

# “STATE”

Definitions and Terminology:

- A mode or condition of being.
- The way in which one manifests existence or the circumstances under which one exists.
- Position or rank

There are three things that will determine the course of our life:

Package -	what God has given us (design composite, graces, abilities)
Power of choice -	what we have done with what He has given us
State -	the condition (circumstance, position) we are presently in

**Our state will drive our choices.**

- It will affect the quality of choices that we make.

There are 2 types of state:

Empowered or disempowered
Expanded or constricted
Resourceful or un-resourceful

**How do we become empowered?**

**Own your state** --- take responsibility for it!

**Self-talk** → - is your “confession” (of agreement.)

- What are you saying to yourself (that is either empowering or disempowering you)?
- 80% of self-talk is subliminal.
- Self-talk gives meaning to what you are doing.

**Receive revelation of who you are as a “new creation” in Christ.**

Believe (trust) in the "higher reality" that (Christ has provided) until it changes your feelings.

Philippians 4:4-9 – Paul teaches how to control our state (by dispelling fear and releasing peace) through rejoicing, giving thanks, and thinking on certain things.

- By receiving the love of God,
- By understanding the reality of your "spiritual state" in Christ,
- By expressing (by faith) that reality,
- By maintaining power over your thought life.

v.11 → **state** (Greek "*peri*" / Eng. peril) – circumstance, occasion, matter, concern

\* Paul was able to overcome any external "peril" through internal power!

Our position in Christ (spiritual state) supercedes our physical state (and can subsequently take us out from under the power of our physical circumstances).

- It is a "spiritual reality" that is higher than any physical reality we are in.
- It is the Life of God that is released through the "power of the resurrection."

### How do we become disempowered?

By allowing our "flesh" to take over.

By trusting in feelings or other temporal evidence.

Through un-renewed areas of our soul (that become constraints)

Is your state determined by "inner transformation" or "external circumstances?"

See 2 Corinthians 4:8 -

### State is the by-product of focus.

- What gets your attention gets you.
- Has anything shifted your focus to a disempowering state?
- What you focus on, you make room for.

### Guard your state → manage it!

- Submit your body (discipline) → Physiology
- Renew your mind (truth) → Self-talk
- Release your spirit (faith) → Focus



Exercise:

Make a list of the “spiritual realities” that Scripture teaches are part of the “state” of those who are in Christ.

Righteousness  
Holiness  
Health  
Prosperity  
Peace  
Joy  
Edified  
Rest (for your souls)  
TUA (Total Unconditional Acceptance - Love)  
Strength (in the Lord)  
Forgiven  
Victor  
More than conqueror  
Power (to tread on serpents and scorpions)  
Power / Love / Sound mind (self control)  
Temperance  
Overcomer / overcoming the world (through faith)  
Godliness (with contentment)  
Sonship  
Transformed (mind / thoughts / imaginations)  
Faith  
Steadfastness / unmoveable  
Liberty  
Glory