

A Way Out Part 3: Living By The Spirit

(1 Corinthians 10:12-13 NIV) So, if you think you are standing firm, be careful that you don't fall! No temptation has overtaken you except what is common to mankind. 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.

(Galatians 5:16-17 NLT) So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.

✓ **What you feed grows.**

✓ **What you starve dies.**

Living By The Spirit

1. Depend on the power of the Holy Spirit.

(Romans 8:12-13a NLT) You have no obligation to do what your sinful nature urges you to do. For if you live by its dictates, you will die.

(Romans 8:13 NLT) 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.

I admit that I am 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.

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

3. Feed your Spirit.

✓ Feed your Spirit with prayer.

(Matthew 6:13 NIV) And lead us not into temptation, but deliver us from the evil one.

✓ Feed your Spirit with God's Word.

(Psalm 119:9-11 NIV) How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.

✓ Feed your Spirit with the right people.

(1 Corinthians 15:33-34 NIV) Do not be misled: "Bad company corrupts good character." Come back to your senses as you ought, and stop sinning.