 10 v 19 — 23 (KJV) "Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus, By a new and living way, which he hath consecrated for us, through the veil, that is to say, his flesh; And having an high priest over the house of God; Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water. Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)"

So the question is - How can a child of God come under attack from a spirit of heaviness?

The answer is simply this – by entertaining or coming into agreement with discouragement, despair, doubt, disappointment or a desire for or consideration of death which are the words and language that belong to the kingdom of darkness.

**Please take NOTE that I said
'entertaining' that is dwelling on for a
long period of time - or - coming into
agreement - that is giving the
thoughts a voice.**

I did not say by being tempted to think or speak in agreement. But actually repeatedly giving these things time and giving voice to them. By doing so you are giving it permission to wreak havoc in your will, your mind, and your emotions, eventually affecting your body with weakness, sickness, and even disease.

It is a medical understanding that if a person dwells on a negative or fearful thought for more than one day it begins to change the pathways in their brain. So that means the longer that person worries or stresses about something and is speaking about negative things the more damage is being done to the pathways of the brain.



If doctors in the natural can see the effects on our physical brain which is an organ just like our heart or lungs – then the question must be asked – What damage is being done to our Soul?

The Soul is the part of human life that even now the greatest scientists in the world have still not been able to understand.

The Soul can be explained as our Will, our Mind, and our Emotions. The soul dwells in our body – so what is damaging our soul will also cause damage to our physical body.

The Bible teaches us many things about renewing the mind, about speaking his Word, about believing and having faith in the Name of Jesus. But here are two very important but greatly overlooked scriptures that give us a new way of looking at things.

Psalm 30 v 5 says (KJV)

"weeping may endure for a night, but joy cometh in the morning".

and Ephesians 4 vs 26 and 27 says (KJV)

"Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil."

When I first discovered these verses and started to put them into practice in my own life, things really began to change for me. Both these scriptures are telling us – don't stay focused on the problem – but choose to lift our eyes and fix our focus on God and give him praise.

This may seem very difficult for you to do and you may be saying “that’s impossible because I have no control over my mind”. But I urge to you read on to discover that it is possible. You can be set free.

I love this expression that my Dad, often says “it may be difficult but it is possible”.

How can we defeat the spirit of heaviness?

Now that we know what a spirit of heaviness is, how it operates, and how it comes we are now ready to discover how we can defeat and drive it out of our way.



We may weep over a problem when it comes – but we can learn how to run to the throne of Grace to find help in the time of need.

We can learn how to turn to the greater one Jesus Christ, the one who is bigger and higher than every problem and we can choose to trust in his Word.

We can draw from his strength when we are weak. We can enter into his peace in any storm. We can stay in agreement with our God. By taking the Word of God in our mouths, speaking it out loud, while also putting on the garment of praise.

High praise to our High King is the weapon God has given to his children that will break through darkness and put the spirit of heaviness on the run.

You can pray all day and cry out to God to take it away, and you can ask others to pray for you – but it will not shift – until you – repent of coming into agreement with the words and thoughts of defeat, hopelessness, death etc. and giving them permission to come into your life.

Repent means to turn away from wrong and turn to God.

Then lift up your heart, your mind and, your hands to the Living God and give him the loudest shout of praise, lifting up his name in worship, speaking out loud his Word and giving him thanks that he is the glory and the lifter up of your head.

Declaring that you're Father in Heaven is the God of All Creation and that Nothing is Impossible to him.



As you praise him with all your heart and soul there will be a new lightness in your spirit which will cause your soul to be restored, healing and strength to flow through your body, and a clearness and peace to flood your mind.

“

**Remember nothing can be heavy
and light at the same time. We
cannot Rejoice and Worry at the
same time.**

When we pray, God sends angels to attend to our prayers but when we praise him God himself attends to us. He inhabits, which means he comes to dwell in the praises of his people.

In the Old Testament when the children of God went into battle they sent those who praised out first and God went before his people and destroyed their enemies before they even got to the battlefield. In the New Testament, we are given an even greater promise – we don't have to wait until there is a battle to praise him – **we are to REJOICE in the LORD Always.**

Many will read this and say “There has to be more to it” or “It can't be that easy”. There is more to it – it is the power of the Holy Spirit – that makes the difference.

No one can be strong in their own natural strength, but when we truly praise our God with all our hearts he strengthens us in his own strength.

It is our choice to stay in an attitude of praise and thanksgiving but it is God that lifts us up by his mighty hand. As we are filled with his peace on the inside, his peace will flow out through us and begin to change things around us.

All things are possible with our God.

The JOY OF THE LORD is our strength. True joy comes by knowing we have the right standing with the Father. When we let nothing get in the way or hinder us from entering his presence by staying close to him, having our hearts and mouths filled with his Word and praises to his name and being filled with His Holy Spirit daily.

As we Rejoice the darkness will lift and the bright clear sky of God's Love and Grace will shine through.



Here are 10 practical principles to put into practice in order to defeat the spirit of heaviness and live in and experience the Joy of God's presence every day.

As you read through each one ask the Holy Spirit to help you to understand them and to be able to experience these in your own life.

You can also add more scriptures to each principle, as you study and put each one into practice.

Doing this it will help you to understand more deeply and to experience victory more powerfully.

1. Abiding in the Vine.

John 15v5 (KJV) "I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing."

2. Be careful what you listen to.

Romans 10v17 (KJV) "faith cometh by hearing, and hearing by the word of God".

3. Look after the temple - your body.

1 Corinthians 6 v 19-20 (KJV) "know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

4. Stay in Joy.

Proverbs 17 v22 (KJV) – A merry heart doeth good like a medicine, but a broken spirit dries up the bones.

Proverbs 15 v13 (NKJV) – a merry (joyful) heart makes a cheerful countenance, but by sorrow of the heart the spirit is broken.

5. Share and increase your Joy by encouraging others.

1 Thessalonians 5 v 11 (KJV) "Wherefore comfort yourselves together, and edify one another"

6. Stop procrastinating.

Ecclesiastes 9 v 10 (NKJV) "Whatever your hand finds to do, do it with all your might; for there is no work or device or knowledge or wisdom in the grave where you are going."

7. Keep good company.

Psalms 1 v 1-2 (KJV) "Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night."

8. Keep a record of your blessings.

Psalms 103 v 2 (KJV) "Bless the Lord, O my soul, and forget not all his benefits"

Colossians 3 v 2 (NKJV) "Set your mind on things above, not on things on the earth"

9. Experience the beauty of the things you love and celebrate the gifts and talents God has given to you.

Psalms 139 v 14 (KJV) "I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well"

10. Pursue Rest.

Matthew 11 v 28-30 (NKJV) "Come to Me, all you who labour and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

True Joy can only be discovered in the presence of our Heavenly Father and real rest can only be found in Jesus Christ.

Lies only binds and blinds — BUT – Truth sees and frees

God is Light and in him is no darkness – the enemy is darkness and there is no light in him.

The Spirit breathes upon the Word, and brings the truth to sight. We see in Ephesians 1 v 15–23 (KJV) a beautiful and powerful prayer that we can pray today.

Wherefore I also, after I heard of your faith in the Lord Jesus, and love unto all the saints, Cease not to give thanks for you, making mention of you in my prayers; That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints, And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power, Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places, Far above all principality, and power, and might, and dominion, and every name that is named, not only in this world, but also in that which is to come: And hath put all things under his feet, and gave him to be the head over all things to the church, Which is his body, the fulness of him that filleth all in all.

My personal testimony

I am a mother of 4, and I have had many trials and times of stress and cause for worry. There was a time that I was so tired and weary, that it didn't matter how much I slept, I always wakened just as tired. It felt like a constant weight on my shoulders.

I am a praise leader, and what I discovered was that when I began to sing and to shout praises to my God, I would feel a relief come upon me. It was like a breath of fresh air. I started to desire that same peace more and more. I wasn't satisfied to experience a little relief now and then. I started asking the Holy Spirit to help me to experience that lovely peace more and more.



Little by little, I began to rejoice more and more, until I discovered that – My God is always with me, he never leaves me and he never forsakes me.

He is the very air that I breathe, He is my Healer, and He is my Strength.

Audrey Morrow

Every night before I went to bed, I would listen to teaching that was full of faith. First thing in the morning I would pray and thank God for a new day. I would think upon his great promises and speak them out loud. I began to discipline myself to talk to God about everything and refuse to focus on a problem no matter how simple it was. Instead I would ask the Holy Spirit to let me know “What God has to say about this”.

I began asking for a word, a scripture that would give me wisdom and strength. And I began to deal with things right there and then. I would not wait for Sunday Morning Service or Prayer meeting to pray about it, I began to stop and talk to God immediately. Energy and joy started to flow and everything began to get brighter and lighter.



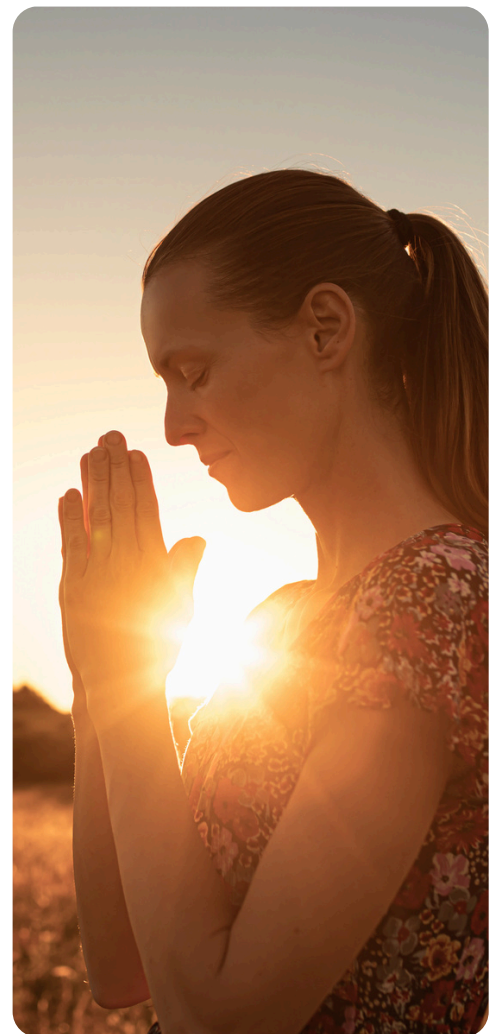
“

I want to share the words of a little praise song that I wrote, it expresses what I have experienced and I hope it blesses and sparks a fire in your spirit.

My God is Mighty

My God is Mighty, My God is Awesome
My God is faithful and true
I'm fully persuaded, fully persuaded
That My God is able to do what He
promised to do

I've given up fear, I've given up doubt
I've made up my mind to believe
I'm learning his Word and I'm learning to
pray
I'm resting in Christ everyday



Whispers Of Grace

Publishing the Good News of the Gospel through blogs, videos and testimonies.

Our Aim is to teach and share the principles of God's Word and Truth that makes you free and empowers you to experience his purpose in your lives.

For other resources you can find us on www.whispers-of-grace.uk

OTHER BOOK TITLES

Breaking Limitations – One Day at a Time

Pillars of Fire on the Earth

Breaking Free from the Fear of Abandonment

It's Time to Shine

Promotion comes from God

First things First – how to seek first the Kingdom of God

Beauty in Brokenness

www.whispers-of-grace.uk
