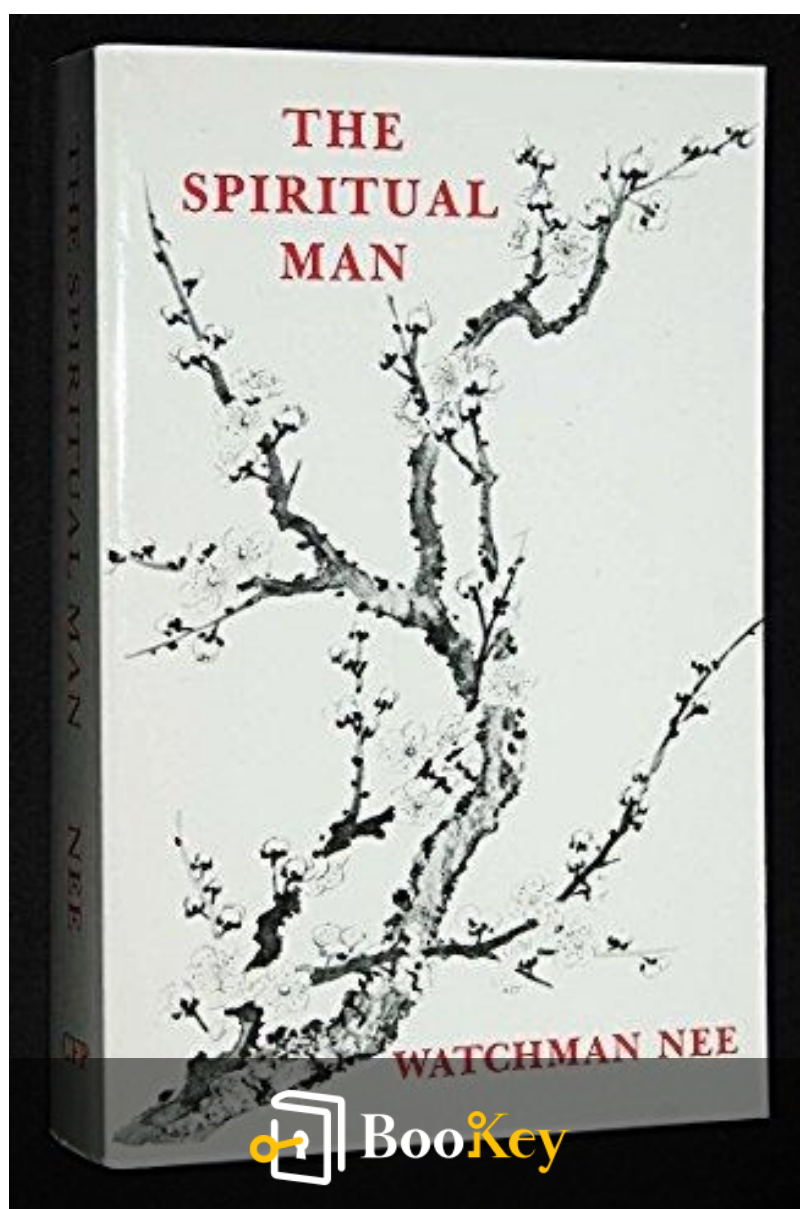


Spiritual Man PDF

Watchman Nee



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About the book

In "Spiritual Quest," Watchman Nee invites readers on a profound journey of spiritual discovery and growth. This timeless work explores the depths of the Christian faith, offering insightful reflections on the path to a deeper relationship with God. With clarity and conviction, Nee addresses the complexities of spiritual life, guiding readers through the essential principles of faith, prayer, and divine fellowship. His teachings serve as both a challenge and an encouragement, urging individuals to cultivate a vibrant spiritual life rooted in the truth of Scripture. This accessible and thought-provoking book remains a valuable resource for anyone seeking to deepen their understanding of spirituality and enhance their walk with God.

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About the author

Watchman Nee was a prominent Chinese Christian author and church leader born on November 4, 1903, in Foochow, China. Renowned for his profound insights into the spiritual life and his emphasis on the believer's relationship with Christ, Nee played a significant role in the early 20th-century church movement in China, founding the local church movement and writing extensively on Christian doctrine and spirituality. His works, such as "The Normal Christian Life" and "Spiritual Authority," explore themes of spiritual growth, the nature of the church, and the believer's identity in Christ, influencing countless readers worldwide. Despite facing persecution and imprisonment for his faith, his writings continue to inspire individuals seeking a deeper understanding of Christian life and practice. Watchman Nee's legacy endures through his teachings, which emphasize a personal and intimate walk with God.

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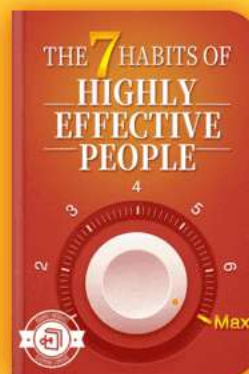
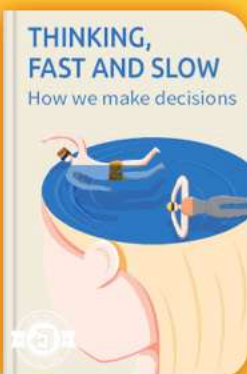


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Summary Content List

Chapter 1 : THE FLESH

Chapter 2 : THE SOUL

Chapter 3 : THE SPIRIT

Chapter 4 : AN ANALYSIS OF THE SPIRIT

Chapter 5 : WALKING AFTER THE SPIRIT

Chapter 6 : THE ANALYSIS OF THE SOUL—EMOTION

Chapter 7 : THE ANALYSIS OF THE SOUL—THE MIND

Chapter 8 : THE ANALYSIS OF THE SOUL—THE WILL

Chapter 9 : THE BODY

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Chapter 1 Summary : THE FLESH



Chapter 1: The Flesh and Salvation

Understanding the Flesh

- In the Bible, “flesh” signifies the unregenerated human nature, which encompasses everything a person is prior to salvation.
- Man originally comprised spirit, soul, and body but became fleshly when he yielded to sin, losing the authority of the spirit and becoming enslaved to bodily desires.
- The term “flesh” can refer to different contexts, including the physical body, human nature, and all humanity in general.



The Nature of Flesh

- Jesus teaches that "that which is born of the flesh is flesh," highlighting the intrinsic nature of all people born through human lineage as fundamentally fleshly, regardless of their character or moral standing.
- Humans, regardless of upbringing or actions, cannot change their fleshly nature through education or moral efforts.

The Unregenerated Man

- An unregenerated person lives following the desires of the flesh and is spiritually dead, unable to please God.
- Sin's power over the fleshly nature causes individuals to struggle without recognizing their weakness and domination by sin.

God's Salvation

- Salvation does not attempt to improve the flesh but rather offers new life in Christ through the process of regeneration, allowing believers to overcome the flesh without changing its corrupt nature.



The Conflict Between the Old and the New

- Regeneration introduces a battle between the old fleshly nature and the new spiritual life, where the believer must learn to distinguish between the two, combating the desires of the flesh through reliance on the Holy Spirit.

The Fleshly Believer

- Many believers fall into a state of carnal existence, failing to recognize the necessity of living out their spiritual identity and instead being influenced by their flesh.

- Spiritual development is essential, but neglect can lead to stagnation and an unspiritual life.

The Sins of the Flesh

- The manifestations of the flesh include both sinful behaviours and self-righteous acts, which stem from human nature and oppose the Holy Spirit.

- The believer must allow the Holy Spirit to convict them of both sin and self-righteousness to receive genuine transformation.



God's View on the Flesh

- God views all fleshly acts as futile, whether bad or good, and requires a complete surrender to the cross, recognizing the flesh's inability to please Him.
- True righteousness can only be achieved through dependence on the Holy Spirit, which entails constant vigilance against the flesh's influence.

The Necessity of Death

- The flesh must be rejected entirely through crucifixion; the believer must embrace the cross's power to die to self and live in accordance with the Spirit.

Final Exhortation

- Christians are urged to maintain an attitude of self-denial and commitment to God's will, depending on the Holy Spirit rather than their strength or abilities.
- There is a profound relationship between acknowledging one's fleshly nature, accepting the cross, and relying on the Holy Spirit to live a victorious and sanctified life.



Chapter 2 Summary : THE SOUL



Component	Summary
Deliverance from Sin	Romans 6 teaches that believers can experience liberation from sin upon accepting Jesus, a common inheritance for the newly born in Christ.
Understanding Sin, Old Man, and Body of Sin	Sin is the root of sin; the old man represents inherited sinful nature from Adam; the body of sin is the instrument for committing sin. Liberation involves recognizing the old man's crucifixion with Christ.
God's Way of Salvation	It challenges the belief that sin can be eradicated or suppressed; true victory comes from acknowledging the old man's crucifixion and relying on God's revelation.
The Role of Reckoning and Yielding	Deliverance requires reckoning oneself dead to sin and alive to God, along with yielding all members as instruments of righteousness, necessitating faith and obedience.
The Dangers of Living in the Soul	Cautions against confusing soulish experiences with true spirituality; believers may achieve behavior modification but remain spiritually shallow if they operate from the soul.
The Soul Life	The soul influences behavior even after regeneration, leading to struggles when believers rely on natural strengths rather than being spirit-led.
Identifying Soulish Experiences	Characteristics of soulish believers include emotional sensitivity and pride, leading them to base joy on feelings instead of faith, causing spiritual inconsistency.
The Cross and the Life of the Soul	To live spiritually, believers must embrace the cross, which requires denying the natural self and soul life, leading to a continuous surrender to the Holy Spirit.
Discerning Spirit and Soul	Emphasizes the need for the spirit's authority over the soul to distinguish between soulish and spiritual living.
Practical Steps Toward Separation of Spirit and Soul	Practical advice includes recognizing the need for separation, earnest prayer, and obedience to the Holy Spirit.
Spirit's Control Over the Soul	Describes the outcome of surrendering the soul to the Spirit, resulting in trust, obedience, love for God and others, and spiritual prosperity, allowing the soul to manifest God's glory.



Chapter 2 Summary: Spiritual Quest - The Soul, Deliverance from Sin and the Soul Life

Deliverance from Sin

Romans 6 presents the Christian foundation for deliverance from sin, emphasizing that believers can experience this liberation at the moment of accepting Jesus. This deliverance is suggested to be a common inheritance for all who are newly born in Christ.

Understanding Sin, Old Man, and Body of Sin

Key concepts include "sin" as the root of sin, the "old man" which represents the inherited nature from Adam, and the "body of sin" that serves as an instrument for sinning. The chapter explains the interaction of these elements, emphasizing that true liberation from sin involves recognizing the crucifixion of the old man with Christ.

God's Way of Salvation



The misconception that one can eradicate sin or simply suppress the body for spiritual victory is challenged. Instead, the true way involves acknowledging that the old man has been crucified with Christ and relying on God's revelation.

The Role of Reckoning and Yielding

Two essentials for experiencing deliverance are to reckon oneself dead to sin and alive to God, and to yield all members as instruments of righteousness to God. This requires faith and obedience from the believer.

The Dangers of Living in the Soul

The text cautions against mistaking soulish experiences for true spirituality. Many believers may overcome sin yet still operate largely from their soul, leading to shallow spiritual lives. The author stresses that the soul should be brought under the spirit's control to foster true spiritual maturity.

The Soul Life

The soul is described as the natural life that continues to exert influence post-regeneration. The struggle arises when



believers attempt to live spiritually while relying on natural strengths, resulting in soulish living instead of spirit-led lives.

Identifying Soulsh Experiences

The author outlines characteristics of soulsh believers, such as emotional sensitivity, overactivity, and pride. They may find joy in spiritual experiences based on feelings rather than faith, which can lead to inconsistencies in their spiritual walk.

The Cross and the Life of the Soul

To truly live spiritually, believers must engage with the cross, which necessitates denying their natural self and soul life. The cross demands continuous surrender, allowing the Holy Spirit to fill and direct the believer.

Discerning Spirit and Soul

Believers are urged to understand and accept the need for the spirit's authority over the soul, establishing a clear distinction between a soulsh and spiritual life.



Practical Steps Toward Separation of Spirit and Soul

The text offers practical advice for this process, including recognition of the necessity for separation, earnest prayer for this experience, and continued obedience to the Holy Spirit.

Spirit's Control Over the Soul

Finally, the chapter presents the outcome of surrendering the soul life to the Spirit, resulting in a triumphant living characterized by trust, obedience, and genuine love for God and others, lifting believers into a state of spiritual prosperity. The overall goal is a complete transformation, where the soul becomes a vessel for the Spirit, allowing for the true manifestation of God's glory in the believer's life.



Example

Key Point: Understanding the Crucifixion of the Old Man

Example: Recognizing that your old self was crucified with Christ is vital for true liberation from sin; consider your own life, where holding on to past mistakes or identity can imprison your spirit, hindering growth.



Critical Thinking

Key Point: The Concept of Spiritual Deliverance vs. Soulful Living

Critical Interpretation: The chapter underscores that deliverance from sin requires a profound understanding of one's identity in Christ, specifically that the 'old man' is crucified. However, one might question whether Nee's reliance on the duality of spirit and soul adequately addresses the complexities of human psychology and spirituality. Critics suggest that such clear-cut distinctions may oversimplify the human experience and can lead believers to neglect the richness of their emotional and intellectual selves as part of their spiritual journey, advocating a more integrated approach to spirituality. For a more nuanced view, readers might refer to Kieran Flanagan's 'Faith and Human Flourishing' which delves into the interaction of spirituality and psychological well-being.



Chapter 3 Summary : THE SPIRIT

Section	Summary
The Holy Spirit and the Believer's Spirit	Many believers misunderstand their spirit, leading to issues in their relationship with God and spiritual warfare. Regeneration is essential for reviving the spirit and facilitating communion with God, through the Holy Spirit's indwelling.
The Role of the Holy Spirit in Regeneration	The Holy Spirit applies Christ's work to believers' hearts, reviving their spirits and guiding them. It is crucial for believers to submit to the Holy Spirit for genuine spiritual growth.
A Spiritual Man	A spiritual man obeys the Holy Spirit, allowing it to lead their thoughts, emotions, and will. Spiritual growth involves resisting the flesh and understanding the spirit versus the soul.
Spiritual Work and Power	Spiritual work originates from the believer's spirit, aiming to benefit others. It depends on surrendering to God's direction and requires active engagement to overcome adversities.
Spiritual Warfare	Spiritual warfare is a reality for aware Christians, needing vigilance and the use of spiritual weapons provided by God. Continuous prayer and reliance on God strengthen the believer's spirit.
Cautions in Spiritual Warfare	Believers should guard against passivity and misunderstanding of spiritual work, ensuring active cooperation with the Holy Spirit to avoid deception.
Prayer and Spiritual Effectiveness	Prayer should originate from an understanding of God's will, influenced by the Holy Spirit, and arises from the believer's spirit. It is key for personal growth and warfare.
Conclusion: Spiritual Living	Spiritual living requires active engagement, vigilance, and readiness to follow the Holy Spirit's guidance, focusing on serving God and others while pursuing growth.

Chapter 3 Summary: The Spirit

The Holy Spirit and the Believer's Spirit

Many believers lack an understanding of their human spirit, resulting in a struggle to differentiate between their spirit, soul, and body. This lack of awareness negatively impacts their relationship with God, self-control, and spiritual



warfare. Recognizing and understanding the operation of their spirit is vital for spiritual growth and victory over sin. Regeneration is necessary as it revives the fallen human spirit, allowing for communion with God. This regeneration, initiated by Christ's sacrifice, enables believers to have both a new spirit and the indwelling of the Holy Spirit, which is essential for spiritual life and guidance.

The Role of the Holy Spirit in Regeneration

The Holy Spirit plays a crucial role in the process of regeneration, applying the work of the cross to the believer's heart. It is the Holy Spirit who brings new life to the deadened spirit at regeneration and continues to dwell within the believer to guide and empower them. This indwelling emphasizes the importance of recognizing and submitting to the Holy Spirit, rather than relying solely on personal efforts or knowledge for spiritual growth.

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Chapter 4 Summary : AN ANALYSIS OF THE SPIRIT

Summary of Chapter 4: An Analysis of the Spirit

1. Intuition

To truly understand spiritual life, one must analyze the spirit and its functions. The spirit consists of three primary functions: intuition, communion, and conscience. Intuition, as a function of the spirit, allows a believer to sense God's will directly, without the influence of reasoning or external factors. This intuitive sense is how the Holy Spirit communicates with the believer.

2. The Functions of the Spirit

The spirit's primary functions—intuition, communion, and conscience—are intertwined. Intuition directly conveys God's thoughts, communion allows believers to worship and interact with God, and conscience acts as a moral compass,



warning against sin and affirming righteousness.

3. Intuition in Depth

Intuition is described as a spiritual sense that provides immediate awareness of God's will. Unlike emotions or rational thought, intuition operates quietly within the spirit and is foundational for spiritual life. It's crucial for discerning the voice of the Holy Spirit and differentiating it from one's own thoughts or external influences.

4. The Anointing of God

The anointing of the Holy Spirit teaches believers intuitively. It is through this anointing that the spirit comprehends and knows spiritual truths. The distinction between knowing (which springs from intuition) and understanding (which comes from the mind) is emphasized. The Holy Spirit's anointing helps believers recognize truth intuitively.

5. Discernment and Revelation

The anointing also aids in distinguishing between truth and falsehood, which is critical in today's world filled with



misinformation. Spiritual discernment is not dependent on intellect but rather on the intuitive function of the spirit empowered by the Holy Spirit. Revelation, as a form of knowledge received by the spirit, is crucial for genuine communion with God.

6. Communion

True communion with God is facilitated through the regenerated spirit. Worship and fellowship require an alignment with God's nature, underscoring the importance of spiritual rebirth and the proper exercise of the spirit.

7. Conscience

Conscience acts as the moral guide for a believer, indicating right from wrong by expressing God's holiness. It is essential for maintaining a clear relationship with God and is intricately linked to the functions of intuition and communion. The state of one's conscience reflects their spiritual health and relationship with God.

8. Importance of Conscience in Spiritual Life



A quickened conscience, which is awakened at regeneration, plays a vital role in guiding believers away from sin and towards holiness. A clear conscience is essential for effective communion with God, and believers should actively heed its guidance to maintain spiritual vitality.

9. The Role of Knowledge

Knowledge informs conscience but is limited in its capability to discern spiritual realities. What is acceptable for one believer may not be for another based on their level of spiritual understanding. Thus, believers are encouraged to act according to their conscience, which serves as their current standard of God's will.

10. Concluding Insights

The interplay between intuition, communion, and conscience together forms a framework through which believers can foster a deeper relationship with God. Continuous spiritual growth involves obeying the voice of conscience while seeking to enrich the spirit's intuition, ultimately leading to effective stewardship of one's faith.

This chapter emphasizes the necessity of regeneration and



spiritual discernment, illustrating that true spirituality is rooted in the functions of the spirit that have been awakened by the Holy Spirit.

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Critical Thinking

Key Point: The Nature of Intuition in Spiritual Life

Critical Interpretation: Watchman Nee posits that intuition is a divine sense that allows believers to directly discern God's will, a concept rooted deeply in Christian mysticism. However, the assertion that intuition, rather than intellect or empirical evidence, is the primary channel for understanding spiritual truths can be seen as limited. While many may experience deep personal convictions or glimpses of insight they attribute to intuition, skeptics argue that this can intertwine with psychological phenomena, such as cognitive biases or wishful thinking. Furthermore, various theological perspectives suggest that intellect and rational inquiry play vital roles in understanding faith, contrasting with Nee's perspective. For instance, theologians like Thomas Aquinas emphasize the harmony between faith and reason. Therefore, readers should consider Nee's framework of intuition critically, acknowledging that personal spiritual experiences may vary greatly and not all believers may interpret their discernments in the same way. Sources such as "Faith and Reason: A Philosophical Introduction" by William



L. Rowe can provide additional context on the relationship between intuition, reason, and spiritual understanding.

Chapter 5 Summary : WALKING AFTER THE SPIRIT

Chapter 5 Summary: Walking After the Spirit

1. The Dangers of Spiritual Life

Walking daily after the spirit is essential for Christians as it keeps them spiritually alive, helps obey God's will, and protects against Satan's attacks. Many believers struggle with interpreting their spiritual experiences and may confuse insights with personal thoughts, resulting in inconsistent spiritual lives. Recognizing the differences between the operations of the spirit and the soul is crucial to avoid being misled. Believers should also be cautious of self-examination that encourages pride or self-pity instead of a healthy analysis that fosters spiritual growth.

2. The Laws of the Spirit

Understanding the laws of the spirit is vital for effective



spiritual life. Key concepts include maintaining a light and free spirit, recognizing oppression or blockage caused by external or internal factors, and differentiating between burdens from God that call to action versus weights imposed by the enemy. Believers must actively engage their minds to support the spirit, especially when direct spiritual insights seem absent. Engaging with the mind can reignite the spirit's activity and facilitate spiritual tasks, such as prayer and intercession.

3. The Principle of Mind Aiding the Spirit

The mind assists the spirit in navigating spiritual life. When the spirit is inactive, the mind can initiate actions such as prayer or exploring needs, prompting the spirit to engage again. This collaborative relationship is crucial for spiritual warfare, where the mind helps the spirit remain active and discerning.

4. The Conditions of the Spirit

Believers must maintain their spirit in a healthy state to walk spiritually. The spirit can be oppressed, overly active, or defiled, and identifying its condition is critical. A strong,



contrite, and joyful spirit is necessary for effective spiritual engagement. Traits like lowliness, gentleness, and a controlled temperament are essential for a believer's spirit to connect with God and with others.

5. The Significance of a Holy Spirit

The spirit must remain holy, free from sin and the enemy's influence, to sustain a genuine walk of faith. A spirit full of God's grace enhances connection with the Lord, while a spirit in turmoil can negatively influence spiritual life and work. Therefore, continual communion with God is fundamental to preserving a vibrant spiritual life.

6. Conclusion

To successfully walk after the spirit, believers must understand its laws, conditions, and how to collaborate with the mind. They should stay alert to spiritual dangers, maintain their spirit's health, and foster a supportive relationship between the spirit and mind. The ultimate aim is to thrive spiritually, remaining sensitive to God's leading, and prepared for His return.



Example

Key Point: The importance of recognizing the differences between the workings of the spirit and soul.

Example: Imagine you're navigating a dense forest at dusk where shadows play tricks on your eyes. As you tread carefully, you must discern whether the rustling you hear is just the wind or a lurking predator; this distinction mirrors the need for you to differentiate between the insights of the Holy Spirit and your own thoughts. Embracing the guidance of the Spirit can illuminate your path, helping you evade spiritual pitfalls and fulfill God's will with clarity and purpose.



Critical Thinking

Key Point: The Importance of Differentiating Between Spirit and Soul

Critical Interpretation: One key point from the chapter summary of 'Spiritual Man' by Watchman Nee is the critical importance of differentiating between the spirit and the soul in the Christian spiritual experience. Nee suggests that misinterpreting these two aspects can lead to confusion in spiritual life, where believers risk mingling their personal thoughts with divine insights. This distinction emphasizes that spiritual growth relies not only on emotional and intellectual engagement but on a deeper understanding of the soul's tendencies versus the spirit's leading. While Nee's view is compelling, it is worth considering alternative perspectives on the integration of spirit and soul, such as those found in the works of Peter Kreeft or Richard Foster, which may argue for a more holistic approach to spiritual development.



Chapter 6 Summary : THE ANALYSIS OF THE SOUL—EMOTION

THE ANALYSIS OF THE SOUL—EMOTION

1. The Believer and Emotion

A Christian may experience forgiveness of sin yet remain soulish and unable to overcome their natural life without the Holy Spirit's deeper work of the cross. Soulsh Christians are often governed by emotions, which dominate their behavior, making their lives unstable and wavelike. They tend to react with extreme feelings—joy can swiftly lead to sorrow, and fervor can turn into apathy.

2. The Function of Emotion

Emotions encompass a broad spectrum of feelings, including joy, sorrow, and anxiety. Soulsh believers often succumb to these changeable emotions, which interfere with walking in the spirit. An effective believer learns to overcome emotions



to cultivate spiritual growth, as true spirituality involves the crucifixion of emotions to allow the spirit to govern.

3. Inspiration and Emotion

Emotion is often confused with inspiration; feelings arise from external stimuli, while inspiration comes from the Holy Spirit within. A spiritual person may still experience emotions, but those feelings must not dictate their actions. Authentic love for God should not be contingent solely upon emotional experiences.

4. The Proper Use of Emotion

Emotions can be redeveloped through the cross, allowing them to serve the spirit rather than dominate it. The emotional life should be submitted to the will of God, wherein affection and desires are aligned entirely with His

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Chapter 7 Summary : THE ANALYSIS OF THE SOUL—THE MIND

THE ANALYSIS OF THE SOUL—THE MIND

1. The Mind a Battlefield

The mind serves as the organ of thought and a battleground for spiritual conflicts, where good and evil contend. Before regeneration, the mind becomes a target for Satan and his forces, rendering it susceptible to various deceptive thoughts. Apostle Paul describes this warfare, emphasizing the need for believers to take every thought captive to obey Christ, as the mind is crucial in this spiritual struggle. Unbelievers are often blinded by Satan, leading to hardened minds that resist the truth of God.

2. After Regeneration

Post-regeneration, believers may still experience attacks on their minds. While saved, their thoughts can be led astray by



doubts and false teachings. Paul cautions that believers must guard their minds against deception, recognizing the ongoing battle between divine truth and satanic lies. The mind must be renewed to align thoughts with God's will, as many believers hold onto old, incorrect notions.

3. A Mind under the Attack of the Evil Spirits

Many Christians experience unmanageable thoughts, forgetfulness, and a lack of concentration due to the influence of evil spirits. Symptoms may include insomnia, confusion, and vivid daydreams, suggesting a loss of control over one's mental life. Moreover, the power of evil spirits can lead to vacillation in belief and behavior, resulting in a lack of consistency in one's spiritual walk.

4. The Way of Deliverance

When a believer recognizes mental attacks from evil spirits, they must search for deliverance. The individual must confront lies they have inadvertently accepted and reclaim their mind from passivity. Deliverance includes bringing every thought under God's authority, renewing the mind, and actively resisting the deception of evil spirits. Consistent



effort is required to recover lost ground and assert authority over one's mental faculties.

5. The Mind Renewed

A renewed mind is essential for overcoming past mental struggles. God desires a believer's mind to be fully transformed and aligned with His will, requiring the believer to actively reject the old mindset. This renewal involves bringing every thought into obedience to Christ, a process that is ongoing and requires vigilance. The believer must learn to distinguish between thoughts from their old nature and those brought by the Holy Spirit.

6. The Laws of the Mind

To ensure a spiritual and effective mindset, believers must understand the laws governing the mind. The mind should work in harmony with the spirit to comprehend and carry out God's will. Maintaining a spiritually open mind allows truth to enter and flourish, while a controlled mind prevents negative or untrue thoughts from taking root. Regular interaction with God's Word helps reinforce this renewal and understanding.



7. Conclusion

In summary, spiritual maturity requires a vigilant and active engagement in renewing the mind. The believer must recognize spiritual attacks, pursue deliverance, and strive for a mind fully aligned with God's truth. Continuous growth and renewal enable Christians to experience the fullness of life in Christ, ensuring their thoughts contribute positively to their spiritual journey.



Chapter 8 Summary : THE ANALYSIS OF THE SOUL—THE WILL

Chapter 8 Summary: The Analysis of the Soul—The Will

1. The Importance of the Believer's Will

The will is the decision-making organ of a person, representing one's true self and volition. It affects emotions and thoughts but fundamentally communicates one's desires. Spiritual growth necessitates understanding and yielding the will to God since real salvation entails a transformation of the will. Emotional or rational experiences alone do not signify true spirituality unless they are accompanied by a volitional commitment to God's will.

2. The Concept of Free Will

Every individual possesses a free will, an essential element of their sovereignty. God respects man's free choice,



allowing him to obey or rebel against divine commands. The opportunity for human choice underscores the importance of personal responsibility in responding to God's will.

3. The Fall and Its Consequences

Mankind's fall has tragically corrupted the will, aligning it with the opposing will of Satan. This spiritual captivity renders man unable to choose good without divine intervention, making the regeneration of the will crucial for authentic spiritual life.

4. Spiritual Death and Renewal of the Will

Salvation involves the death of self-will and the renewal of the will to align with God's desires. This transformation is marked by a conscious decision to live by God's spirit, rejecting the direction of the enemy.

5. Submissive Will and Spiritual Growth

Salvation entails both a cutting away from self and a uniting with God. True spiritual life is identified by yielding the will to God, actively participating in His work rather than merely



seeking feelings or intellectual knowledge.

6. The Dangers of Passivity

Many believers fall into spiritual passivity, mistakenly interpreting submission as inactivity. This state allows evil spirits to gain a foothold, leading to a cycle of deception, passivity, and suffering.

7. The Law of Cause and Effect

Sin provides a ground for evil spirits to operate. Positive acts of sin linger as invitations for demonic influence, while negative sins manifest as passivity of will. Both types allow the enemy to exert influence over the believer's life.

8. The Role of Knowledge in Deliverance

Awareness of spiritual truths is vital for overcoming passivity and deception. Recognizing the workings of evil spirits and understanding the principle of spiritual life enables believers to reclaim their voluntary use of will.

9. The Path to Freedom



To reclaim lost ground from the enemy, believers must actively engage their will through resolution, choice, and resistance against the forces of darkness. Embracing the knowledge of their true state allows for the restoration of self-control and the full expression of the spirit.

10. True Guidance and Self-Control

A mature Christian relationship with God requires the active exercise of will in obedience. Each believer must engage their will to pursue divine guidance while maintaining control over their spirit, mind, and body. True self-control allows the believer to align their actions with God's will without losing their personal volition.

Conclusion

The essence of spiritual growth and genuine salvation lies in the engagement of the believer's will. Active cooperation with God's leading, awareness of spiritual realities, and the conscious exercise of personal choice are critical for defeating passivity and fostering a vibrant relationship with God.



Chapter 9 Summary : THE BODY

Chapter 9 Summary: The Believer and His Body

Understanding the Body's Role

The physical body holds significant importance in God's purpose. It is interconnected with spirituality, influencing our development as believers. A healthy body is as crucial as a renewed spirit and soul, and neglecting it can hinder spiritual growth.

The Holy Spirit's Influence on Our Bodies

Romans 8 expresses the relationship between the Holy Spirit and the believer's body. Although our bodies are affected by sin, our spirits are alive due to Christ's righteousness. The Holy Spirit is active in providing life to our mortal bodies through His presence in us, emphasizing our duty to cooperate with His work.

Experiences of Physical Weakness



Believers often face a disparity between their spiritual vitality and physical health. Illness can impede spiritual work, and understanding this truth is essential for one's spiritual journey. Emotional and physical well-being are linked, and neglecting either can lead to a cycle of weakness.

The Body's Relationship to Christ

The believer's body is a member of the body of Christ, signifying unity and purpose. This union means that the life of Christ should manifest in our physical forms. Believers are called to present their bodies as living sacrifices, relying on God for strength and well-being.

Sickness and Spiritual Growth

Sickness is often linked to sin and can serve as chastisement

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Best Quotes from Spiritual Man by Watchman Nee with Page Numbers

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Chapter 1 | Quotes From Pages 61-117

- 1.I know that nothing good dwells within me, that is, in my flesh.
- 2.Those who are in the flesh cannot please God.
- 3.It is not the children of the flesh who are the children of God.
- 4.The flesh must die. This is salvation.
- 5.Having begun with the Spirit, are you now ending with the flesh?
- 6.The flesh is most defiled; God accordingly does not attempt to change it.

Chapter 2 | Quotes From Pages 118-184

- 1.Knowing this, that our old man has been crucified with him, that the body of sin might be annulled, that we should no longer serve sin.
- 2.Praise the Lord, this is what He has furnished us. Why does



God crucify our old man with Christ and render our body jobless? His purpose is that 'we should no longer serve sin.'

3. We must praise God for this deliverance. The Two Essentials How shall we enter into such blessing? Two elements are indispensable.
4. The failure of many lies in the desire to feel, to see and to experience this crucifixion and resurrection before trusting in the Word of God.
5. A spiritual Christian therefore is one whose spirit is led by God's Spirit. He draws power for his daily walk from the life given by the Holy Spirit Who indwells his spirit.
6. We must be instructed that overcoming sin, blessed though it surely is, is but the bare minimum of a believer's experience.
7. The cross never stops short of its outworking. Deeper and deeper will it operate in us until the old creation is completely crucified experientially.
8. This is the meaning of 1 Peter 1.22: 'having purified your souls by your obedience to the truth.'



9. Our soul ought to desire the Lord as well as to trust Him.

'My soul clings to thee' (Ps. 63.8).

10. He who loves his life loses it; and he who hates his life in this world will keep it for eternal life.

Chapter 3 | Quotes From Pages 185-237

1. God aims first to renew man's darkened spirit by imparting life to it, because it is this spirit which God originally designed to receive His life and to commune with Him.

2. The work of the cross creates a position and achieves a salvation by which sinners can be saved; the task of the Holy Spirit is to reveal to sinners what the cross has created and achieved so that they may in fact receive it and be saved.

3. Regardless the dullness of Christians in recognizing the dwelling of the Person of God's Spirit in them, God nonetheless has given Him to them. This is an immutable fact which no condition of the Christian can gainsay.

4. The Holy Spirit never functions independently of the cross:



without the cross the Holy Spirit has no proper ground from which to operate: without the Holy Spirit the work of the cross is dead, that is, it produces no effect upon men even though it is already effective before God.

5. A spiritual man is one who belongs to the spirit: the whole man is governed by the inner man: all the organs of his being are subject completely to it. His spirit is what stamps his life as unique—everything proceeds from his spirit.
6. To walk in this fashion requires faith of the believer... The moment we cease to follow our intuitive sense at that very moment we begin to walk after the flesh and end up minding the things of the flesh.
7. Prayer is one of the most significant instruments in spiritual work and warfare. If a believer fails in prayer, he in fact fails in everything.
8. The moment they have an intuitive burden, they are to pray; for if they delay, the burden will fade away from their spirit.





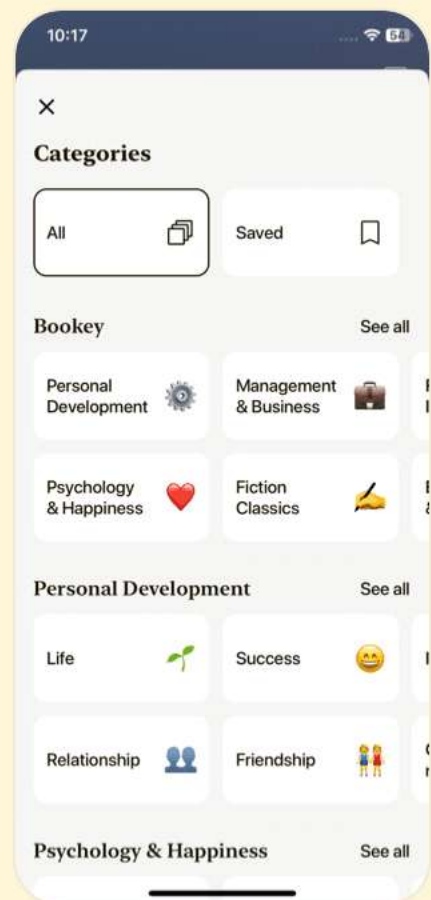
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Chapter 4 | Quotes From Pages 238-293

1. Only after we are really acquainted with its different functions are we able to know the laws which govern them; only after we become familiar with those laws can we walk according to the spirit; that is, according to the laws of the spirit.
2. What we commonly term spiritual living is but to walk by this spirit which we obtain at regeneration.
3. The spirit itself is substantial, personal, invisible. It is beyond our present comprehension to apprehend the substance of the spirit.
4. If we walk in this fashion, we shall have life and peace; if we allow the flesh to interfere, we can encounter nothing but total defeat.
5. The spirit indeed is willing, but the flesh is weak.
6. Conscience is where God expresses His holiness.
7. If you bless with the spirit, how can anyone in the position of an outsider say 'Amen' to your thanksgiving when he does not know what you are saying?



8. A good conscience is indispensable for a life lived spiritually.
9. Only what comes from the spirit can enter the spirits of others; that which comes from the mind can only reach the minds of others.
10. God communes with us entirely in the spirit. Save by its intuition there is no way of knowing God.

Chapter 5 | Quotes From Pages 294-348

1. Nothing is more vital to the Christian life than to walk daily after the spirit.
2. To acquire teaching alone is not sufficient; we must also accept the leading.
3. Many are determined to heed God's will and to follow the leading of the Holy Spirit, but they lack a positive forward-propelling heart because they are not sure if the guidance of their intuition is wholly dependable.
4. All spiritual knowledge, communion and conscience come via the intuition. The Holy Spirit leads the saints by this intuition.



- 5.It is necessary for us to preserve our spirit in its normal state.
- 6.We must have a spirit of power towards the enemy, a spirit of love towards men, and a spirit of self-control towards ourselves.
- 7.A broken spirit is one which trembles before God.
- 8.Without holiness, no one can see the Lord.
- 9.May our spirit be uplifted daily, looking for the return of the Lord.
- 10.A child of God should learn how to guard their spirit from being goaded by the enemy.

Chapter 6 | Quotes From Pages 349-412

- 1.To be sure, man's emotion is nothing but the manifold feelings he naturally has. He may be loving or hateful, joyful or sorrowful, excited or dejected, interested or uninterested, yet all are but the ways he feels.
- 2.Emotion may be denominated the most formidable enemy to the life of a spiritual Christian.



- 3.The upsurge and decline of feeling may not only disqualify a believer from walking in the spirit but may also directly cause him to walk in the flesh.
- 4.Since the dominant impulse in his walk continues to be emotion, it not having yet been delivered to the cross, his spirit will receive no strengthening of the Holy Spirit.
- 5.God's demand is that we reserve not one tiny particle of affection which we ourselves can direct.
- 6.To walk by the spirit is to walk according to its laws. With spiritual principles everything becomes sharply defined.
- 7.If a Christian would simply bear in mind that God does not lead anyone who is in turmoil, he might be spared many errors.
- 8.The cross aims to accord the spirit authority to rule over every activity of emotion.
- 9.The essence of a spiritual life is one lived by faith, not by feeling.
- 10.God intends to make the volition strong but not to excite the emotion.





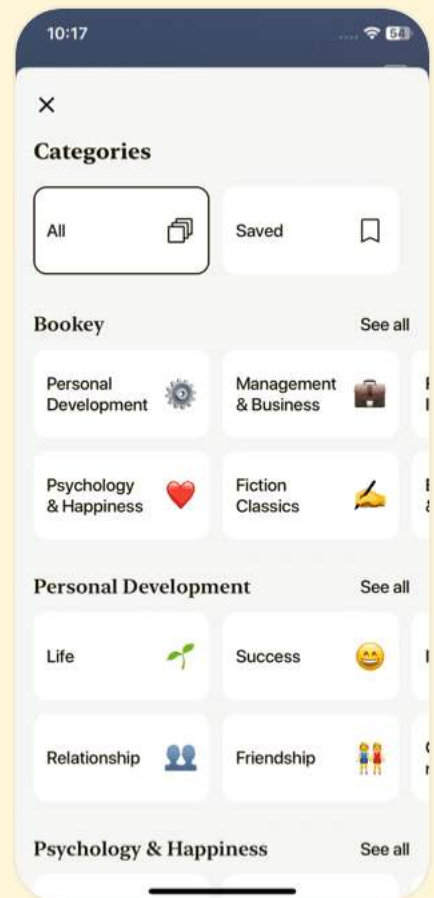
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Chapter 7 | Quotes From Pages 413-472

1. The mind of man is his organ of thought. Through it he is equipped to know, think, imagine, remember, and understand.
2. Before Regeneration According to the Bible the mind of man is unusual in that it constitutes a battlefield where Satan and his evil spirits contend against the truth...
3. All arguments and proud obstacles against the knowledge of God are the fortresses of the enemy.
4. The original definition of repentance is none else than 'a change of mind.'
- 5...the mind of man is the scene of battle where the evil spirits clash with God.
6. if some one comes and preaches another Jesus than the one we preached, or if you receive a different spirit from the one you received, or if you accept a different gospel from the one you accepted.
7. Their heart is full of love whereas their head is totally lacking in perception.



8.The renewal of the mind must proceed hand in hand with the renewal of the heart, lest one becomes lopsided or narrow.

9.A blank mind provides a foothold for the evil foe.

10.Passivity is a condition for this phenomenon.

Chapter 8 | Quotes From Pages 473-529

1.True and perfect salvation saves man's will.

Whatever is not sufficiently thorough to embrace the salvation of man's volition is but vanity.

2.The joining of wills forms the only true union.

3.If he would not listen and would eat, even God would not restrain him. That is free will.

4.God desires all men to be saved and to come to the knowledge of the truth.

5.The purpose of divine salvation is to encourage us to deny our will and be united with Him.

6.If the sinner chooses to be a Christian at the moment of excitement or enthusiasm, he may not fare better than the rest.



- 7.The battle whether to be saved or to perish is fought out in the will of man.
- 8.Man is not governed automatically by an external force; rather, he houses a principle within him which determines his acts.
- 9.Without that perfect bond man's self is yet at odds with Him. He wants us to have His life, but He also wants us to be united with Him.
- 10.The Spirit does not symbolize the whole man, for it is but his organ for communication with God.

Chapter 9 | Quotes From Pages 530-614

- 1.We should not neglect our outer shell while attending to our inner components.
- 2.The fact that Christ by the Holy Spirit lives in the believer forms one of the essential tenets of the gospel.
- 3.If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit which dwells in you.



4. Your bodies are dead because of sin, but your spirits are alive because of righteousness.
5. We are debtors, not to the flesh, to live according to the flesh.
6. If you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body you will live.
7. The body is for the Lord and the Lord is for the body.
8. The life of the Lord Jesus can be appropriated for the believer's body, but this requires faith.
9. Death is an enemy to be conquered, not a fate to be accepted.
10. To overcome death believers must alter their attitude from one of submission to one of resistance towards it.





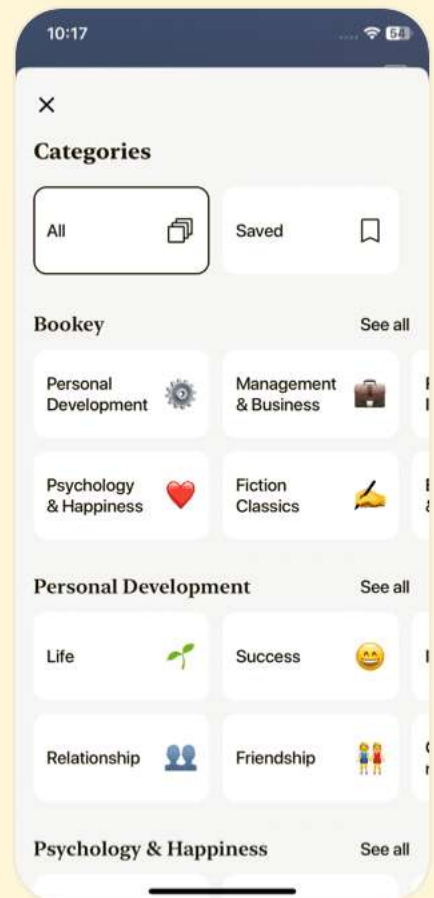
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Spiritual Man Questions

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Chapter 1 | THE FLESH| Q&A

1.Question

What does the term 'flesh' refer to in the context of Spiritual Quest?

Answer:In the context of 'Spiritual Quest', the term 'flesh' refers to the unregenerated human nature that is inherently weak and corrupt. It encompasses all aspects of a person's being that are in opposition to God, including sinful thoughts, desires, and actions.

2.Question

How does a person become flesh according to the teachings?

Answer:A person becomes flesh simply through being born of human parents. This inherent nature is marked by sin and opposition to God's will, and does not change regardless of a person's conduct or character.

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3.Question

What distinction does the text make between the fleshly actions and the spiritual actions of a believer?

Answer:The text distinguishes that while believers may still be fleshly, their spiritual actions should stem from the Holy Spirit. Any actions, good or bad, originating from self-reliance and the 'flesh' are deemed sinful, and true righteousness can only be achieved through reliance on the Holy Spirit.

4.Question

What is the role of the cross in relation to the flesh?

Answer:The cross plays a crucial role by symbolizing the death that must be applied to the flesh. The flesh is not to be reformed or improved, but must die; this is a prerequisite for spiritual growth and true obedience to God.

5.Question

Why is simply avoiding sin not sufficient for spiritual growth?

Answer:Simply avoiding sin is inadequate for spiritual growth because without recognizing the total corruption of



the flesh—including its capacity for self-righteousness—believers risk reverting to fleshly reliance, which leads to spiritual stagnation.

6.Question

What is the practical application of acknowledging that 'nothing good dwells within the flesh'?

Answer:Acknowledging that 'nothing good dwells within the flesh' indicates that believers must cease all reliance on self and instead completely depend on the Holy Spirit. This recognition fosters humility and a genuine pursuit of spiritual growth through the Spirit.

7.Question

How can believers ensure they are walking by the Spirit rather than the flesh?

Answer:Believers can ensure they are walking by the Spirit by consistently yielding their will to God, seeking His guidance in prayer, and applying the truths of Scripture while recognizing their inability to achieve righteousness through their own efforts.



8.Question

What advice does the text provide to avoid the pitfalls of self-confidence in spiritual matters?

Answer:The text advises believers to maintain a humble attitude, recognize the continuous need for the Holy Spirit in their lives, and to continuously examine their motivations and actions, ensuring they do not seek to glorify themselves but rather depend on God.

9.Question

What is the ultimate goal of recognizing and confronting the nature of the flesh according to the teachings?

Answer:The ultimate goal of recognizing and confronting the nature of the flesh is to achieve spiritual maturity, enabling believers to live lives that are pleasing to God, characterized by dependence on the Holy Spirit, and free from the dominion of sin.

Chapter 2 | THE SOUL| Q&A

1.Question

What is the meaning of being dead to sin and alive to God in Christ Jesus according to Romans 6.11?



Answer: To be dead to sin and alive to God signifies a fundamental shift in our identity as believers.

Through Christ's crucifixion, our old self, which is enslaved by sin, has been put to death. Therefore, we can reckon ourselves as 'dead' to sin's dominion and 'alive' to God, meaning that our lives are now oriented towards righteousness and a relationship with God, empowered by the Holy Spirit.

2.Question

Why is it important to distinguish between the old man and the new man in the context of sin?

Answer: The distinction is crucial because the old man represents our sinful nature inherited from Adam, while the new man embodies our identity and life in Christ after being regenerated by the Holy Spirit. Recognizing this allows believers to understand their victory over sin: the old man has been crucified, and they can now live in the newness of life, rejecting sin's influence.

3.Question



How can we effectively yield to God as instruments of righteousness?

Answer: Yielding to God involves a conscious decision to surrender our members (body and faculties) to His service rather than using them for sin. This includes prayerfully offering ourselves to God, seeking His will, and acting in obedience to the promptings of the Holy Spirit, allowing Him to direct our actions in ways that reflect His righteousness.

4.Question

What does it mean to have faith through revelation according to Watchman Nee's explanation?

Answer: Faith through revelation means that genuine belief is not merely intellectual assent but a deep, personal understanding imparted by the Holy Spirit. It is the divine unveiling of truth that transforms one's heart and empowers them to trust in God's promises and the reality of their co-death with Christ.

5.Question

What should believers understand about the relationship between their soul and spirit?



Answer:Believers must recognize that while both soul and spirit coexist, they play different roles. The spirit is meant to lead and guide according to God's will, whereas the soul encompasses emotions, thoughts, and desires that can either align with or oppose the spirit. The goal is for the spirit to govern the soul, ensuring that its functions reflect the life and nature of God, free from the dominance of the old nature.

6.Question

Why is transforming the soul life crucial for spiritual growth?

Answer:Transforming the soul life is crucial as it allows believers to break free from self-centeredness, emotional volatility, and dependence on human strength. This change is necessary for a deeper relationship with God, facilitating true spiritual maturity where the believer's actions become aligned with God's purpose, thereby producing genuine spiritual fruit.

7.Question

How does Paul teach us to reckon ourselves in Romans 6?



Answer: Paul teaches us to 'reckon' ourselves as dead to sin and alive to God, which means to consciously accept and affirm our new identity in Christ. This involves choosing to live by faith in the truth of what God has done for us, allowing that truth to shape our thoughts, attitudes, and actions.

8.Question

What is the relationship between the body, sin, and deliverance?

Answer: The body historically serves as the instrument of sin, being influenced by the old man who aligns with sin's power. Deliverance from sin means that through the crucifixion of the old man, sin's hold over the body is broken, allowing believers to live righteously as empowered by the new nature in Christ.

9.Question

What role does the Holy Spirit play in a believer's life in relation to the soul?

Answer: The Holy Spirit's role is to guide, empower, and



dominate the believer's life, ensuring that their soul submits to the spirit. He provides the strength to overcome temptations that arise from the soul and helps transform the believer's heart to align with God's will.

10.Question

What practical steps should believers take to ensure their soul is under the Spirit's control?

Answer:Believers should engage in constant prayer, Bible study, and a daily assessment of their spiritual state. They must consciously yield their thoughts, emotions, and will to the Holy Spirit, ensuring their actions reflect God's desires rather than self-driven impulses.

Chapter 3 | THE SPIRIT| Q&A

1.Question

What is the significance of understanding the spirit in a believer?

Answer:Believers must recognize the existence and operation of their spirit, which is distinct from the mind, emotions, and will. This understanding is



crucial for effective cooperation with God, self-control, and spiritual warfare against Satan. Ignorance of the spirit can lead to walking according to the flesh rather than the spirit, hindering true spiritual progress.

2.Question

Why is regeneration of the spirit necessary for a believer?

Answer:Regeneration is necessary because man's spirit is fallen and separated from God. The fallen spirit requires rebirth to become alive and capable of communion with God. Through belief in Jesus, the sinner's spirit is quickened, enabling a renewed relationship with God, as the spirit is designed to receive His life.

3.Question

What role does the Holy Spirit play in the believer's life?

Answer:The Holy Spirit acts as the executor of God's life within the believer's spirit. He regenerates the spirit, providing life and guidance. Without the Holy Spirit, believers cannot fully understand or experience God's will.



His indwelling is essential for spiritual growth and effectiveness in spiritual warfare.

4.Question

How can believers effectively battle spiritual warfare?

Answer:Believers must be aware of their spirit's strength and maintain an active engagement against Satan. Spiritual warfare involves using the authority of the spirit, prayer, and the Word of God. They must resist passivity, confirming their inner strength through spiritual exercise, and continuously oppose the enemy's schemes.

5.Question

What is the danger of equating supernatural experiences with spiritual truths?

Answer:Believers may be deceived if they consider all supernatural experiences as authentic spiritual encounters. Knowing the source of these experiences is crucial, as Satan can counterfeit spiritual movements. Discernment is required to differentiate between genuine movements of the Holy Spirit and deceptive influences from the enemy.



6.Question

How does living by the spirit differ from living by the flesh?

Answer: Living by the spirit means being guided by intuition and the Holy Spirit's authority, resulting in peace and life. In contrast, living by the flesh relies on one's own reasoning and feelings, leading to a superficial and ineffective spiritual life. True spirituality involves obedience and reliance on God, not on personal efforts.

7.Question

What is the relationship between spiritual work and personal gain?

Answer: Spiritual work should focus on serving God and others rather than personal gain or happiness. True spirituality seeks to fulfill God's will, thus achieving satisfaction through obedience and service rather than self-fulfillment.

8.Question

How should a believer respond when feeling disconnected from spiritual life?



Answer: When feeling disconnected, believers should evaluate their spiritual condition, ensuring they are walking according to the spirit and not the flesh. They must engage in active prayer and seeking God's presence, allowing the Holy Spirit to renew and invigorate their spirit.

9.Question

What does it mean to be a spiritual man according to Watchman Nee?

Answer: A spiritual man is one whose spirit leads, with the mind, emotions, and body in subjection. This individual operates not from the flesh but from the regenerative work of the Holy Spirit, experiencing true intimacy with God and actively engaging in spiritual warfare.

10.Question

Why is it important for Christians to maintain a vigilant spirit?

Answer: Maintaining a vigilant spirit prevents passivity and ensures the believer remains responsive to God's guidance. It allows for active resistance against spiritual attacks and



cultivates a keen sensitivity to both the Holy Spirit's leading and discernment of deceptive spirits.

11.Question

How does prayer relate to spiritual life and warfare?

Answer:Prayer is a foundational aspect of spiritual life, enabling believers to tap into God's strength and authority. It is both a means of communicating with God and a vital weapon in spiritual warfare, affecting both the believer's inner strength and the outcome of battles against spiritual forces.

12.Question

What does Watchman Nee suggest about the nature of spiritual work?

Answer:Spiritual work is not for personal gain; it is a channel for God's life to flow to others. Effectiveness in spiritual service comes not from personal effort but from ensuring that work is initiated and empowered by the Holy Spirit, focusing on the regeneration and edification of spirits.

13.Question

How is spiritual sensitivity cultivated in a believer?



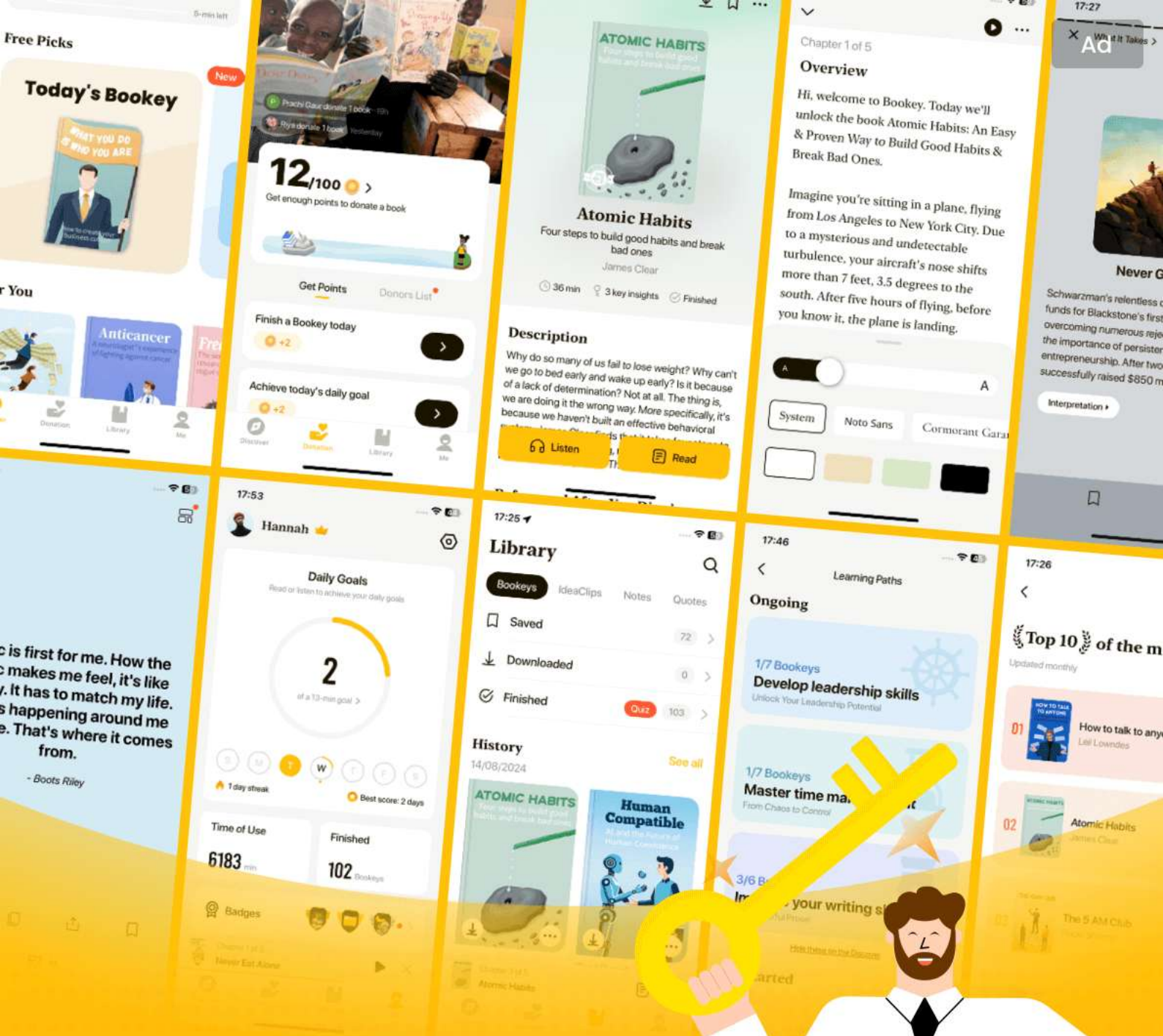
Answer: Spiritual sensitivity is cultivated through prayer, obedience to the leading of the Holy Spirit, and active engagement in spiritual disciplines. By consistently yielding to the Spirit and allowing Him to guide actions, believers can sharpen their intuition and awareness of God's presence.

14.Question

What are the consequences of neglecting the teaching of the Holy Spirit?

Answer: Neglecting the Holy Spirit's teaching leads to spiritual stagnation and a lack of genuine spiritual growth. Believers may become susceptible to deception and unable to discern the movement of God in their lives. This further diminishes their effectiveness in spiritual warfare and service.





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Chapter 4 | AN ANALYSIS OF THE SPIRIT| Q&A

1.Question

What is the main purpose of analyzing the functions of the spirit according to Watchman Nee?

Answer:The main purpose is to understand spiritual life more clearly by analyzing the spirit and its functions such as intuition, communion, and conscience. By understanding these functions, believers can learn to walk according to the laws of the spirit, essential for experiencing a true spiritual life.

2.Question

How does Watchman Nee define intuition in the context of the spirit?

Answer:Intuition is described as a function of the spirit that allows a believer to sense and know things directly, without the need for reasoning. It involves perceiving God's thoughts and guidance instinctively, rather than through the mind or emotions.



3.Question

What is the relationship between intuition and the Holy Spirit as explained by Watchman Nee?

Answer:The Holy Spirit expresses His thoughts to the believer's spirit through intuition. Therefore, when a believer feels led or guided by the Spirit, it is this intuition working within them, enabling them to discern God's will.

4.Question

What does Watchman Nee say about the role of conscience in a believer's spiritual life?

Answer:Conscience acts as an internal monitor that corrects and reprimands, guiding the believer to discern right from wrong. It is essential for maintaining guilt and shame in sin, and if not heeded, it can lead to spiritual dullness.

5.Question

How does conscience develop according to Watchman Nee?

Answer:Conscience is quickened when a believer is regenerated by the Holy Spirit. As the believer grows spiritually and becomes more sensitive, their conscience also



becomes more attuned to God's will.

6.Question

What distinction does Watchman Nee make between knowing and understanding?

Answer:Knowing is the work of intuition, as it allows the spirit to grasp the reality of God directly. Understanding, however, is the task of the mind, which seeks to comprehend what the intuition has perceived.

7.Question

What does it mean to walk according to the spirit, as per Watchman Nee's teachings?

Answer:Walking according to the spirit means living in alignment with the intuition, communion, and conscience of the spirit. It implies allowing these spiritual functions to guide one's actions and decisions, rather than relying solely on intellect or emotions.

8.Question

According to Watchman Nee, why is it essential for believers to differentiate between intuition and soulical thoughts?



Answer:Believers must differentiate between intuition (which comes from the spirit) and soulical thoughts (from the mind) to avoid confusion. Following intuition ensures obedience to God's will, while soulical desires may lead to disobedience.

9.Question

What dangers does Watchman Nee highlight regarding reliance on human wisdom?

Answer:He warns that reliance on human wisdom can lead to spiritual dependency on intellectual reasoning rather than divine revelation. This may result in error, as spiritual truths can often defy human logic.

10.Question

Why is spiritual growth tied to the development of intuition according to Watchman Nee?

Answer:Spiritual growth is directly linked to the cultivation of intuition because a believer's ability to perceive God's will, recognize sin, and engage deeply in spiritual communion hinges upon a well-developed intuitive sense.



11.Question

How does Watchman Nee suggest believers should deal with accusations from their conscience?

Answer:Believers should heed the voice of their conscience, promptly addressing any accusations by repenting and seeking cleansing through the blood of Jesus. Ignoring these reproaches can lead to spiritual numbness and further disobedience.

12.Question

What does Watchman Nee imply about the interaction between conscience and spiritual understanding?

Answer:He implies that a developed conscience, influenced by spiritual understanding, can accurately reflect God's will and guide the believer's actions. As one grows in knowledge of God, the conscience becomes sharper and more discerning.

13.Question

What is the relationship between conscience and community, as expressed by Watchman Nee?

Answer:Conscience not only serves the individual's



relationship with God but also affects how one interacts with others. A clean conscience helps believers maintain good testimony towards others, supporting their witness and spiritual integrity.

14.Question

According to Watchman Nee, how can one cultivate a clear and effective conscience?

Answer:One can cultivate a clear conscience by continually adhering to the promptings of the conscience, practicing obedience to God's will as revealed through the spirit, and regularly seeking cleansing through repentance.

15.Question

What does Watchman Nee say about the relationship between spiritual maturity and the sensitivity of one's conscience?

Answer:He suggests that spiritual maturity corresponds to a heightened sensitivity of conscience. As believers grow in their relationship with God, their conscience should become more attuned to His voice, enabling them to discern right from wrong more clearly.



16.Question

What does Watchman Nee identify as the greatest dangers to a believer's spiritual life?

Answer:The greatest dangers include relying solely on human reasoning, neglecting the voice of conscience, and failing to walk according to the intuition of the spirit. These can lead to spiritual stagnation and disconnection from God.

17.Question

In what ways should a believer approach their conscience, according to Watchman Nee?

Answer:A believer should approach their conscience with humility, allowing it to guide their life decisions, to clarify their understanding of sin, and to maintain a genuine relationship with God by following its direction.

Chapter 5 | WALKING AFTER THE SPIRIT| Q&A

1.Question

What is the importance of walking daily after the spirit in the Christian life?

Answer:Walking after the spirit is vital because it keeps a Christian in a constant spiritual state, helps



them resist the flesh, obey God's will, and protects them from Satan's attacks. It's not just about acquiring knowledge but actively following the spirit's leading.

2.Question

How can a believer maintain a right condition of their spirit?

Answer:Believers must regularly examine and discern the source of their thoughts and feelings, ensuring they align with their spirit and not their soul or outside influences. This ongoing awareness enables them to stay spiritually attuned and empowered.

3.Question

What does it mean to bear the cross in context of walking after the spirit?

Answer:Bearing the cross means letting go of personal ideas, wishes, and thoughts. It involves daily commitment to the spirit's guidance, which can be challenging but is essential for true spiritual living.



4.Question

What happens when believers fail to follow the spirit's leading?

Answer:They may become stagnant spiritually, lose their power of discernment, and be susceptible to deception and false guidance from the enemy, leading them away from God's true path.

5.Question

How important is discernment in distinguishing between the spirit and the soul?

Answer:Discernment is crucial because it helps believers identify whether their thoughts or feelings stem from the spirit or soul. Without this understanding, they risk following false guidance and compromising their spiritual integrity.

6.Question

What role does the mind play in aiding the spirit?

Answer:The mind aids the spirit by initiating action when the spirit is inactive. It can invoke the spirit's activity through prayer and focus, effectively bridging moments of silence or absence of spiritual stirrings.



7.Question

How should a believer react when they feel their spiritual life is ebbing?

Answer:They should seek to identify and remove any obstructions hindering the flow of spiritual life. This involves prayer, reflection, and possibly addressing lingering sin or distractions that drain spiritual vitality.

8.Question

What are the characteristics of a healthy spirit according to the text?

Answer:A healthy spirit is contrite (humble before God), broken (trembles at His word), lowly (esteems others), gentle, fervent yet cool (balanced), joyful in God, powerful, and continuously open to God's leading.

9.Question

What warnings does the author provide about the dangers of living by the soul instead of the spirit?

Answer:Living by the soul may lead individuals to rely on emotions or intellect over spiritual guidance, causing them to misinterpret feelings as spiritual leading, fall into pride, or



become unfruitful in their relationship with God.

10.Question

What is meant by the ‘burdens of the spirit’ vs ‘weights on the spirit’?

Answer:Burdens of the spirit are divinely inspired calls to action which motivate prayer and service, while weights on the spirit are oppressive loads from the enemy designed to hinder a believer's spiritual vitality and creativity.

11.Question

How can Christians avoid individualistic and uncooperative moves within the body of Christ?

Answer:They should ensure that their actions align with the guidance of the Holy Spirit within the broader context of the church community, fostering unity and interdependence among members.

12.Question

Why is it critical for believers to understand the laws governing their spirit's operation?

Answer:Understanding these laws enables believers to recognize and respond effectively to their spiritual senses,



ensuring that they can live in accordance with God's will and be productive in their spiritual lives.

13.Question

What does it mean to have a spirit of rapture?

Answer:A spirit of rapture signifies a continuous upward focus on God's presence and the hope of Christ's return. It allows believers to live with heavenly anticipation, transcending earthly concerns.

14.Question

How does one maintain a fresh spirit as described in the chapter?

Answer:To maintain a fresh spirit, believers must continually draw upon their relationship with God, ensuring that their spiritual life is dynamic, vibrant, and responsive to the Holy Spirit's leading.

15.Question

What actions are recommended when confronting accusations from the enemy?

Answer:Believers are encouraged to discern the source of accusations, test them against Scripture, and not to act



impulsively upon feelings of guilt unless confirmed by the Holy Spirit.

16.Question

How does the author describe the 'normalcy' of the spirit?

Answer:Normalcy of the spirit involves maintaining a constant state of readiness and connection with God, characterized by joy, peace, strength, and a continuous flow of life from the Holy Spirit.

17.Question

What should Christians do when faced with spiritual oppression?

Answer:Christians should actively resist the oppression through prayer, discernment, and by identifying the source of their heaviness, ensuring they reclaim their joy and spiritual vitality.

18.Question

Why is a lowly spirit important in a believer's life?

Answer:A lowly spirit fosters humility and openness, allowing believers to remain teachable, sensitive to God's



voice, and effective in serving others without pride or self-reliance.

19.Question

In what ways does an unholy spirit impede spiritual progress?

Answer:An unholy spirit can produce negative thoughts and behaviors, attracting God's disfavor and causing a disconnection from the life and guidance of the Holy Spirit, thus stunting spiritual growth.

Chapter 6 | THE ANALYSIS OF THE SOUL—EMOTION| Q&A

1.Question

What is the main issue with the emotional life of a Christian according to Watchman Nee?

Answer:The main issue is that many Christians are soulish, allowing their emotions to dictate their lives instead of living by the spirit. This leads to instability as their feelings are changeable and can result in an inconsistent spiritual walk.

2.Question

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How does Watchman Nee describe emotion in the life of a believer?

Answer: Emotion can exhibit a wide range of feelings from joy to sorrow, but it is inherently unstable and changeable. Those who live by emotion often lack the principles necessary for a solid spiritual life.

3.Question

What must a believer do to move towards a spiritual life according to the text?

Answer: A believer must crucify their emotional life and allow the Holy Spirit to govern their actions. This means giving up emotional impulses in favor of a principled life guided by the spirit.

4.Question

How does emotion differ from inspiration in a believer's life?

Answer: Emotion is influenced by external factors and can fluctuate based on feelings, while inspiration is a deeper, inward prompting from the Holy Spirit that remains



consistent regardless of external circumstances.

5.Question

Why is it crucial for a Christian to not act based solely on feelings?

Answer:Acting based on feelings can lead to impulsive decisions that are not grounded in spiritual principles. A life of emotional response can result in decisions that are ultimately regretted and do not reflect the will of God.

6.Question

What is the significance of yielding one's affection to God?

Answer:Yielding affection to God is crucial because it signifies the believer's commitment to prioritize their relationship with God above all else. It ensures that no other love or desire competes with devotion to God, which is essential for spiritual growth.

7.Question

What is the role of faith in overcoming emotional instability in a Christian's life?

Answer:Faitth allows a believer to stand firm in God's



purpose regardless of emotional turmoil. It focuses on God's unchanging nature and directs the believer to proceed in obedience without being swayed by fluctuating feelings.

8.Question

How does Watchman Nee describe the relationship between suffering and spiritual growth?

Answer:Suffering is seen as a tool for spiritual growth because it helps a believer to die to their self-life and draws them closer to relying solely on God. This process can bring a believer into a deeper state of spiritual maturity.

9.Question

What warning does Nee give about seeking emotional experiences in the Christian life?

Answer:Nee warns that seeking emotional experiences, such as joy or ecstatic feelings, can lead to idolatry, where the believer may end up valuing the feeling over God Himself. Genuine spirituality is about unwavering faith in God's will rather than a dependency on emotional sensations.

10.Question

What does Watchman Nee suggest is necessary for a true



spiritual life?

Answer: A true spiritual life requires the believer to operate from a place of faith, to allow the cross to work deeply in their emotions, and to focus on obeying God's will rather than being swayed by fluctuating feelings.

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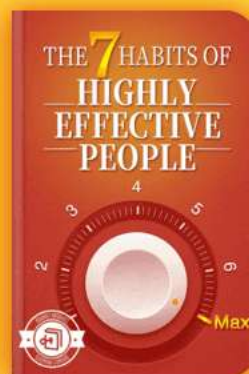
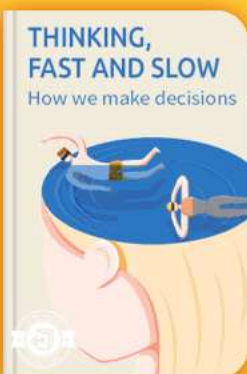


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Chapter 7 | THE ANALYSIS OF THE SOUL—THE MIND| Q&A

1.Question

What is the primary battlefield in the life of a believer according to Watchman Nee?

Answer:The primary battlefield in the life of a believer is the mind, where thoughts, reasoning, and arguments are contested between God and the forces of evil.

2.Question

How does the state of a believer's mind affect their spiritual life and actions?

Answer:The state of a believer's mind plays a crucial role in shaping their actions and spiritual life, as thoughts can strongly influence decisions and behaviors.

3.Question

What does 'regeneration' mean in the context of the mind?

Answer:Regeneration signifies a change in the mind, often described as a transformation or renewal that allows a



believer to perceive and understand God better.

4.Question

According to Watchman Nee, how do evil spirits interact with a believer's mind?

Answer:Evil spirits infiltrate a believer's mind with thoughts and suggestions, often sowing confusion, deception, and leading them away from sincere devotion to Christ.

5.Question

What are some common symptoms of an attacked mind as outlined by Watchman Nee?

Answer:Common symptoms include uncontrollable thoughts, lack of concentration, forgetfulness, insomnia, and the inability to regulate thoughts, often leading believers to feel as though they have lost their own cognitive control.

6.Question

What steps should a believer take to seek deliverance from the powers influencing their mind?

Answer:A believer should recognize their condition, resist the enemy's lies, seek the renewal of their mind, and actively strive to reclaim any ground surrendered to evil spirits.



7.Question

What is the significance of having an 'open mind' in spiritual growth?

Answer: Having an open mind allows new truths to penetrate and influence a believer's spirit, fostering spiritual growth and greater understanding of God's will.

8.Question

Why is the concept of a controlled mind essential in the believer's life?

Answer: A controlled mind prevents sinful thoughts from taking root and helps maintain focus on spiritual truths, ensuring that the believer's thought life aligns with God's will.

9.Question

How does the mind relate to the spirit in the process of knowing God's will?

Answer: The mind works with the spirit to understand God's revelation; the spirit gives intuitive knowledge, while the mind comprehends and organizes that knowledge for action.

10.Question



What does Watchman Nee suggest about the relationship between a renewed mind and spiritual fruitfulness?

Answer: A renewed mind significantly enhances a believer's capacity for spiritual insight and effective action, enabling them to fulfill God's purposes more fully and fruitfully.

Chapter 8 | THE ANALYSIS OF THE SOUL—THE WILL | Q&A

1.Question

What is the primary function of a believer's will in spiritual growth?

Answer: The believer's will is the organ for decision-making, representing their true self. It enables them to choose and act according to God's will, which is essential for genuine spiritual growth.

2.Question

Why is the will considered more influential than emotions and thoughts?

Answer: The will is the deepest part of a person, controlling decisions and actions, while emotions express feelings and the mind processes thoughts. For true spiritual connection



and growth, the will must align with God's will.

3.Question

How does the concept of free will relate to salvation and spiritual life?

Answer:Free will is central to salvation; it allows individuals to consciously choose God's will. In spiritual life, believers must exercise their will to accept God's truth and reject sin or temptation, indicating their freedom and personal responsibility.

4.Question

What is the distinction between an obedient will and a harmonious will in relation to God's will?

Answer:An obedient will follows God's commands, while a harmonious will shares God's desires and intentions. True spirituality is achieved only when the will is not only compliant but also aligned with God's heart.

5.Question

What does true salvation entail regarding the will?

Answer:True salvation involves the deliverance from self-will and the uniting of the believer's will with God's will.



It signifies a cutting off from self-centeredness and a new life focused on God's desires.

6.Question

How can believers actively engage their will in spiritual warfare against evil spirits?

Answer:Believers must reclaim their volitional strength by resolving, choosing, and refusing. They should resist the enemy actively, using their free will to reject passivity and fight against the spiritual forces at work against them.

7.Question

What role does humility play in discovering the truth about one's spiritual state?

Answer:Humility is essential for recognizing one's susceptibility to deception. It opens believers to see their true condition and to seek God earnestly for understanding, leading to recovery from passivity.

8.Question

Why is knowledge of truth crucial for overcoming passivity and deception?

Answer:Knowledge of truth provides the foundation for



recognizing and rejecting lies. Without understanding the nature of their experiences and the operations of evil spirits, believers remain vulnerable to deception and passivity.

9.Question

What does the phrase 'self-control' mean in the context of spiritual life?

Answer:Self-control refers to the ability of a believer to govern their own spirit, thoughts, and actions in harmony with God's will. It involves actively engaging one's will to subdue the flesh and align with God's purposes.

10.Question

How should believers approach supernatural experiences according to the teachings from Chapter 8?

Answer:Believers must discern the source of supernatural experiences, ensuring they come from God and not from evil spirits. They should be cautious not to become passive or unresponsive to the Holy Spirit's leading.

11.Question

What is the ultimate goal of spiritual growth in relation to the will?



Answer: The ultimate goal is for the believer's will to be perfectly united with God's will, enabling them to live in true obedience and fulfillment of their spiritual purpose.

12.Question

What is the difference between punishment and suffering in a Christian context?

Answer: Suffering may arise from obedience and trials that bring one closer to God, while punishment often results from disobedience or yielding ground to evil spirits.

Understanding this distinction helps believers navigate their spiritual journey.

Chapter 9 | THE BODY| Q&A

1.Question

What does Watchman Nee say about the relationship between the believer and their physical body?

Answer: Watchman Nee highlights that the physical body plays a crucial role in a believer's spirituality.

He asserts that both body and spirit are integral to a person's spiritual development and that neglecting



the body while focusing solely on spiritual or emotional growth can hinder a believer from reaching their full potential in faith.

2.Question

How does the Holy Spirit contribute to the condition of the believer's body, according to Watchman Nee?

Answer:In Romans 8:10-11, Nee explains that although the believer's body is subject to death due to sin, the Holy Spirit brings life to the body just as it does to the spirit. This means that the Holy Spirit can restore and invigorate a believer's physical state, enabling them to carry out God's work effectively.

3.Question

What is the significance of presenting our bodies as living sacrifices?

Answer:Presenting our bodies as living sacrifices signifies complete dedication to God. Nee emphasizes that this act opens believers to experiencing God's life in both their spirits and in their bodies, allowing them to live not only spiritually



but also physically in accordance with God's will.

4.Question

What does Nee teach about the experience of sickness and its connection to sin?

Answer:Nee points out that sickness can often be linked to sinfulness, not as a direct punishment but as a consequence of failing to align with God's ways. He teaches that believers should first assess their spiritual health through self-examination when facing illness to discern if it is a result of unconfessed sins that need to be addressed.

5.Question

How does Watchman Nee connect healing to faith and obedience?

Answer:Nee insists that healing is closely tied to faith and obedience to God. He encourages believers to actively seek God's healing through prayer and faith, while also emphasizing the importance of living righteously. He states that one cannot expect divine healing if they disregard God's instructions or do not present their bodies to Him.



6.Question

What promises does the Bible provide concerning the believer's body and health according to this chapter?

Answer:The Bible promises that believers' bodies are temples of the Holy Spirit, that God provides healing for their diseases, and that living according to His commands can lead to long life and well-being. Believers are reassured that God's will favors their health and strength as they dedicate their lives and bodies to Him.

7.Question

What should a believer's attitude be towards sickness?

Answer:A believer should view sickness not merely as a physical affliction but as an opportunity to seek God's will. Nee teaches that instead of jumping to seek medical help or panicking, believers should first reflect on their spiritual condition and ask God for guidance, recognizing that sometimes illness can serve as a divine chastening leading to greater holiness.

8.Question

What role does faith play in overcoming death, according



to Watchman Nee?

Answer: Faith is crucial in overcoming death as Nee teaches that believers should not fear death but see it as a conquered enemy through Christ's resurrection. He encourages believers to trust that God can sustain them during their earthly lives and, should they face death, have the hope of resurrection or even rapture, allowing them to live without fear.

9.Question

How does Watchman Nee suggest believers can prepare for the rapture?

Answer: Nee emphasizes that believers should maintain a vibrant faith that resists sin and death, live righteously, and be devoted to fulfilling God's purpose in their lives. By expelling worldly distractions and focusing on their union with Christ, believers can be ready for His return and the opportunity to be raptured directly to Him.





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Chapter 1 | THE FLESH| Quiz and Test

1. In the Bible, 'flesh' signifies the unregenerated human nature, which encompasses everything a person is prior to salvation.
2. Salvation attempts to improve the flesh rather than offering new life in Christ through regeneration.
3. Believers must rely on their own strength to combat the desires of the flesh after experiencing regeneration.

Chapter 2 | THE SOUL| Quiz and Test

1. Believers can experience deliverance from sin at the moment of accepting Jesus, as explained in Romans 6.
2. The old man, which refers to the inherited nature from Adam, has not been crucified with Christ according to the chapter.
3. The soul should be brought under the spirit's control for true spiritual maturity.



Chapter 3 | THE SPIRIT| Quiz and Test

1. Believers who do not understand their human spirit may struggle to differentiate between their spirit, soul, and body.
2. Regeneration is unnecessary for believers as their spirit does not affect their relationship with God.
3. A spiritual man is characterized by obedience to the Holy Spirit, allowing the spirit to govern his mind, emotions, and will.



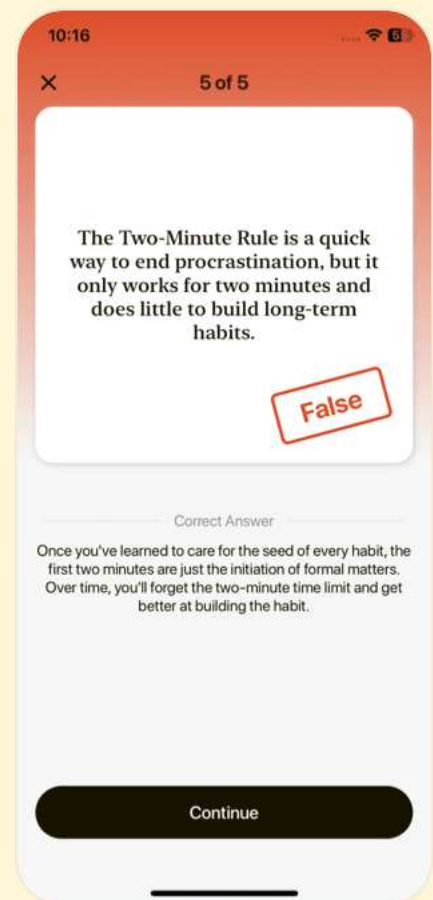
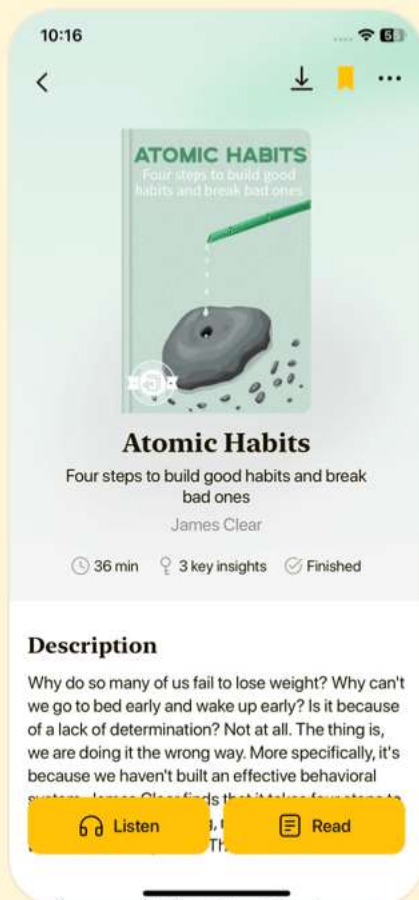


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Chapter 4 | AN ANALYSIS OF THE SPIRIT| Quiz and Test

- 1.Intuition allows a believer to sense God's will directly, without the influence of reasoning or external factors.
- 2.Conscience serves as the primary means through which the Holy Spirit communicates God's will to believers.
- 3.A quickened conscience is vital for guiding believers away from sin and towards holiness.

Chapter 5 | WALKING AFTER THE SPIRIT| Quiz and Test

- 1.Walking daily after the spirit is essential for Christians as it helps them obey God's will and protects against Satan's attacks.
- 2.Believers should rely solely on self-examination to foster spiritual growth without external guidance.
- 3.The spirit must remain holy to sustain a genuine walk of faith, as a spirit in turmoil can positively influence spiritual life.



Chapter 6 | THE ANALYSIS OF THE SOUL—EMOTION| Quiz and Test

1. Soulish Christians are often governed by emotions, making their lives unstable and wavelike.
2. True spirituality involves being governed by emotions rather than overcoming them.
3. The deep work of the cross severs the bond between a believer's desires and their emotional experiences.



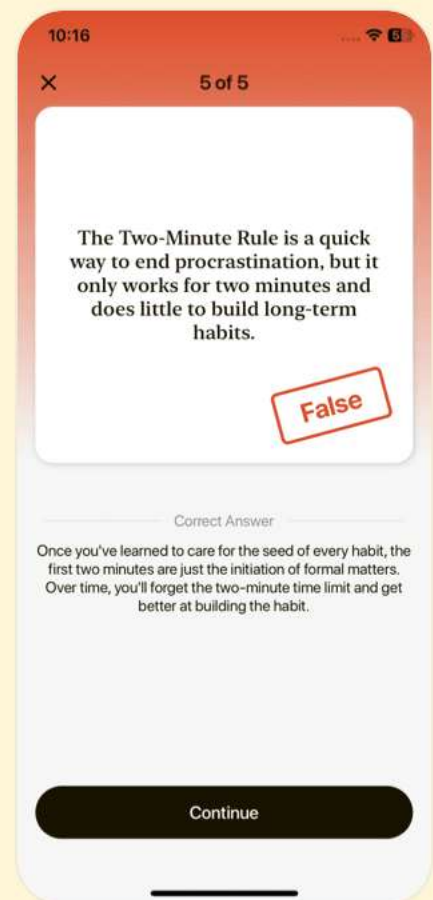
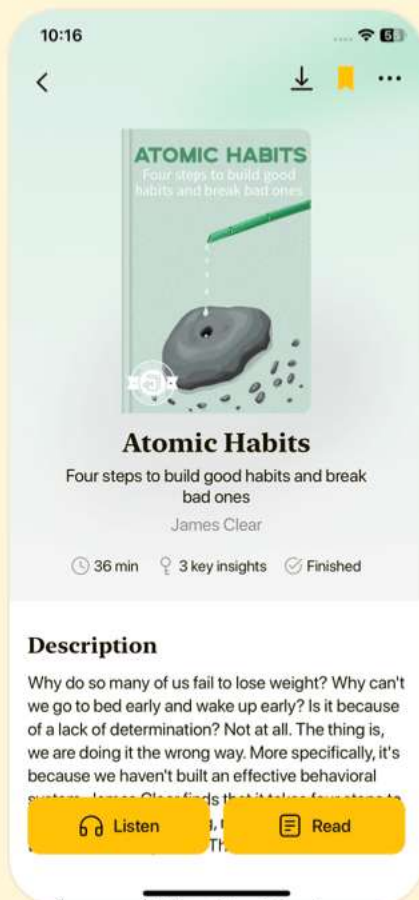


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Chapter 7 | THE ANALYSIS OF THE SOUL—THE MIND| Quiz and Test

- 1.The mind is described as a battleground for spiritual conflicts where good and evil contend, indicating its importance in spiritual struggles.
- 2.After regeneration, believers will no longer experience any attacks on their minds or be misled by doubts and false teachings.
- 3.A renewed mind is essential for overcoming past mental struggles and requires ongoing effort to align with God's will.

Chapter 8 | THE ANALYSIS OF THE SOUL—THE WILL| Quiz and Test

- 1.The will of a believer is not an essential element in spiritual growth.
- 2.Every individual possesses free will which God respects.
- 3.Spiritual passivity is a desirable state for believers as it signifies full submission to God's will.

Chapter 9 | THE BODY| Quiz and Test

- 1.The physical body is significant in God's purpose



and influences our development as believers.

2. Believers should neglect their physical health as it does not impact their spiritual growth.

3. Sickness is unrelated to sin and does not serve any purpose in a believer's spiritual journey.

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