

# 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

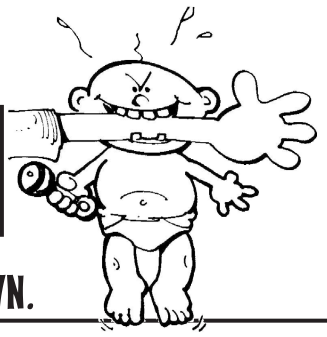
## NUMBER FIVE



LET'S READ GALATIANS 5:16 AGAIN



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



AND YEP, YOU GUESSED IT... LOOK UP THIS VERSE IN YOUR BIBLES AND THEN WRITE IT DOWN.

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## WALK IN THE SPIRIT

Man is a TRINITY made up of  
**BODY, MIND, and SPIRIT.**

Man is basically a **SPIRIT**,  
living in a body, possessing  
a consciousness or mind.

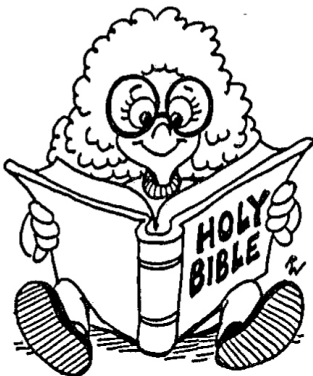


Now, our mind is either going to be controlled by **FLESHLY** desires, or  
it is going to be controlled by **SPIRITUAL** desires. If we are living after  
the **FLESH**, giving in to the passions and desires of our **FLESH**, then  
the result will be that we will have a carnal mind.

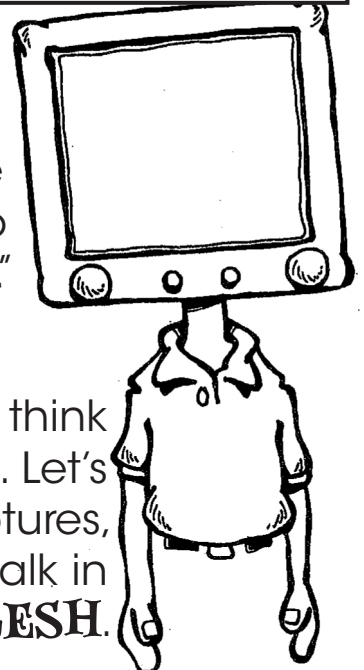
THE APOSTLE PAUL SAID IN 2 CORINTHIANS 10:5 THAT WE ARE TO



"...bring every thought into captivity to the obedience of Christ."



When we find our minds  
absorbed with the things of the  
**FLESH**, it's important to take  
control and say, "I don't want to  
think on those things."



We have a choice to think about something else; to think  
on good things, things that are pleasing to the Lord. Let's  
turn our mind toward the Lord. Let's get into the Scriptures,  
the Bible. We want to live in the **SPIRIT**. We want to walk in  
the **SPIRIT**. If we do, we will not fulfill the lust of the **FLESH**.



It is so important to **WALK IN THE SPIRIT**.  
Let's look at some verses that relate to this.

What do these  verses say about **WALKING IN THE SPIRIT**?

### ROMANS 8:14

"For as many as are led by the Spirit of God, these are sons of God."

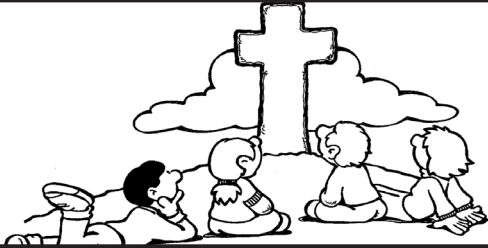
When we **WALK IN THE SPIRIT** and the **SPiRiT** leads us, we can know we are sons of **GOD**.



### ROMANS 8:16

"The Spirit Himself bears witness with our spirit that we are children of God."

It is so great to know that we are children of **GOD** by the **SPiRiT** of **GOD**!



### ROMANS 8:26

"Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered."



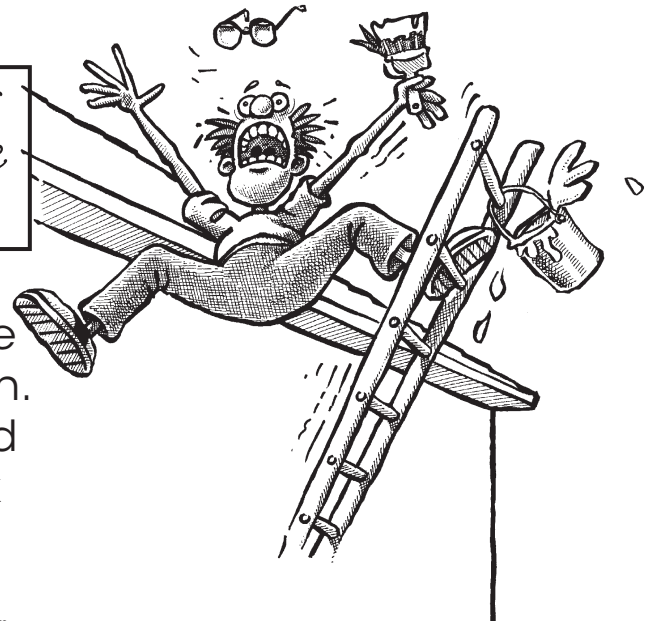
How awesome! When we don't know how to pray about something, the **SPiRiT** knows and prays for us!

Look at this promise for those who love **GOD**:

### ROMANS 8:28

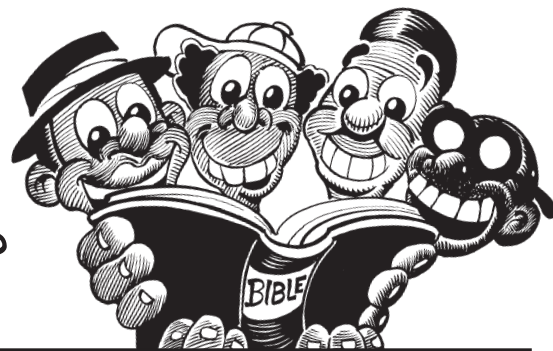
"And we know that all things work together for good to those who love God, to those who are the called according to His purpose."

This does not mean that all things will be good in our lives. Bad things can happen. But, what it does mean is that, when bad things happen, **GOD** will cause it to work out for good for those who love **GOD**.



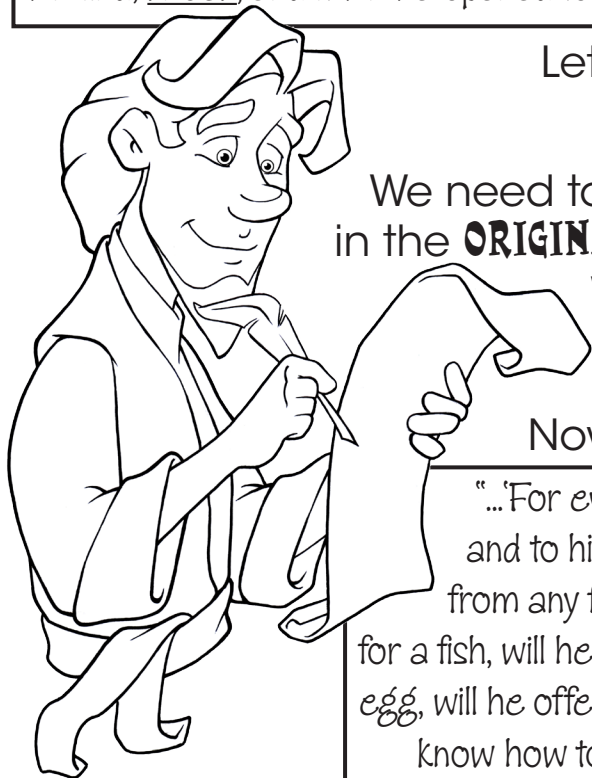
Learning **GOD'S** word helps us **WALK** IN THE **SPiRiT**. It helps us to go **GOD'S** way instead of our own way.

So, what's the key to **WALKING** IN THE **SPiRiT**?



 **LUKE 11:5-13** SAYS

"And He said to them, 'Which of you shall have a friend, and go to him at midnight and say to him, 'Friend, lend me three loaves; 'for a friend of mine has come to me on his journey, and I have nothing to set before him'; and he will answer from within and say, 'Do not trouble me; the door is now shut, and my children are with me in bed; I cannot rise and give to you'? "I say to you, though he will not rise and give to him because he is his friend, yet because of his persistence he will rise and give him as many as he needs. 'So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you..."



Let's stop and consider something before we finish this Scripture.

We need to know that the words **ASK, SEEK, & KNOCK** in the **ORIGINAL LANGUAGE** are present tense words.

What that means is:

**KEEP asking, KEEP seeking, KEEP knocking.**

Now let's finish the rest of the Scripture.

"...'For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. 'If a son asks for bread from any father among you, will he give him a stone? Or if he asks for a fish, will he give him a serpent instead of a fish? 'Or if he asks for an egg, will he offer him a scorpion? 'If you then, being evil, (*compared to God*) know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!'"

The key to **WALKING** IN THE **SPiRiT** is to ask.

To **KEEP asking** each day, throughout the day, to **KEEP seeking**, to **KEEP knocking**.

Then we will be given **GOD'S** grace for daily living, we will find His mercies new every morning, and we will receive **GOD'S** direction and strength to do what **GOD** wants us to do.



Our heavenly Father desires that we be filled with His **SPiRiT**.

# Practice **PHILIPPIANS 4:8** together!

Among the things we are to meditate on is whatever things that are

**"LOVELY"**

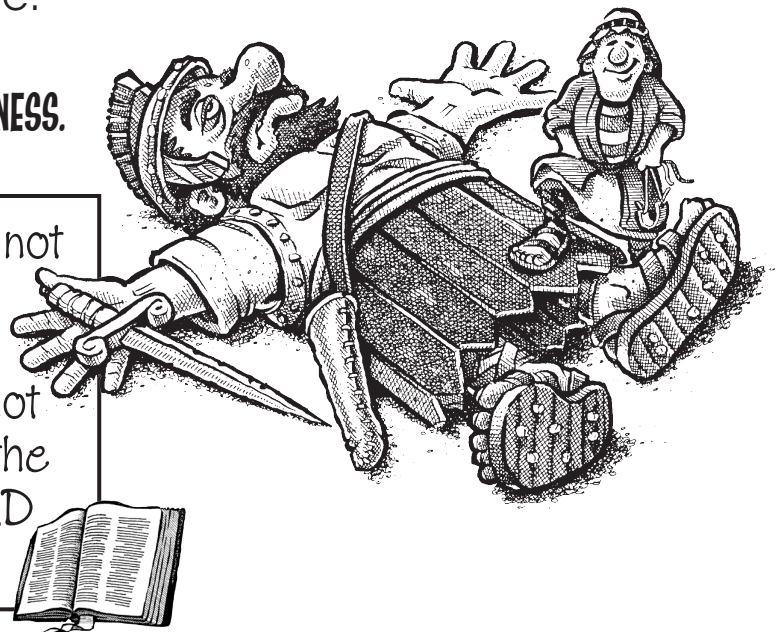


**"LOVELY"** is a word that was more often used many years ago, so we don't really understand its full meaning. **"LOVELY"** can also be termed "very admirable" or an "inner beauty."

There are people and there are things that may not be very beautiful to behold on the outside, but we admire them very much because of their inner beauty that they have.

**GOD IS VERY MUCH CONCERNED WITH INNER LOVELINESS. IN FACT, IN 1 SAMUEL 16:7 HE SAID,**

"But the LORD said to Samuel, 'Do not look at his appearance or at his physical stature, because I have refused him. For the LORD does not see as man sees; for man looks at the outward appearance, but the LORD looks at the heart.'"



Truly, a lovely or admirable person is one that lives their life in a way that is pleasing to **GOD**.

We admire these kinds of people for the good things that come out of their lives as they **ABIDE** in the Lord.

Isn't that the way we want to live?



As we have been practicing our memory verse **(PHILIPPIANS 4:8)** this week, some of us have already memorized it. **That's GREAT!**

And this verse can really help us to **SOW** good things in our lives and to be pleasing to the Lord.



Whatever we think about  
we can ask ourselves:



In fact, we can use **PHILIPPIANS 4:8**  
as a **"THOUGHT LIFE"** checklist.



Is it **TRUE**?

Is it **HONEST**?

Is it **JUST** (is it right before the Lord)?

Is it **PURE** (wholesome)?

Is it **LOVELY** (admirable)?

Does it have a **GOOD REPORT**  
(a good reputation. Does it build us up)?

Is it **UPRIGHT** (upright and righteous)?

Is it **PRAISEWORTHY**  
(is it worth sharing with others)?

Think on these things.

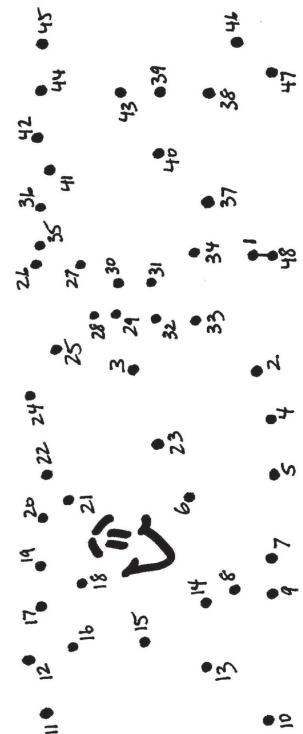
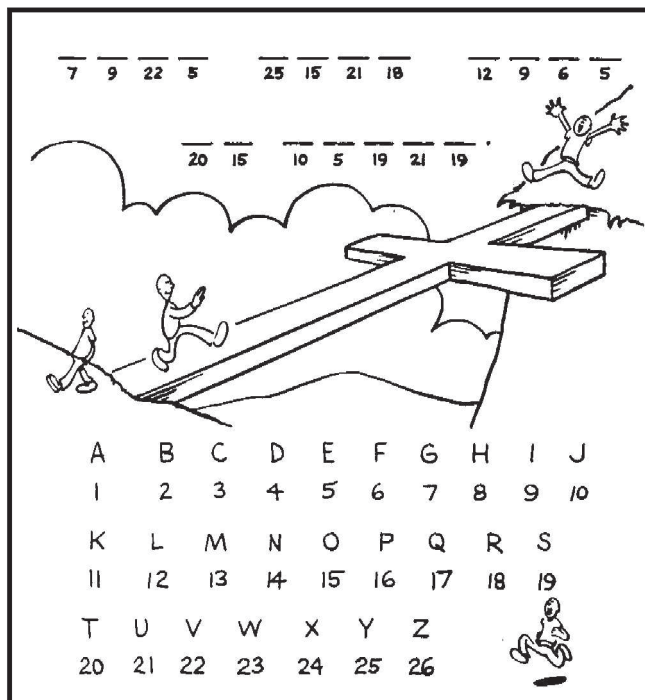
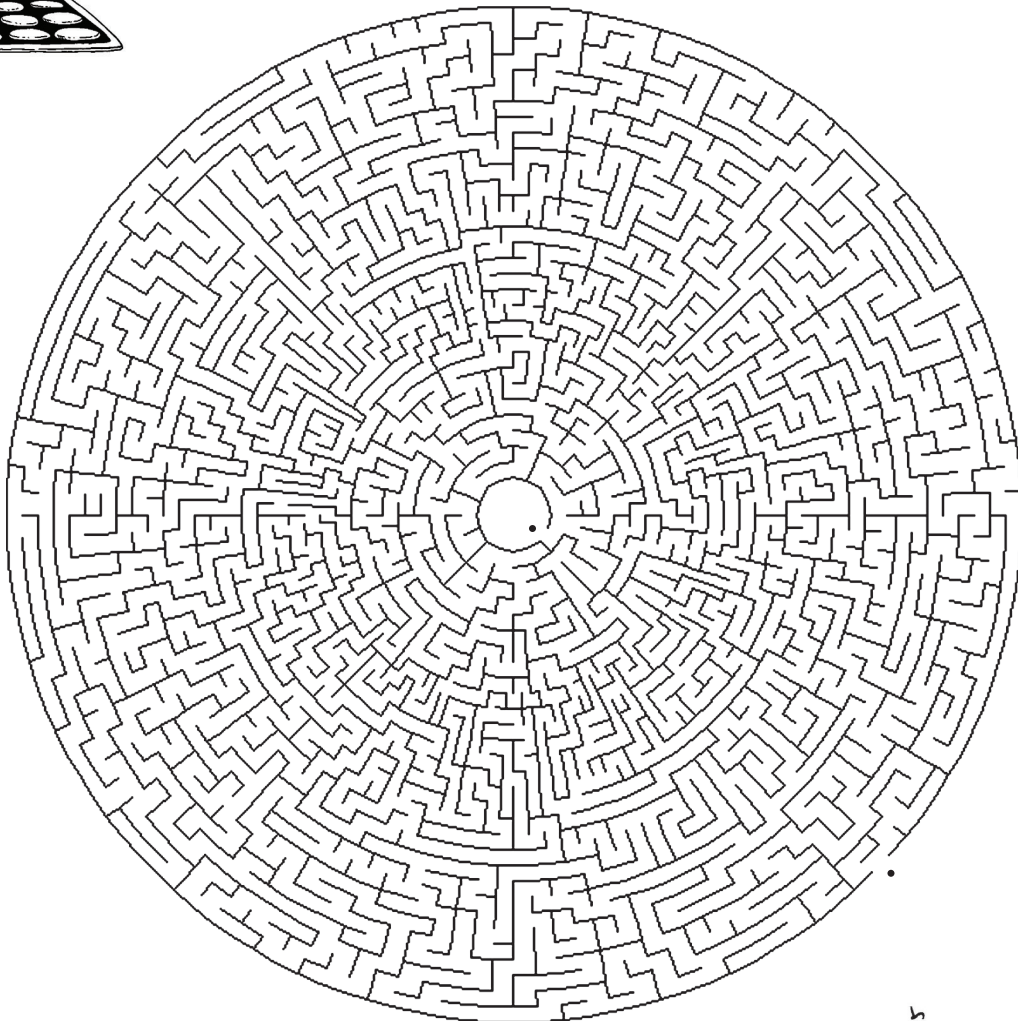
When we think about good things, that are lovely and admirable, and refuse to think about bad things, then we keep on **SOWING** good things in our lives! That is such an awesome thing!







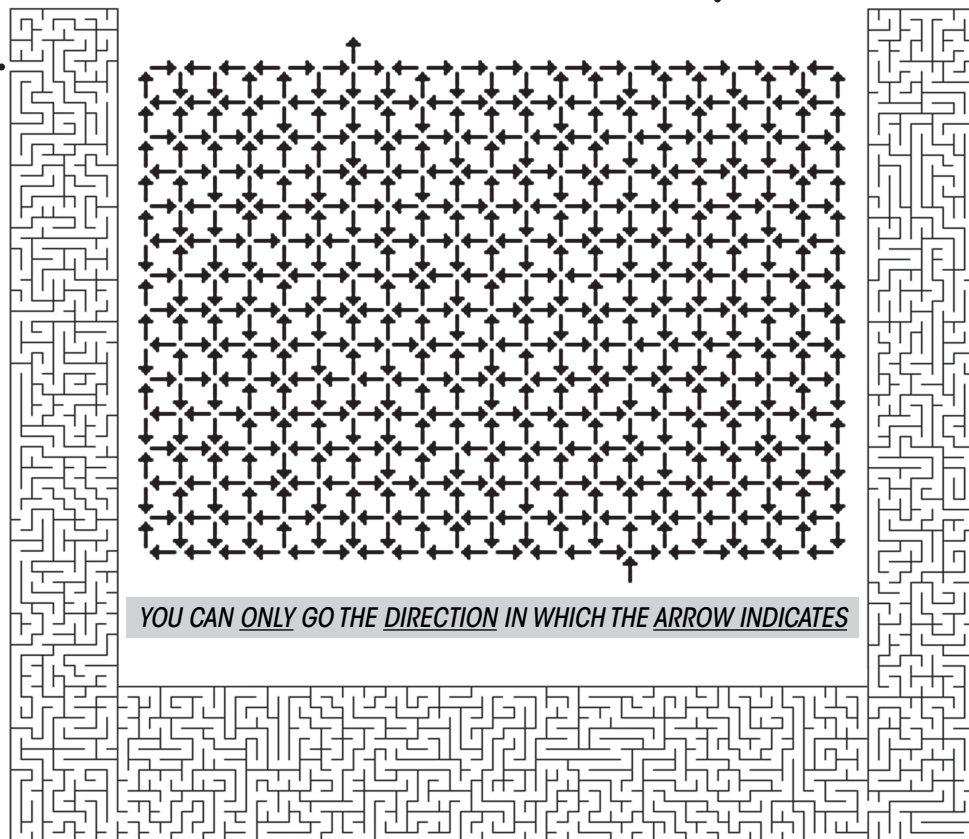
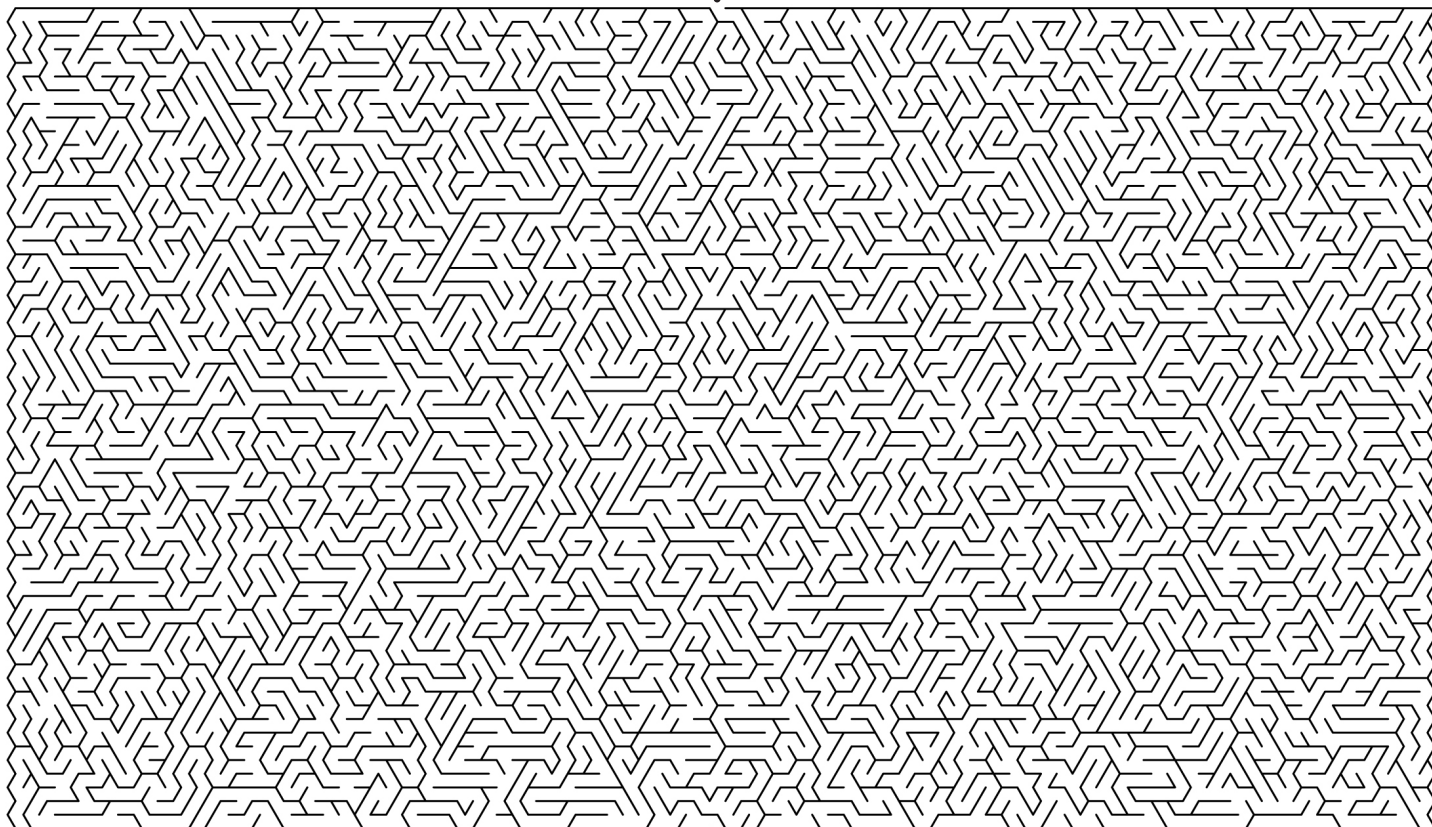
# ACTIVITY PAGE





# ACTIVITY PAGE

# 2



YOU CAN ONLY GO THE DIRECTION IN WHICH THE ARROW INDICATES

## PARABLE OF THE SOWER

SOWER  
PATH  
WITHERED  
GOOD SOIL  
SEEDS  
BIRDS  
THORNS  
GRAIN  
FELL  
ROCKY GROUND  
CHOKED



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