

“In Step With The Spirit”

This session is all about keeping *in step with the Holy Spirit*. I am convinced that there are things that we will never experience because we simply do not keep in step with the Spirit of God. Far too often we find ourselves not living in the Spirit or walking in the Spirit.

We’re going to conclude our series on the Holy Spirit by looking at three aspects of keeping in step with the Spirit of Jesus.

“For you have been called to live in freedom—not freedom to satisfy your sinful nature, but freedom to serve one another in love. ¹⁴For the whole law can be summed up in this one command: “Love your neighbor as yourself.” ¹⁵But if instead of showing love among yourselves you are always biting and devouring one another, watch out! Beware of destroying one another.”

Galatians 5:13-15 (NLT)

Paul is saying that you and I have been given the freedom to choose between right and wrong. Those who are lost do not have that choice. They can only go one direction. The wrong direction. Paul tells us that when we become a child of God we have a choice to make. We are to use that choice to “love one another.”

1. My Life Must Be Lived In Step With The Spirit.

“So I tell you: **Live** by following the Spirit.
Then you will not do what your sinful selves want.”

Galatians 5:16 (NCV)

This is a command from the Word of God. It’s the baseline for all Christian living. All of our sin problems come from one source ... our sinful nature. It’s not a matter of the devil making you do it. You may be tempted to sin by the enemy but ultimately it’s your own fallen nature that causes you to sin.

How do I overcome my sinful nature? **The key is this ... we must subdue the sinful nature.**

peripateo, per-ee-pat-eh'-o; to tread all around, i.e. walk at large (especially as proof of ability); figurative to live, deport oneself, follow (as a companion or votary) :- go, be occupied with, walk (about). “Keep on living/walking.”

Paul is saying that if we want to live a victorious Christian life we need to take one step at a time with the Spirit. The Spirit of God lives in you when you commit your life to Christ and begin your faith journey. Because He lives inside of us we need to allow the Holy Spirit to direct us and guide us along the path day by day. Sounds easy enough ... doesn’t it?!

How do I foster this walk in the Spirit?

a. By studying the Word of God so that I know the mind of the Spirit.

Spirit of God vs. feelings, emotions & what you think.

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b. By communing with God.

Spend time daily with God. Walking implies that you are doing it with regularity and on a continual basis. As you spend time with God the Spirit of God talks to you!

“But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.”

John 16:13 (NIV)

There are times when God speaks to us so clearly that we cannot miss what He’s saying to us. We just know that we know that we know.

The majority of the time the Spirit of God talks to us through our conscience or our heart. What happens is that you’re going through something and you feel like the Spirit of God impresses something on your heart. He impresses you to go and pray with somebody or go and talk with someone or to call an individual or go somewhere.

Illustration: Does God Still Speak To People?

A young man had been to Wednesday night Bible Study. The Pastor had shared about listening to God and obeying the Lord's voice. The young man couldn't help but wonder, "Does God still speak to people?" After services he went out with some friends for coffee and pie and they discussed the message. Several different ones talked about how God had led them in different ways. It was about ten o'clock when the young man started driving home. Sitting in his car, he just began to pray, "God, if you still speak to people speak to me. I will listen. I will do my best to obey."

As he drove down the main street of his town, he had the strangest thought, stop and buy a gallon of milk. He shook his head and said out loud, "God is that you?" He didn't get a reply and started on toward home. But again, the thought, buy a gallon of milk. The young man thought about Samuel and how he didn't recognize the voice of God, and how little Samuel ran to Eli. "Okay, God, in case that is you, I will buy the milk." It didn't seem like too hard a test of obedience. He could always use the milk. He stopped and purchased the gallon of milk and started off toward home.

As he passed Seventh street, he again felt the urge, "Turn down that street." This is crazy he thought and drove on past the intersection. Again, he felt that he should turn down seventh street. At the next intersection, he turned back and headed down Seventh. Half jokingly, he said out loud, "Okay, God, I will." He drove several blocks, when suddenly, he felt like he should stop. He pulled over to the curb and looked around. He was in a semi-commercial area of town. It wasn't the best but it wasn't the worst of neighborhoods either. The businesses were closed and most of the houses looked dark like the people were already in bed. Again, he sensed something, "Go and give the milk to the people in the house across the street."

The young man looked at the house. It was dark and it looked like the people were either gone or they were already asleep. He started to open the door and then sat back in the car seat.

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"Lord, this is insane. Those people are asleep and if I wake them up, they are going to be mad and I will look stupid." Again, he felt like he should go and give the milk. Finally, he opened the door, "Okay God, if this is you, I will go to the door and I will give them the milk. If you want me to look like a crazy person, okay. I want to be obedient. I guess that will count for something but if they don't answer right away, I am out of here."

He walked across the street and rang the bell. He could hear some noise inside. A man's voice yelled out, "Who is it? What do you want?" Then the door opened before the young man could get away. The man was standing there in his jeans and T-shirt. He looked like he just got out of bed. He had a strange look on his face and he didn't seem to happy to have some stranger standing on his doorstep. "What is it?" The young man thrust out the gallon of milk, "Here, I brought this to you."

The man took the milk and rushed down a hall way speaking loudly in Spanish. Then from down the hall came a woman carrying the milk toward the kitchen. The man was following her holding a baby. The baby was crying. The man had tears streaming down his face. The man began speaking and half crying, "We were just praying. We had some big bills this month and we ran out of money. We didn't have any milk for our baby. I was just praying and asking God to show me how to get some milk." His wife in the kitchen yelled out, "I ask him to send an Angel with some ... Are you an Angel?" The young man reached into his wallet and pulled out all the money he had on him and put in the man's hand. He turned and walked back toward his car and the tears were streaming down his face. He knew that God still answers prayers and that God still speaks to His people. Do You?

Other times we say something we shouldn't have or we do something we shouldn't have done and in that moment we feel His conviction. That is one of the ways He helps us to keep in step with Himself!

Other times we have a fight with our spouse or our children and then we go to pray and it feels like we're a million miles away. That's because the Holy Spirit is pointing out to us where we've blown it.

Now there are times when we have feelings or impressions that are not the Spirit of God at all. Rather they are too much pizza, indigestion or whatever. The maturity of a Christian involves growing in the Lord to the point where you can distinguish between the voice of the enemy ... indigestion ... your own human flesh ... or the voice of God.

How can I tell when the Spirit of God is speaking to me?

- 1. His voice will be in harmony with the written Word.** (99% practical & applicable – everyday life)

“When we tell you this, we do not use words of human wisdom. We speak words given to us by the Spirit, using the Spirit's words to explain spiritual truths.”

1 Cor. 2:13 (NLT)

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2. His voice magnifies and exalts Jesus.

“But when the Friend comes, the Spirit of the Truth, he will take you by the hand and guide you into all the truth there is. He won't draw attention to himself, but will make sense out of what is about to happen and, indeed, out of all that I have done and said. He will honor me; he will take from me and deliver it to you.”

John 16:13-14 (Msg)

3. His voice ushers in peace, not confusion.

“God is not *a God* of confusion but of peace, as in all the churches of the saints.”

1 Cor. 14:33 (NASB-U)

“The mind of sinful man is death, but the mind controlled by the Spirit is life and peace.”

Romans 8:6 (NIV)

“For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.”

Romans 14:17 (NIV)

4. His voice urges, motivates and empowers me to do God's Will.

“Therefore, my dear friends, as you have always obeyed--not only in my presence, but now much more in my absence--continue to work out your salvation with fear and trembling, ¹³for it is God who works in you to will and to act according to his good purpose.”

Philip. 2:12-13 (NIV)

Condemnation – attacks you as a person.

Aimed at believer.

Conviction – tells me that He doesn't like what I'm doing.

Aimed at behavior.

5. His voice leads me opposite of my natural inclination.

“For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD. ⁹"As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.”

Isaiah 55:8-9 (NIV)

6. His voice speaks to me through other believers.

“Then Ananias went to the house and entered it. Placing his hands on Saul, he said, "Brother Saul, the Lord--Jesus, who appeared to you on the road as you were coming here--has sent me so that you may see again and be filled with the Holy Spirit." ¹⁸Immediately, something like scales fell from Saul's eyes, and he could see again. He got up and was baptized.”

Acts 9:17-18 (NIV)

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7. His voice guides me through visions or dreams.

“Paul and his companions traveled throughout the region of Phrygia and Galatia, having been kept by the Holy Spirit from preaching the word in the province of Asia.

⁷When they came to the border of Mysia, they tried to enter Bithynia, but the Spirit of Jesus would not allow them to. ⁸So they passed by Mysia and went down to Troas. ⁹During the night Paul had a vision of a man of Macedonia standing and begging him, "Come over to Macedonia and help us." ¹⁰After Paul had seen the vision, we got ready at once to leave for Macedonia, concluding that God had called us to preach the gospel to them.”

Acts 16:6-10 (NIV)

8. His voice directs me in corporate settings.

“In the church at Antioch there were prophets and teachers: Barnabas, Simeon called Niger, Lucius of Cyrene, Manaen (who had been brought up with Herod the tetrarch) and Saul.

²While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them.”

Acts 13:1-2 (NIV)

9. His voice instructs me through unusual circumstances.

“About noon the following day as they were on their journey and approaching the city, Peter went up on the roof to pray. ¹⁰He became hungry and wanted something to eat, and while the meal was being prepared, he fell into a trance. ¹¹He saw heaven opened and something like a large sheet being let down to earth by its four corners. ¹²It contained all kinds of four-footed animals, as well as reptiles of the earth and birds of the air. ¹³Then a voice told him, "Get up, Peter. Kill and eat." ¹⁴"Surely not, Lord!" Peter replied. "I have never eaten anything impure or unclean." ¹⁵The voice spoke to him a second time, "Do not call anything impure that God has made clean." ¹⁶This happened three times, and immediately the sheet was taken back to heaven. ¹⁷While Peter was wondering about the meaning of the vision, the men sent by Cornelius found out where Simon's house was and stopped at the gate. ¹⁸They called out, asking if Simon who was known as Peter was staying there. ¹⁹While Peter was still thinking about the vision, the Spirit said to him, "Simon, three men are looking for you. ²⁰So get up and go downstairs. Do not hesitate to go with them, for I have sent them." ²¹Peter went down and said to the men, "I'm the one you're looking for. Why have you come?" ²²The men replied, "We have come from Cornelius the centurion. He is a righteous and God-fearing man, who is respected by all the Jewish people. A holy angel told him to have you come to his house so that he could hear what you have to say." ²³Then Peter invited the men into the house to be his guests. The next day Peter started out with them, and some of the brothers from Joppa went along.”

Acts 10:9-23 (NIV)

When trying to distinguish the Spirit's voice do not ...

- a. Listen to only what you want to hear.
- b. Listen to something contrary to the Word of God.
- c. Rush into a quick decision.
- d. Move forward when you are down, discouraged, tired or out of God's will in another area.

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- e. Move forward when you receive contradictory opinions from mature believers you respect.
- f. Move forward when God doesn't seem to be making the provisions.
- g. Move forward when there is no inner peace and much confusion in your life or relationships.

Reflection: Am I living daily with a sensitivity to the voice of the Holy Spirit? Do I know when the Spirit of God is speaking to me?

2. My Life Will Be Marked By Victory If I Keep In Step With The Spirit.

Just because you decide to walk by the Spirit does not mean it will be easy. In fact, this whole principle is much easier to delineate than it is to actually live out. Because not only is the devil going to fight you ... you've got your flesh to fight as well! Your flesh will resist this control of the Spirit. It's a part of the sinful nature.

“The old sinful nature loves to do evil, which is just opposite from what the Holy Spirit wants. And the Spirit gives us desires that are opposite from what the sinful nature desires. These two forces are constantly fighting each other, and your choices are never free from this conflict.”

Galatians 5:17 (NLT)

Isn't that the truth? You want to live for God and follow Him. You want to do exactly what God wants you to do but then you find yourself doing the things you know you shouldn't be doing. You find yourself falling into patterns or habits that don't glorify God. That is happening because there is a war going on inside of you.

“The law is good, then. The trouble is not with the law but with me, because I am sold into slavery, with sin as my master. ¹⁵I don't understand myself at all, for I really want to do what is right, but I don't do it. Instead, I do the very thing I hate. ¹⁶I know perfectly well that what I am doing is wrong, and my bad conscience shows that I agree that the law is good. ¹⁷But I can't help myself, because it is sin inside me that makes me do these evil things. ¹⁸I know I am rotten through and through so far as my old sinful nature is concerned. No matter which way I turn, I can't make myself do right. I want to, but I can't. ¹⁹When I want to do good, I don't. And when I try not to do wrong, I do it anyway. ²⁰But if I am doing what I don't want to do, I am not really the one doing it; the sin within me is doing it. ²¹It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong. ²²I love God's law with all my heart. ²³But there is another law at work within me that is at war with my mind. This law wins the fight and makes me a slave to the sin that is still within me. ²⁴Oh, what a miserable person I am! Who will free me from this life that is dominated by sin? ²⁵Thank God! The answer is in Jesus Christ our Lord.

So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin.”

Romans 7:7-25 (NLT)

When you come to Christ you become a new creation. You are redeemed inside. But there is a part of you that is not yet redeemed ... your physical body and your mind. Neither of these areas are yet redeemed and they won't be until you die. Now your mind and your body are the beachhead of sin in your life! That is the operating base for your sin.

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Think about it ... the moment you die your mind will quit working and your body will quit functioning your battle with sin will be over!

That day will be wonderful. But for now we still have to fight our wrongful thoughts, words and actions. Those come from the sinful nature. It's a battle over whether you will do what God wants you to do or whether will do what your sinful nature wants you to do. The more you do what the Spirit of God wants you to do the more spiritual you will become.

So the bottom line is this: if you want to become more spiritual then do what the Spirit of God wants you to do. If you want to become more sinful then follow your sinful nature.

“But when you are directed by the Holy Spirit, you are no longer subject to the law.”
Galatians 5:18 (NLT)

Some of the teachers who were coming to the Galatians were telling them that if they lived by the Law it would strengthen them. It was an emphasis on the adherence of the Law to set them free. The fact of the matter is that the Law does not set you free. It only shows you your sin.

There are a lot of people with a lot of problems and they're trying a lot of professional counselors, treatments, methods, etc. They think they can be delivered from their bondage and addictions but the fact of the matter is that there is no law ... no man ... no philosophy ... no formula ... outside of the Spirit of God ... for delivering people. Anything else will fall short!

The key to drug, alcohol, pornography, food, approval, gambling, sex addictions ... is the Spirit of God. He is the one who sets you free!!!

Reflection: Am I being directed by the Spirit of God or by my sinful nature?

3. My Life Will Reflect Christ's Nature If I Keep In Step With The Spirit.

Notice the contrast that Paul lays out for us in the rest of these verses. He gives us two lists. One is indicative of the results of living according to the sinful nature and the other is what is produced if we live by the Spirit.

“The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery;
²⁰idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.”

Galatians 5:19-21 (NIV)

Five Categories ...

- a. Sexual Sin – immorality, impurity & debauchery (arousing sexual desire w/o fulfillment)
- b. Idolatry
- c. Witchcraft – drugs (pharmakeia – medication, pharmacy)

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- d. Relationships – hatred, discord, jealousy, fits of rage, selfish ambition, dissensions factions & envy.
- e. Alcohol – drunkenness & orgies

“It is obvious what kind of life develops out of trying to get your own way all the time: repetitive, loveless, cheap sex; a stinking accumulation of mental and emotional garbage; frenzied and joyless grabs for happiness; ²⁰trinket gods; magic-show religion; paranoid loneliness; cutthroat competition; all-consuming-yet-never-satisfied wants; a brutal temper; an impotence to love or be loved; divided homes and divided lives; small-minded and lopsided pursuits; ²¹the vicious habit of depersonalizing everyone into a rival; uncontrolled and uncontrollable addictions; ugly parodies of community. I could go on. This isn't the first time I have warned you, you know. If you use your freedom this way, you will not inherit God's kingdom.”

Galatians 5:19-21 (Msg)

“Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.”

Col. 3:5 (NIV)

Illustration: Saul & the Amalekites

“Samuel said to Saul, "I am the one the Lord sent to anoint you king over his people Israel; so listen now to the message from the Lord. ² This is what the Lord Almighty says: 'I will punish the Amalekites for what they did to Israel when they waylaid them as they came up from Egypt. ³ Now go, attack the Amalekites and totally destroy everything that belongs to them. Do not spare them; put to death men and women, children and infants, cattle and sheep, camels and donkeys.”

1 Samuel 15:1-3 (NIV)

“He took Agag king of the Amalekites alive, and all his people he totally destroyed with the sword. ⁹ But Saul and the army spared Agag and the best of the sheep and cattle, the fat calves and lambs--everything that was good. These they were unwilling to destroy completely, but everything that was despised and weak they totally destroyed.”

1 Samuel 15:8-9 (NIV)

After the death of Saul, David returned from defeating the Amalekites ... I happened to be on Mount Gilboa and there was Saul ... he said to me, 'Stand over me and kill me! I am in the throes of death, but I'm still alive.' ¹⁰ "So I stood over him and killed him, because I knew that after he had fallen he could not survive. ¹³ David said to the young man who brought him the report, "Where are you from?" "I am the son of an alien, an Amalekite," he answered.

2 Samuel 1:1-16 (NIV)

We cannot allow sin to be entertained in our lives. We must be ruthless with it. Jesus intimated that in His message known as the Sermon on the Mount (gouge out your eye)

In contrast, beginning in verse 22 Paul lays out for us nine things the Spirit of God produces in our lives ...

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“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law. ²⁴Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. ²⁵Since we live by the Spirit, let us keep in step with the Spirit.”

Galatians 5:22-25 (NIV)

“But what happens when we live God's way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life, serenity.

We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, ²³not needing to force our way in life, able to marshal and direct our energies wisely. Legalism is helpless in bringing this about; it only gets in the way. ²⁴Among those who belong to Christ, everything connected with getting our own way and mindlessly responding to what everyone else calls necessities is killed off for good—crucified.”

Galatians 5:22-24 (Msg)

It just so happens that these nine traits are all commanded of believers elsewhere in the New Testament ...

“Be imitators of God, therefore, as dearly loved children ²and live a life of **love**, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.”

Ephesians 5:1-2 (NIV)

Love – The accurate estimate and the adequate supply of another’s need.

“Be **joyful** in hope, patient in affliction, faithful in prayer.”

Romans 12:12 (NIV)

Joy – A deep sense of peace and fulfillment that comes from knowing that God is in control.

“If it is possible, as far as it depends on you, live at **peace** with everyone.”

Romans 12:18 (NIV)

Peace – The sense that God is with you no matter what you’re facing.

“Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and **patience**.”

Colossians 3:12 (NIV)

Patience – The willingness to accept situations without getting all upset.

“Be joyful in hope, **patient** in affliction, faithful in prayer.”

Romans 12:12 (NIV)

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“For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷and to godliness, **brotherly kindness**; and to brotherly kindness, love.

⁸For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.”

2 Peter 1:5-8 (NIV)

Kindness – A concern about others.

“For this very reason, make every effort to add to your faith **goodness**; and to goodness, knowledge; ⁶and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷and to godliness, brotherly kindness; and to brotherly kindness, love.

⁸For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.”

2 Peter 1:5-8 (NIV)

Goodness – When you do something about the concern you have for others.

“Now it is required that those who have been given a trust must prove **faithful**.”

1 Cor. 4:2 (NIV)

Faithfulness – Loyalty and trustworthiness.

“Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, **gentleness** and patience.”

Colossians 3:12 (NIV)

Gentleness – Strength under control. Refusing to stand up for your own rights.

“But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.

But do this with **gentleness** and respect.”

1 Peter 3:15 (NIV)

“For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶and to knowledge, **self-control**; and to self-control, perseverance; and to perseverance, godliness; ⁷and to godliness, brotherly kindness; and to brotherly kindness, love.

⁸For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.”

2 Peter 1:5-8 (NIV)

Self-Control - Restraining your appetites and passions. Far too often we want deliverance rather than discipline. God works with us and not for us!

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These things are commanded of us as believers. But here is the amazing thing I want you to understand ... **God never commands us to do something without equipping us to do what He's commanded!**

“Let me put this question to you: How did your new life begin? Was it by working your heads off to please God? Or was it by responding to God's Message to you? ³Are you going to continue this craziness? For only crazy people would think they could complete by their own efforts what was begun by God. If you weren't smart enough or strong enough to begin it, how do you suppose you could perfect it? ⁴Did you go through this whole painful learning process for nothing? It is not yet a total loss, but it certainly will be if you keep this up!”

Galatians 3:2-4 (Msg)

“Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires.

²⁵Since we live by the Spirit, let us keep *in step with the Spirit.*”

Galatians 5:24-25 (NIV)

I want to close this teaching by sharing with you an observation from the life of Jesus. **I believe that one of the greatest secrets to the success of Jesus' life here on earth is that He NEVER did anything without HEARING from His heavenly Father FIRST!**

“So Jesus explained himself at length. "I'm telling you this straight. The Son can't independently do a thing, only what he sees the Father doing. What the Father does, the Son does. ²⁰The Father loves the Son and includes him in everything he is doing.”

John 5:19-20 (Msg)

“I can't do a solitary thing on my own: I listen, then I decide. You can trust my decision because I'm not out to get my own way but only to carry out orders.”

John 5:30 (Msg)

“I have much to say about you and much to condemn, but I won't. For I say only what I have heard from the one who sent me, and he is true." ²⁷But they still didn't understand that he was talking to them about his Father. ²⁸So Jesus said, "When you have lifted up the Son of Man on the cross, then you will realize that I am he and that I do nothing on my own, but I speak what the Father taught me.”

John 8:26-28 (NLT)

Reflection: **Do I reflect the nature of Jesus? Am I bearing good fruit that demonstrates I'm in step with the Spirit? Am I willing to relinquish the reigns of my life to the Lord so that He can direct my steps?**

Some of us are battling with major addictions ... difficulties ... trials ... and problems. Some of you are bound by significant sins. I hope this study has caused faith to rise in your heart. I believe that the Lord wants to set you free. You need deliverance. Does it mean you will never struggle with sin again? NO! But it does mean that there can be victory over sin as it comes your way.

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Let's Pray!

For those who need deliverance ... from sexual sins, idolatrous ways, drugs, unhealthy relationships, alcohol, etc.

For those who need help with love, joy, peace patience, kindness, goodness, faithfulness, gentleness & self-control.

You aren't walking in the Spirit on a daily basis and you want to begin living in the power of the Spirit.