

Living By the Spirit
1 Corinthians 10:13 & Galatians 5:16-17
10/14/2018
How to Escape Week 3

...And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. 1 Corinthians 10:13

¹⁶ So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. Galatians 5:16-17

WHAT YOU FEED GROWS.
WHAT YOU STARVE DIES.

OVERCOMING THE APPETITES OF THE FLESH

1. DEPEND ON THE POWER OF THE HOLY SPIRIT.

...You have no obligation to do what your sinful nature urges you to do. ¹³ For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live. Romans 8:12-13 NLT

- I admit that I'm powerless over _____. I believe that the power of the Spirit of God will heal me and make me whole.

2. FOLLOW THE PROMPTING OF THE HOLY SPIRIT.

²⁴ Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit. Galatians 5:24-25

Take note of every time you sense the Holy Spirit prompting you.