



In Step With the Spirit
Galatians 5:25



In Step With the Spirit

- **Galatians 5:25** - 25 If we live by the Spirit, let us also keep in step with the Spirit.
- **1 John 4:13** - ¹³ By this we know that we abide in him and he in us, because he has given us of his Spirit.

Transformation of the Mind

- **Romans 12:2** - Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.
- **Romans 8:4-6** - 4 in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. 5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. 6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

Spiritual Health Improves Physical and Mental Health

- **1 Corinthians 6:19-20** - ¹⁹ Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰ for you were bought with a price. So glorify God in your body.

Finish the Race – Earn the Prize

- **1 Corinthians 9:24** - 24 Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it.
- **2 Timothy 4:7-8** - ⁷ I have fought the good fight, I have finished the race, I have kept the faith. ⁸ Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that day, and not only to me but also to all who have loved his appearing.

Transformed Life – Leaving the Old Self Behind

- **Ephesians 4:22-24** - 22 to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, 23 and to be renewed in the spirit of your minds, 24 and to put on the new self, created after the likeness of God in true righteousness and holiness.

A New Creation

- We are a new creation – Old has passed away new has come
- **2 Corinthians 5:16-17** - 16 From now on, therefore, we regard no one according to the flesh. Even though we once regarded Christ according to the flesh, we regard him thus no longer. 17 Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

Trust in the Lord

- **Proverbs 3:5-6** – Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

Are You in Step with the Fruit of the Spirit?

- **Galatians 5:22-23** - 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law.
- **Relationship with God – Love, Joy, Peace**
- **Relationship with Others – Patience, Kindness, Goodness**
- **Relationship with Ourselves – Faithfulness, Gentleness, Self-Control**

3 Ways to Remain in Step with the Spirit

1. Open Your Heart to the Spirit

- **Matthew 6:21** - 21 For where your treasure is, there your heart will be also.
- **Proverbs 4:23** - Keep your heart with all vigilance, for from it flow the springs of life.
- Do not harden your heart to the Holy Spirit and God
- **Hebrews 3:12-13** – “12 Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. 13 But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin.

3 Ways to Remain in Step with the Spirit

2. Listen to the Holy Spirit

- **Hebrews 3:15** – As it is said, “Today if you hear his voice, do not harden your hearts as in the rebellion.”

3 Ways to Remain in Step with the Spirit

3. Put Your Faith into Action

- **2 Timothy 1:7** - “For God gave us a spirit not of fear but of power and love and self-control.”