

Living Out the Resurrection Life Part 3

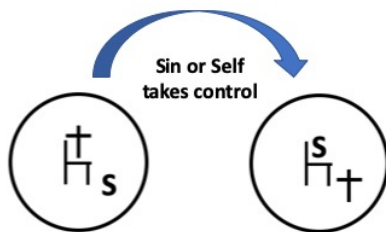
The first session we looked at who the Holy Spirit is and how he relates to and works in us. In the second session we looked at how we relate to the Spirit and how we are filled by the Spirit. In this session we want to see how we can build our relationship with the Spirit, allowing him to guide, control and empower us in our everyday lives.

How to Walk in the Spirit in Your Daily Life

1. Learning to walk in the Spirit is a battle of kingdoms.

Gal 5:16-26: Two Kingdoms-Two kinds of fruit!

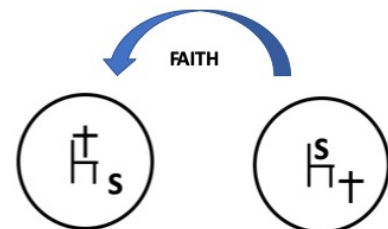
A. What happens when I sin - take control of the throne of my life?



B. Breathe Spiritually (Restoring fellowship with God)

Sin does not break your relationship with God but it does hinder your fellowship with him. This practice allows you to restore your fellowship with God by confessing any sin and yielding to his Spirit.

- 1) There will be times that we disobey God or ignore the Holy Spirit's leading in our lives. Practicing **Spiritual Breathing** is one way that we can experience moment-by-moment dependence upon the Holy Spirit and maintain a right relationship with God.



Exhale: Confess your sin (attitude/action-omission/commission) the moment you become aware of it-agree with God concerning it and thank Him for His forgiveness according to 1Jn 1:9. Confession requires repentance-a change in attitude and action.

Inhale: Surrender control of your life to Christ, and continue to rely upon the Holy Spirit to fill you with His presence and power by faith, according to his **command** (Ephesians 5:18) and **promise** (1 John 5:14-15).

- 2) Continue to breathe spiritually, to exhale/confess, *whenever the Holy Spirit reveals a sin* (attitude or action) which you need to confess and inhaling as you yield control to Christ and go on living in the fullness and control of the Spirit by faith.
- 3) You practice spiritual breathing *only* when the Holy Spirit reveals something that needs to be confessed. For some that might be several times a day and for others it will be only a few times a month! Exhale-confess at the Spirit's prompting...you are developing that intimate relationship with Him so learn to listen carefully! **Pay attention** to your inner life and outer life!
- 4) Avoid being too introspective. Do not probe within yourself, looking for sin to confess. Confess what the Holy Spirit impresses upon you to confess. He will make it plain!
- 5) Don't forget to inhale-to surrender or yield control of your life to the Spirit! Many forget to do this act of faith!
- 6) Believe in God's truth found in His precious Word. If you genuinely hunger and thirst after God and His righteousness, if you have confessed all known and revealed sin, if you have surrendered the control of your life to Christ and have asked God to fill you...then, believe that *you are filled by faith on the basis of His command and His promise.*

2. Keeping in step with the Spirit: Becoming "others" focused.

A. Those who live by the Spirit are to help "Restore others"! You become "others" focused.

You **pay attention** to those around you as Paul instructs us in Gal 6:1-6,

¹**Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted.** ²**Carry each other's burdens, and in this way you will fulfill the law of Christ.** ³**If anyone thinks they are something when they are not, they deceive themselves.** ⁴**Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else,** ⁵**for each one should carry their own load.** ⁶**Nevertheless, the one who receives instruction in the word should share all good things with their instructor.**

B. Watch what you sow-Don't become weary in doing good to others. Paul tells us in Gal 6:7-10,

⁷**Do not be deceived: God cannot be mocked. A man reaps what he sows.** ⁸**Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to**

please the Spirit, from the Spirit will reap eternal life. ⁹Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

¹⁰Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

C. Spiritual food for the journey-John 4:31-35, “the rest of the story” of Jesus and the woman at the well.

³¹“Meanwhile his disciples urged him, “Rabbi, eat something”. ³²But he said to them, “I have food to eat you know nothing about.” ³³Then his disciples said to each other, “Could someone have brought him food?” ³⁴“My food”, said Jesus, “is to do the will of him who sent me and to finish his work.” ³⁵“Don’t you have a saying, ‘It’s still four months until harvest’? I tell you, open your eyes and look at the fields! They are ripe for harvest.”

- What was Jesus’s “food”?
- Are you enjoying this “food” that truly satisfies?
- Does your diet need to change?

Making disciples who make disciples provides “spiritual food” and satisfies your deepest desire-knowing God and doing his purpose for you. It also is the basis for your continued growth and maturity. Your spiritual diet is not complete or satisfying without this “food”.

Just as Jesus’ life was others centered, so our lives must be focused on others to mature! Who are you reaching out to, building into?

3. Keeping in step with the Spirit teaches and guides us in the truth. John 14:26; 16:13

A. As we walk in the Spirit he will be teaching us, reminding us and guiding us! God’s Word is the foundation that God uses to do this in our lives.

Compare the work of the Spirit of God and the Word of Christ in the following scriptures.

- What is alike?
- What is different?

Eph 5:18-20, “...¹⁸be filled with the Spirit, ¹⁹speaking to one another with psalms, hymns and songs from the Spirit. Sing and make music in your heart to the Lord, ²⁰always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.”

Col 3:16-17, ¹⁶“Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns and songs from the Spirit, singing to God with gratitude in your hearts. ¹⁷And whatever you do, whether in

word or in deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

B. Fruitfulness comes from abiding (continuing for a long time; enduring) in two ways.

In John 15:7,8, ⁷**Jesus said, “If you remain (abide) in me and my words remain (abide) in you, ask whatever you wish, and it will be done for you. ⁸This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.**

How do we do this? John 15:10,11 says, ¹⁰**“If you keep my commands, you will remain (abide) in my love, just as I have kept my Father’s commands and remain (abide) in his love. ¹¹I have told you this so that my joy may be in you and your joy may be complete.**

C. Understanding and obeying God’s written Word is essential for us to “keep in step with God’s Spirit”. For God to guide us and teach us we must be allowing his Word to dwell in us richly. This is how we learn to recognize and discern the Spirit’s voice as he speaks, in His Word and in your thoughts.

- In what ways are you remaining (abiding) in the Word of God?
- Is your time in God’s Word focused on gaining information or listening to God’s voice in the Scriptures?
- Are you keeping Christ’s commands and experiencing Christ’s joy?
- What is the Spirit saying to you about changes needed in your life?
- Do you need help with this?

D. Other spiritual disciplines that help you walk by the Spirit: Solitude, Silence, Spiritual Reading

4. Dealing with the daily distractions and noises of life that crowd out God’s voice.

A. It starts with our mind. Rom 12:1-2,

¹**Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ²Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is - his good, pleasing and perfect will.**

B. What is your mind set on? Col 3:1-2,

¹**Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ²Set your minds on things above, not on earthly things.**

C. Transforming our thinking. Eph 4:17; 22-24

¹⁷**So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking.**

²²You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³to be made new in the attitude of your minds; ²⁴and to put on the new self, created to be like God in true righteousness and holiness.

D. Winning the battle of our minds / thinking. 2Cor 10:3-5,

³For though we live in the world, we do not wage war as the world does. ⁴The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

5. How do we learn to pay attention to the Holy Spirit, to keep in step with the Spirit?
Acknowledging and yielding to God's Presence continually.

A. During the day - learn to **pay attention**:

- To your thoughts: do they reflect Christ and his love, the fruit of the Spirit?
- To your emotions, inner life: anxious, fearful, angry, worried, upset, etc.
- To what is happening around you. How are you responding?
- Acknowledge again your surrender to the Spirit's control and power.

B. Take short breaks during your day to:

- Reflect on what you are involved in and how it is affecting you. Is it pleasing to God?
- Listen to the Spirit's voice, reflect on Scripture.
- Acknowledge the Spirit's control in your life and what you are engaged in doing.

C. A daily exercise to help you pay attention to the working of the Holy Spirit.

The Prayer of Examination is a discipline for learning to recognize and respond to the voice and working of God's Spirit in your life in the activities of your day. It usually works best to do this at the end of your day before going to sleep.

This discipline is a practical way of applying God's Word in your life:

Ps 26:2- "Test me, O Lord, and try me, examine my heart and my mind; for your love is ever before me, and I walk continually in your truth."

Ps 139: 23-24- "Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

By asking two questions it is a simple yet effective way of intentionally coming together with God to reflect on and examine your life each day. By doing so you learn when you have been in step with Him and when you have been out of step with Him

(Gal 5:25). It is a practical way to learn to understand God's will and to do it by living by his Spirit.

How to Practice the Prayer of Examination

- At the close of each day quiet your heart, relax, breathe deeply and take a few moments of silent reflection about your day's activities. This is not meant to be a highly introspective examination but a gentle reflection of your day under the Holy Spirit's guidance.
 - The first question is a question of victory or blessing as you walked in the Spirit during the day. "When was I yielded to the Holy Spirit's control and power"? or "When was the Holy Spirit on the throne of my life today"? Thank him for each of these victories!
 - The second question is a question of defeat or difficulty as you struggled to walk in the Spirit during the day. "When did I not allow the Holy Spirit to control and empower me"? or When did I take the throne of my life today"? Ask what was going on in your heart at this time? Talk to God about how this might change.
 - Practice the Prayer of Examination for a few minutes each day for 3 weeks until it becomes a habit.
 - The result of making this a regular practice or discipline in your life:
 - You become aware each day of where you yielded to the Spirit's control or not.
 - You are able to have victory in areas of struggle in your life when the next time it happens.
 - You become aware of the areas of life you are growing in or need to grow in.
 - You begin to see regular growth in your relationship with God.
 - You are learning to keep in step with the Holy Spirit!
6. The Results of walking by the Spirit continuously in your life will be:
- Victory over sin and self's control of your life.
 - The character of Christ is formed in you as the Holy Spirit produce his fruit in your life and you grow and mature spiritually. Gal 5:22,23
²²But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law.
 - The Holy Spirit is now able to empower the spiritual gift he has given you to serve others.
 - You will see your relationships with God, your family, employer, employee's grow and deepen and you will see victory in spiritual battle. Eph 6:1-17
 - You become a living witness of Christ by your changing life and words as the Holy Spirit lives in and through you! Acts 1:8

If you have any questions feel free to contact me:
David Neibling, (651) 468-4521 or David.Neibling@cru.org