

BE FREE

- Our goal during this series is to remove the obstacles that limit our intimacy with God so that we can truly “BE FREE”.
- **Galatians 5:13 AMP** - *For you, my brothers, were called to FREEDOM; only do not let your freedom become an opportunity for the sinful nature (worldliness, selfishness), but through love serve and seek the best for one another.*
- **Romans 7:15, 18, 19, 24 NLT** - *I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate... And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. 19 I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway...24 Oh, what a miserable person I am! Who will FREE ME from this life that is dominated by sin and death?*
- What is the way out of this life dominated by sin & death? Answer: the way out is IN!

Week #2 – THE WAY OUT IS IN THE SPIRIT

- **Galatians 5:16 NKJV** – *I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.*
- **Galatians 5:16 MSG** – *My counsel is this: LIVE FREELY, animated and motivated by God's Spirit. THEN you won't feed the compulsions of selfishness.*
- *Walking in the Spirit is learning how to yield our decision making to the power of Holy Spirit instead of our mind, will, emotions, popularity, personal desires, etc. It is a spiritual discipline that EVERY BELIEVER has the ability to achieve.*
- **Romans 7:24, 25a NLT** – *Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord...* (Two verses later) **Romans 8:2 NLT** – *And because you belong to him, the power of the life-giving Spirit HAS FREED you from the power of sin that leads to death.*
- **QUOTE:** *Walking in the Spirit is not a chore, it's a superpower!*

HOW TO WALK IN THE SPIRIT:

#1: Focus On the Things of THE SPIRIT

Genesis 3:6 CEV - *The woman STARED AT THE FRUIT. It looked beautiful and tasty. She wanted the wisdom that it would give her, and she ate some of the fruit. Her husband was there with her, so she gave some to him, and he ate it too.*

- **Question:** Why are they staring at the thing God told them to stay away from?
- **Answer:** Human nature is obsessed with the forbidden, the secret, the hidden, or the unknown.
- **Romans 8:5 KJV** – *For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.*
- **Matthew 6:31-33 NLT** - *“So don't worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. 33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.*
- Remember that everything in our Christian lives is filtered through the idea of the two trees.

- **QUOTE:** *Tree of Life thinking leads to gratitude for all God has done. Tree of the KGE thinking is obsessed with what I don't have.*

#2: Feed Your Spirit

- **QUOTE:** *Fellowship with God nourishes my spirit like food & water nourishes my body*
- **We feed our spirit by spending time in prayer**
- **John 16:24 NKJV** – *Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.*
- **We feed our spirit by spending time studying the Bible**
- **John 8:31, 32 CSB** – *Then Jesus said to the Jews who had believed him, “If you continue in my word, you really are my disciples. 32 You will know the truth, and the truth will SET YOU FREE.”*
- **We feed our spirit by spending time with other believers**
- **Hebrews 10:24, 25 NLT** – *Let us think of ways to motivate one another to acts of love and good works. 25 And let us NOT NEGLECT OUR MEETING TOGETHER, as some people do, but encourage one another, especially now that the day of his return is drawing near.*

#3: Follow Holy Spirit

- **John 10:14, 27 NIV** – *I am the good shepherd; I know my sheep and my sheep know me... My sheep listen to my voice; I know them, and they follow me.*
- **QUOTE:** *When we walk in the Spirit, He leads us to Psalm 23!*

PSALM 23 NKJV – *The Lord is my shepherd; I shall not want. ² He makes me to lie down in green pastures; He leads me beside the still waters. ³ He restores my soul; He leads me in the paths of righteousness For His name's sake. ⁴ Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. ⁵ You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. ⁶ Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the Lord Forever.*