



‘Heaviness – A Spirit?’



Yesterday we found out what the “garment of praise” is, and that God promises it to us to lift off the “spirit of heaviness” when it comes. Today we need to learn what the “spirit of heaviness” really is.

In our study verse, Isaiah 61:3, the meaning of it is: a feeling of being dull, old, despondent, serious, and weighted down mentally. It’s like a low hanging fog that rolls in over our joy, and makes our mind feel murky and dark like we can’t see through cause.



The spirit of heaviness usually comes when our foundation of self-esteem has been badly shaken in some area. When we feel the need to emotionally and mentally retreat because the pain is too much, or when we have struggled so long with an issue we are weighed down from searching hopelessly for a doorway out. Or, something triggers again all the rehashing of past failures and dumb things you said or did, and you open the door for a spirit of heaviness to take over your mind and emotions.

There is a built in factor in heaviness that opens the door for our enemy, the devil, to come in. That factor is isolation. When our heart and mind are heavy, our emotions say, “Leave me alone. I don’t want to see anybody. I don’t want to talk to anybody. I just want to be alone.” This is what the devil wants. If he can get you off by yourself, preferably under the covers, turned to the wall, in the fetal position and sucking your thumb, he has you all to himself to plant words and pictures and stir up old painful memories to torment you.

When people are shut off from others, their anger, sadness, and depression begin to interfere with their thinking processes. Their circuits are on overload, and their thought processes become distorted. Suspicion and distrust of others can enter in. They fear being hurt again and feel they can’t trust anybody, which thoughts bring even further isolation because they begin to avoid people.



Hurt always interferes with clear thinking. Hurting people always try to make sense of their pain somehow, and the only way they can do that is to imagine the world must really be the way they feel inside and then they begin to believe what they are imagining is true. When people isolate themselves they become disconnected from God and feel very empty – this is exactly what the devil wants, because when you are disconnected from God’s thoughts in your mind, and you feel mentally and emotionally empty – your enemy, the devil, will love to have the opportunity to fill that emptiness with strongholds of bitterness and hatred. A spiritual warfare is going on inside.

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But God has our answer in 2 Corinthians 10:3-5, *“For though we walk (live) in the flesh, we do not carry on our warfare according to the flesh, (using mere human weapons). For the weapons of our warfare are not physical (weapons of flesh and blood), but they are mighty before God for the overthrow and destruction of (mental and emotional) strongholds. Casting down imaginations and every high thing that exalts itself above the (true) knowledge of God, we bring every thought into the obedience of Christ.”*

The only way to escape the heaviness trap is to bring our heavy thoughts out of the gloomy darkness into the light of Jesus words. *“The entrance of Your words (Lord), gives*



light; it gives understanding – discernment and comprehension – to the simple.” (Psalm 119:130AMP) When we find ourselves with a spirit of heaviness over failures, fatigue, sin or sickness, our prayer should be as David’s was when he was in heaviness for committing adultery with Bathsheba, and for disobeying God’s commandments. *“Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence and take not your Holy Spirit from me. Restore to me the joy of Your salvation and uphold me with Your free Spirit.”* (Psalm 51:10-12)

If I know to praise God to be delivered from the bondage of spiritual heaviness, and I don’t do it – then I’m postponing my deliverance from the spirit of heaviness and postponing my healing. God’s Word is truth, it is fact, it is reality and it is alive whether anyone believes it or not. It is a matter of life or death, physically, spiritually and mentally. Let’s use His spiritual weapon, His Word, to defeat heaviness, because yes, heaviness is a spirit!



‘Heaviness – A Spirit?’

1. When does the spirit of heaviness usually come? _____

2. What is built into heaviness that opens the door to the devil?

3. When people are shut off from the others, what happens?

4. What are the three weapons of our spiritual warfare? (2 Corinthians 10:5)

a) _____

b) _____

c) _____

5. According to Psalm 119:130, what gives light and understanding to a darkened mind?

6. According to Psalm 51:10-12, what six things should we ask God for?

a) _____ b) _____

c) _____ d) _____

e) _____ f) _____

MEMORY VERSE (Psalm 51:10-12) Write your memory verse here:

‘Heaviness – A Spirit?’

1. When does the spirit of heaviness usually come? When the foundation of our self-esteem has been shaken.
2. What is built into heaviness that opens the door to the devil? Isolation.
3. When people are shut off from others, what happens? The devil causes their anger, sadness and depression to interfere with their thinking process.
4. What are the three weapons of our spiritual warfare? (2 Corinthians 10:5)
 - a) Casting down imaginations
 - b) Casting down every high thing that exalts itself above the knowledge of God
 - c) Bringing every thought to the obedience of Christ
5. According to Psalm 119:130, what gives light and understanding to a darkened mind?
The Words of the Lord.
6. According to Psalm 51:10-12, what six things should we ask God for?
 - a) A clean heart
 - b) A right spirit
 - c) Cast me not away
 - d) Take not your Holy Spirit from me
 - e) Restore to me the joy of your salvation
 - f) Uphold me with Your free Spirit

MEMORY VERSE (Psalm 51:10-12) “Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your free Spirit.”