



## Living by the Spirit

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*<sup>12</sup> If you think you are standing strong, be careful not to fall. <sup>13</sup> The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.*

**1 Corinthians 10:12-13 NLT**

➤ **What you feed grows**

➤ **What you starve dies**

## Feeding and starving our appetites

1. Depend on the power of the Holy Spirit

2. Follow the prompting of the Holy Spirit

*<sup>16</sup> So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. <sup>17</sup> 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.* **Galatians 5:16-17 NLT**

*<sup>12</sup> Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do.*

*<sup>13</sup> 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**

*<sup>24</sup> Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. <sup>25</sup> Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.*

**Galatians 5:24-25 NLT**

### Next Steps:

- I commit to live my life following the direction of the Holy Spirit
- One thing that I believe God is asking me to do is to feed / starve: \_\_\_\_\_
- I believe God is leading me to make a change in my life: \_\_\_\_\_
- Memorize the series verses - 1 Cor. 10:12-13
- \_\_\_\_\_