

# SOWING *to the* SPIRIT



THIS BOOK BELONGS TO:

"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy - meditate on these things." Philippians 4:8



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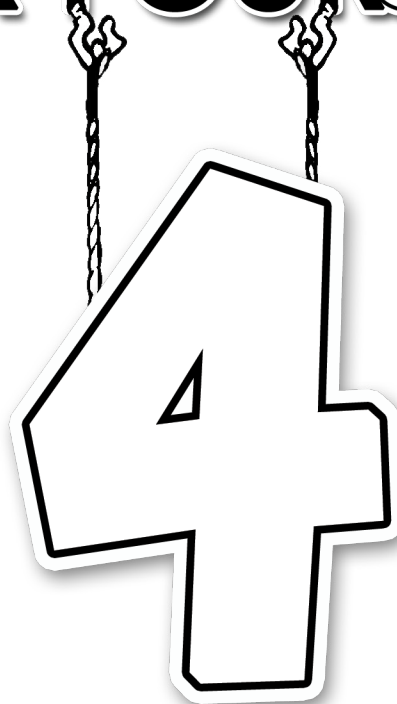


**SOWING** *to the* **SPIRIT**



# Bible Study

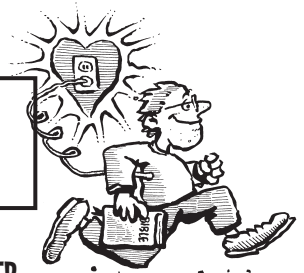
## NUMBER FOUR



LET'S START BY READING **GALATIANS 5:16** TOGETHER



"I say then: Walk in the Spirit,  
and you shall not fulfill the lust of the flesh."



NOW, LET'S ALL LOOK UP THIS VERSE IN OUR BIBLES, WRITE IT DOWN, AND THEN PRACTICE IT TOGETHER.

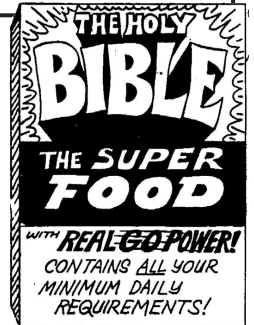
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"Walk" here, refers to "manner" of life; the way someone lives. When we **WALK** in the **SPiRiT**, we allow **GOD** to rule our minds and control our thoughts. We feed on **SPiRiTUAL** food to keep the spiritual side of us strong.



If we program our minds with **SPiRiTUAL** things, then the **SPiRiT** overflows from our lives. When we **WALK** in the **SPiRiT** we have fellowship with **GOD**. We experience **GOD'S** love and our life experiences His joy, peace, and patience. We have His strength and His power over the flesh.



LOOK UP, READ, & FILL IN THE BLANK OF **GALATIANS 5:25**



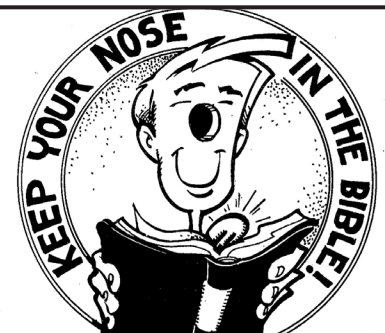
"If we live in the Spirit, let us also \_\_\_\_\_ in the Spirit."

CIRCLE the **TWO** things from this verse that we are to do in the **SPiRiT**.

How are we to do these two things from this verse?

LOOK UP, READ, & FILL IN THE BLANKS OF **ROMANS 8:5**

"For those who live according to the flesh set their \_\_\_\_\_ on the things of the flesh, but those who live according to the Spirit, the \_\_\_\_\_ of the Spirit."

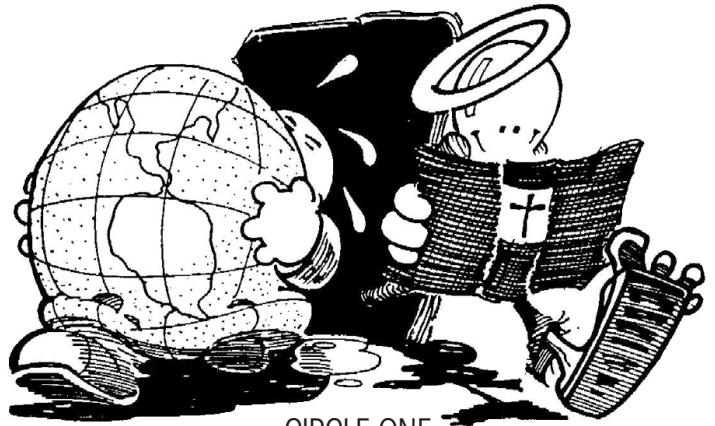


WHAT DOES **ROMANS 8:5** TELL US ABOUT HOW TO LIVE AND WALK IN THE SPIRIT?



How do we live according to the **FLESH**? Well... it's by thinking about **FLESHLY** things.

How do we live according to the **SPiRiT**? Well... it's by setting our minds on **SPiRiTUAL** things.



THE QUESTION IS:

What will you set your mind on? **THE FLESH** OR **THE SPiRiT** ?



What is the difference between practicing (living in) sin and those times when we do sin?

When we practice sin, we don't care what **GOD** thinks about what we're doing. Whereas, when we sin and realize it was wrong, we ask for **GOD'S** forgiveness and receive it. (1 JOHN 1:9) We don't want to keep sinning. We ask **GOD** for help.

Let's look at these awesome verses!

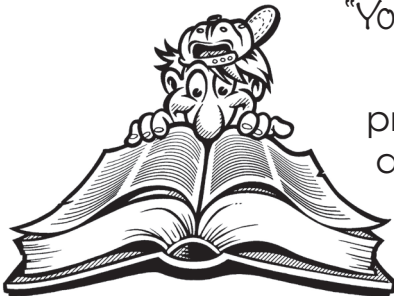
**LOOK UP, READ, & FILL IN THE BLANKS OF PSALM 119:9-11**

"How can a young man cleanse his way? By taking heed according to Your word. With my whole heart I have sought You; Oh, let me not wander from Your commandments! Your word I have \_\_\_\_\_ in my heart, That I might not \_\_\_\_\_ against You."



What does it mean, "Your Word I have hidden in my heart"?

Maybe, if you are having a problem with a sin in your life, you are overlooking what **PSALM 119:9** tells us we need to be doing.



So what happens when **GOD'S WORD** is hidden in my heart?

**PSALM 140:3 SAYS**

"I delight to do Your will, O my God, And Your law is within my heart."



In order for us to keep from living in sin, it's important to be  
**READING**  **LISTENING**  & **RESPONDING**  to **GOD'S WORD!** 

In other words, **HAVING FELLOWSHIP** WITH THE **LORD**.

*So how do we do that?*

We know what reading the **Bible** means.

It's important for us to read **GOD'S** Word, the **Bible**.

It's also important for us to listen to the **Bible** being taught.

But, what about responding to **GOD'S** Word?

**HOW DO WE DO THAT?!!**



What does it mean to respond? Respond means to "*send back*."

So how DO we respond to what **GOD** says in His Word? Its like talking to a friend.

They say something and then we say something back to them in response to what they said. So, when we read the **Bible**, **GOD** is telling us something He wants us to know and we can respond back to Him in prayer.

**LOOK UP, READ, & FILL IN THE BLANKS OF PROVERBS 3:5-6**

"Trust in the LORD with all your \_\_\_\_\_, And lean not on your own understanding;  
In all your ways acknowledge Him, And He shall \_\_\_\_\_ your paths."



*You might respond,*

"Lord, help me to trust and depend on you more and not to think I have all the answers. Help me to talk to you about everything in my life. Thank you that you will show me the right ways to go and the right things to do."



That's responding to **GOD** and what He said in His Word, the **Bible**.

You can respond back to **GOD** in prayer every time you read the **Bible**. That way you and **GOD** are having a **TWO-WAY** conversation! Don't forget! **GOD** WANTS to have fellowship with you!

**1 CORINTHIANS 1:9 SAYS**

"God is faithful, by whom you were called into the fellowship of His Son, Jesus Christ our Lord."

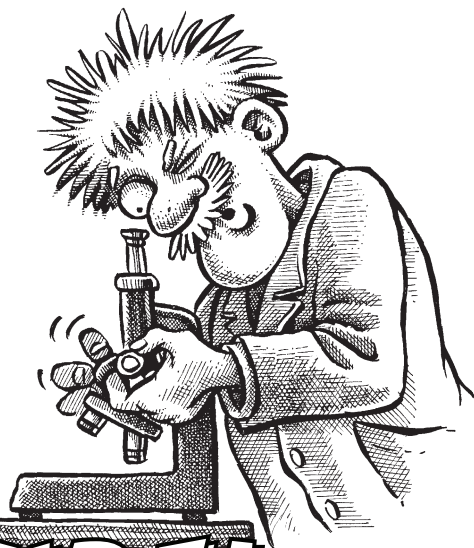


# PURE

Now, let's talk about  
"PURE"!

**PURE** means uncontaminated!  
**PURE** means not mixed with anything else;  
not mixed with sin.

To be **PURE** in our relationship with  
God means we keep a short account  
with Him (~~1 JOHN 1:9~~). We confess our  
sin and He forgives us.



## MEDITATING ON THINGS **PURE!**

This can mean we meditate on things no one can find fault in.



WHAT DOES ~~1 JOHN 3:3~~ TELL US ABOUT KEEPING OUR LIFE PURE?

"And everyone who has this hope in Him purifies himself,  
just as He is \_\_\_\_\_."



What does in "this hope" mean?

ANSWER: LOOKING FOR HIS RETURN.

And that answer is a great  
motivation to keep us pure.

**What are things in the world that can cause our lives to be impure?**

- ☐ Using bad language
- ☐ Listening to raunchy music
- ☐ Watching TV & movies that are not pleasing to the Lord

CAN YOU THINK OF OTHER THINGS?

- 1) \_\_\_\_\_ 2) \_\_\_\_\_  
3) \_\_\_\_\_ 4) \_\_\_\_\_



As we continue to walk in the  
**SPiRiT** the Lord will change our  
life to be more like *Jesus*!

Who do we know that is totally **PURE!**  
\_\_ **E** \_\_ **U** \_\_

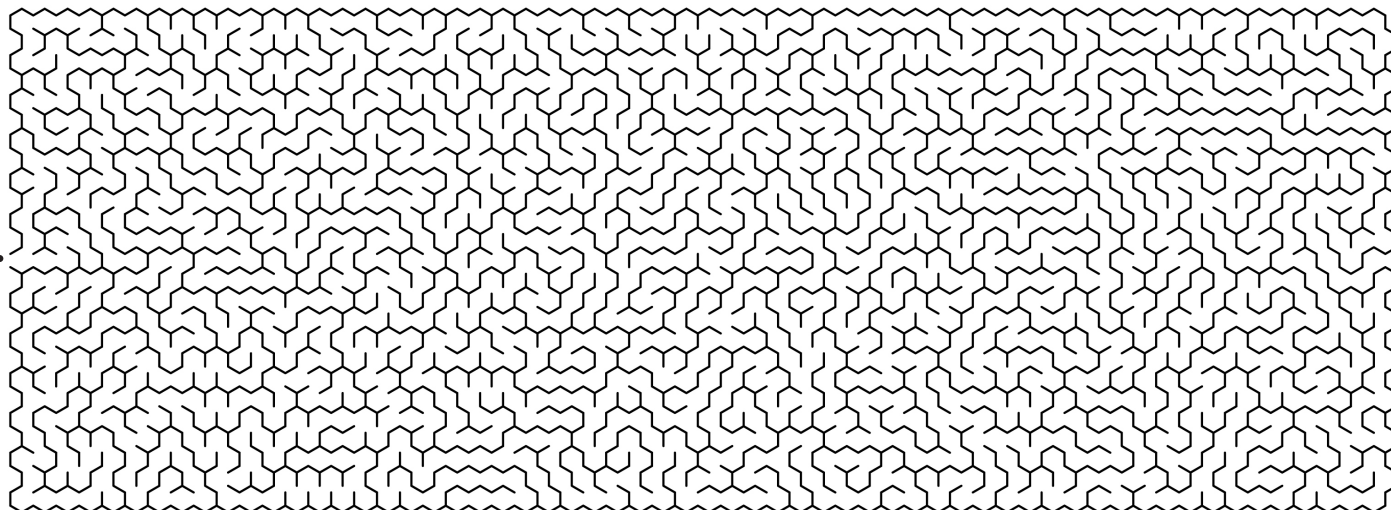




TRUTH  
SHIELD  
SALVATION  
WORD OF GOD  
RIGHTEOUSNESS  
HELMET  
SPIRIT

ARMOR OF GOD  
BREASTPLATE  
FAITH  
SWORD  
GOSPEL OF PEACE  
GIRDLED LOINS  
FEET

1	2	3	4	5	6	7	8	9	10	11

4 : 8





# ACTIVITY PAGE

# 2

FIND THE **BIBLE VERSE** IN THE WORDSEARCH

I L U S T T H E Q O  
N T W A I N I B F H  
P O N K A N D I T F  
Y N L U I L R I U F  
U A S E A O R L L L  
W T A O T I F L K E  
R H Y H P I A G A S  
U E E S L H E H T H  
O N E L S W B K S K  
Y M A U V Q Q U M Z

"I say then: Walk in the Spirit,  
and you shall not fulfill the lust of the flesh."

 **GALATIANS 5:16**