

In Step

How to Keep in Step with the Spirit

April 23, 2023

Keeping in step with the Spirit comes down to more than just willpower and what we can do—so...what do we do?

MESSAGE NOTES AND HIGHLIGHTS

- Since we live by the Spirit, let us keep in step with the Spirit. | Galatians 5:25
 - But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. | Galatians 5:22-23
 - The fruit of the Spirit is an indication of a deeper, ongoing process.
 - Being in step with the Spirit means allowing the Spirit to lead us in each moment and shape us over time.
 - Living a life of the Spirit doesn't come down to willpower and trying to *do* the fruit of the Spirit—so what can we do?
 - Provide the conditions that allow us to be in tune with the Spirit of God.
 - Three of those conditions are prayer (conversation with God), scripture (conversation with God), and room (space, pause, resisting busyness).
 - “Busyness is the enemy of spirituality. It is essentially laziness. It is doing the easy thing instead of the hard thing. It is filling our time with our own actions instead of paying attention to God’s actions.” | Eugene Peterson, *Subversive Spirituality*
 - The “acts of the flesh” (Galatians 5, vv.19-21) are also signs and indicators of something else.
 - Questions to ask as we notice either the signs of the flesh or the lack of the fruit of the Spirit—“How am I really doing?” and “What’s really going on here?”
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DISCUSSION QUESTIONS

1. Our cars all have indicator lights to let us know something is going on. What are some of your most common “indicator lights” that let you know something is off with you or your life?
2. We need to cultivate the conditions necessary to be in tune with the Spirit, which include prayer, scripture, and making room/resisting busyness. How are you doing with those three conditions?
3. What other conditions or practices help you to be more in tune with God’s Spirit?
4. Read Galatians 5:19-21 (Message version recommended). Do you see any of those indicators in your life? If you ask, “What’s really going on here,” what do you think the answer(s) might be?
5. Read Galatians 5:22-23, the fruit of the Spirit. Which of these do you feel are lacking the most? When or in what situations are they lacking? What do you think is really going on?