

MY GOD IN MOTION...

Walk In The Spirit!

“But I say, walk by the Spirit, and you will not gratify the desires of the flesh.” Galatians 5:16

Virtual Home Group Bible Study

17 Dec 2024



Agenda

- Purpose & Opening
- Topic: What, Why, How, When
- Discussion
- Resources
- Feedback & Future Topics
- Closing & Send off

Purpose & Opening

Purpose: Exhort one another into Love and Good Works

“And let us consider one another in order to stir up love and good works,
Not forsaking the assembling of ourselves together, as is the manner of some,
but exhorting one another, and so much the more as you see the Day approaching.”

Hebrews 10:24-25

Opening Prayer:

Thank you for this opportunity

Give me Words to deliver Your message

Give us Eyes to See all things from Your perspective

Give us Ears to Hear and understand Your Word

Help us get to know You through Your Word

Help us be transformed into the people You intended us to be

Help us turn Your Words into loving action through our flesh

Help us bring You glory in all we do

Topic

What: Walk In The Spirit!

Why:

- You are a spiritual being in a temporary physical body.
- Your flesh will continue to distract you until you learn to walk in the spirit
- The sooner you embrace my word, renew your mind, and take your thoughts captive, the sooner you will be able to live the life I intended for you and paid such a high price for.
- I have already overcome the world, and I will help you overcome the obstacles you face if you get your “self” out of the way and let me.

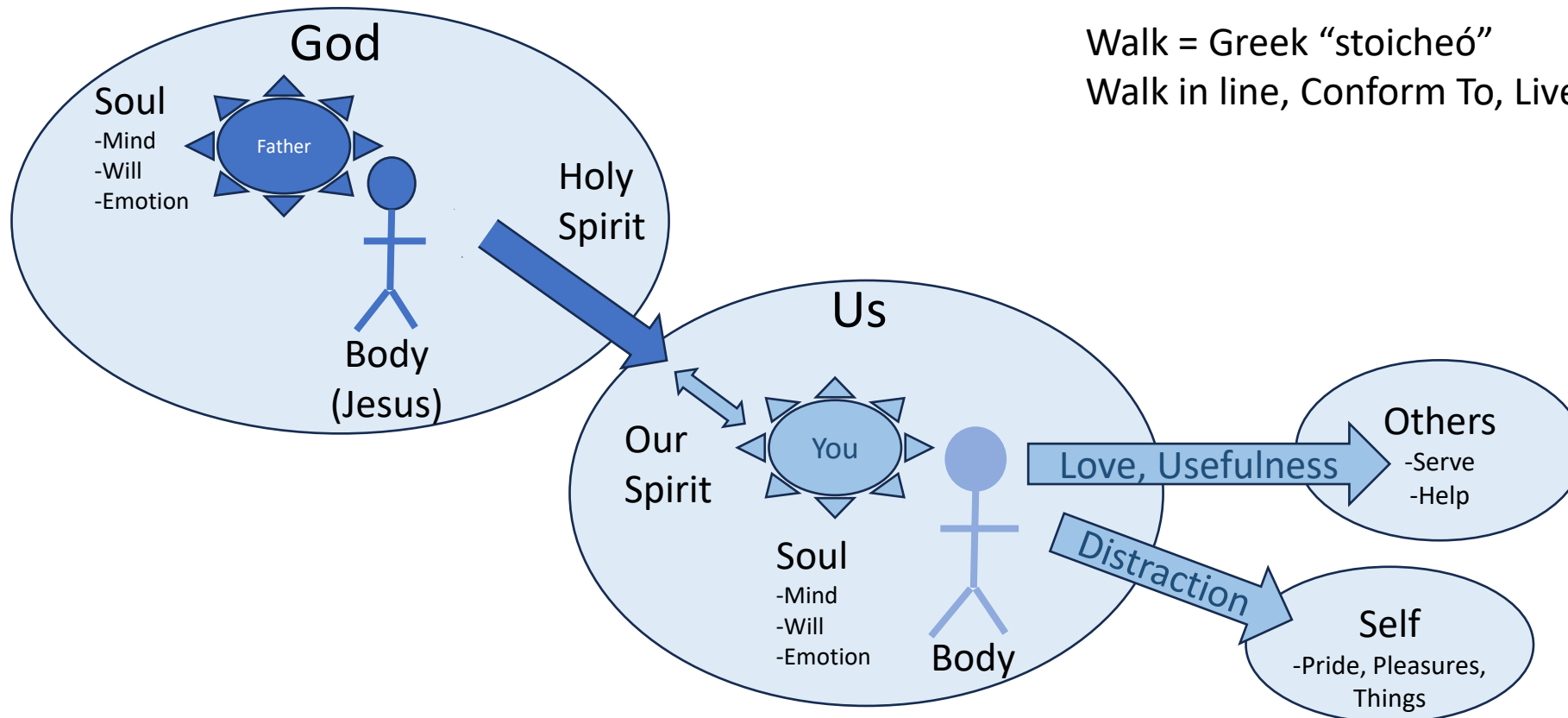
(from journaling 12/14)

Approach: What, Why, How, When

What: Walk In The Spirit

Galatians 5:25

If we live in the Spirit, let us also walk in the Spirit.



Walk = Greek "stoicheó"

Walk in line, Conform To, Live According To

Not being driven by "Flesh"

- Our Own Understanding
- Our Own Agenda
- Our Emotions
- Lusts of the Flesh
- Lusts of The World
- What We Can See Around Us
- What Others Say
- Earthly Situations

Walk In The Spirit, Not The Flesh

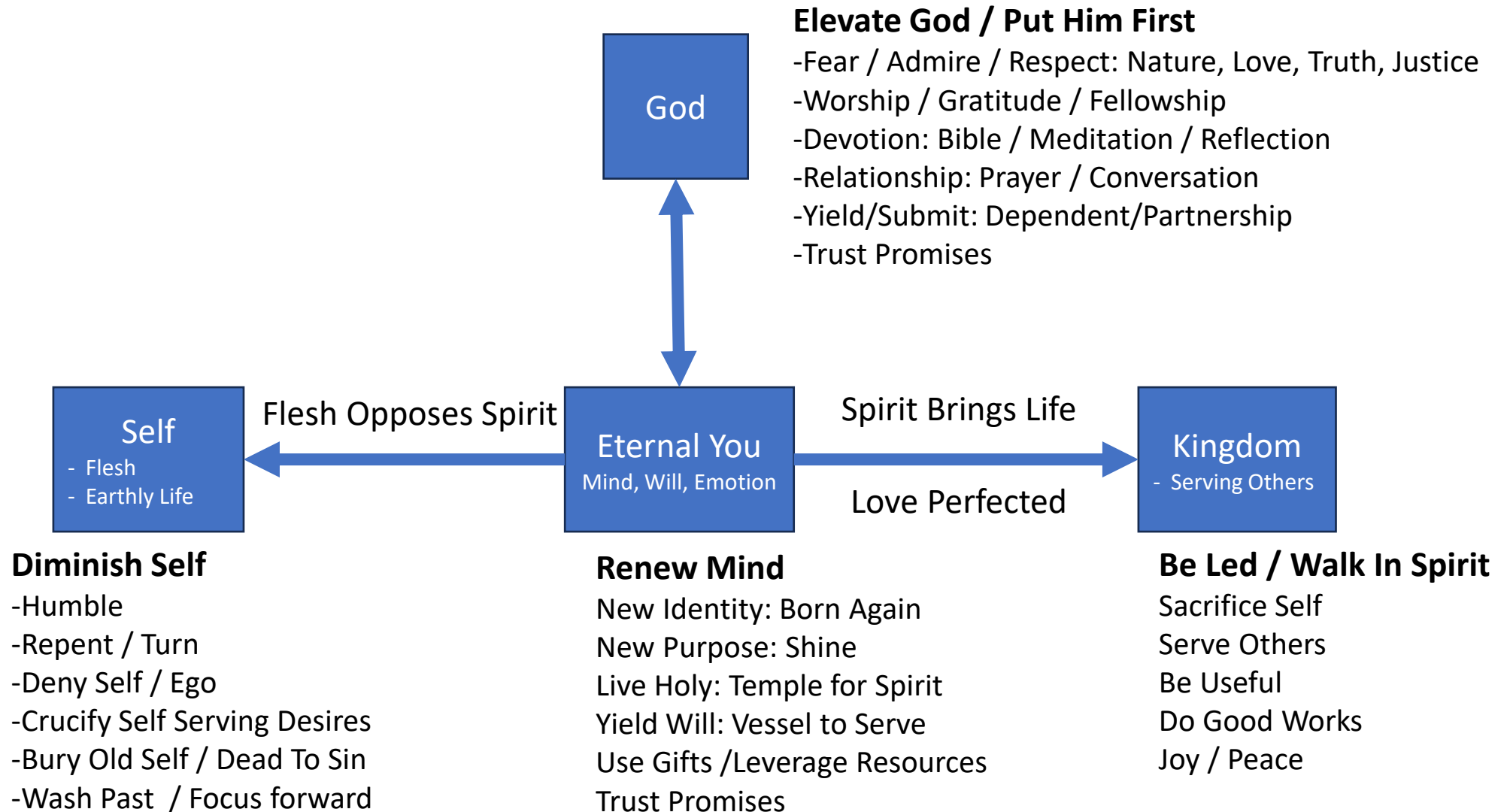
Galatians 5:16-26

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

Works of The Flesh	
Adultery	Violating a covenant relationship
Fornication	Uncommitted Sex just for pleasure
Uncleanness	Unrighteous/Impure behavior
Lewdness	Obscene or vulgar behavior
Idolatry	Worship something other than God
Sorcery	Spells, Witchcraft
Hatred	Harboring Ill-will
Contentions	Struggle, Dispute, Strife, Provoke
Jealousies	Envy, Want, Passion to Keep
Outbursts of Wrath	Anger Seeking Revenge
Selfish Ambitions	Build Self At Expense of Others, Pride, Conceit
Dissensions	Quarrel, Create Factions without good reason
Heresies	Doctrine counter to fundamentals
Envy	Want what others have
Murders	Taking innocent life, Hateful thoughts
Drunkenness	Excessive drinking, loss of control
Revelries	Wild Immoral Partying

Fruit of The Spirit	
Love	Desiring the Best for Others, Willing to Sacrifice/Serve
Joy	Contentment, Confidence, Hope
Peace	Completeness, Well-being
Longsuffering	Patience, Restraint
Kindness	Compassion, Self-less
Goodness	Do Right, Be Useful, Helpful
Faithfulness	Reliable, Steadfast, Unwavering
Gentleness	Humility, Polite, Restrained
Self-control	Constrain Thoughts, Words, Actions

We Need To Align Our Intentions



Renew Our Mind - We Have Choices

Love Self / Live From Flesh

Serve Self

Use Others

Dwell In Past, Guilt, Shame

Fear Death, End of This Life

Fear Future, Worry, Anxiety

Please Flesh

Treasures on Earth

Do What Looks Right/Don't Get Caught

Maintain "Control"

Dread Trials/Challenges

Run From God, Hide

Ignore God's Hand

Help The Devil Propagate Lies

Love God / Live From Spirit

Deny Self

Sacrifice to Serve Others

Bury Past, Focus Forward, New Life

Anticipate Heaven With Jesus, Beginning

Trust God, Presence, Promises

Grow Your Spirit

Treasures In Heaven

Do What Is Right, Even When No One Looking

Submit, Yield, Pray and Wait Patiently

Cherish Opportunities to Grow, Potter/Clay

Seek God, Draw Near

Be Grateful, Praise Him

Co-Create God's Kingdom

Your Words Have Creative Power

Then God **said**, “Let there be light”; and there was light” Genesis 1:3

“His Son, ...through whom also He made the worlds; ...and upholding all things by the word of His power...” Hebrews 1:2-3

“Death and life are in the power of the tongue, And those who love it will eat its fruit.” Proverbs 18:21

Dr. Masaru Emoto, 1943-2014

Water impact from words evident when frozen

Spoken Words, Emotions/Thoughts

Locally and at A Distance

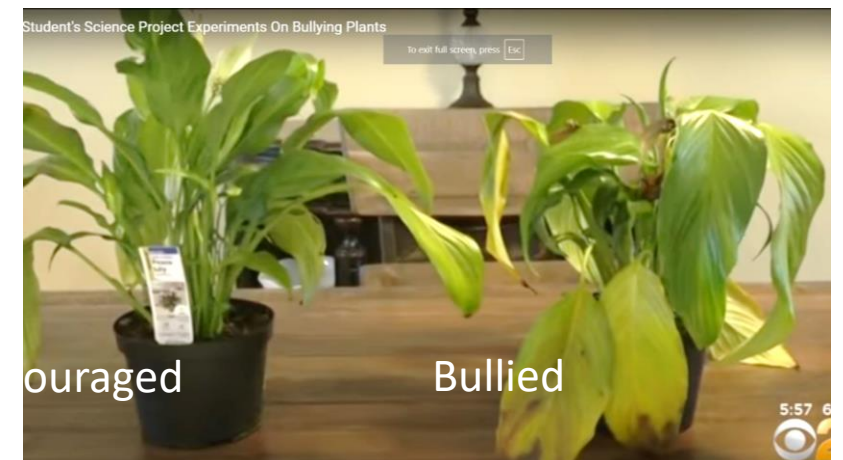
Double-Blind Test of the Effects of

Distant Intention on Water Crystal Formation

<https://www.sciencedirect.com/science/article/abs/pii/S1550830706003272>

Grade School Experiment – Bullying a Plant

<https://youtu.be/yihMw0e8pV4>

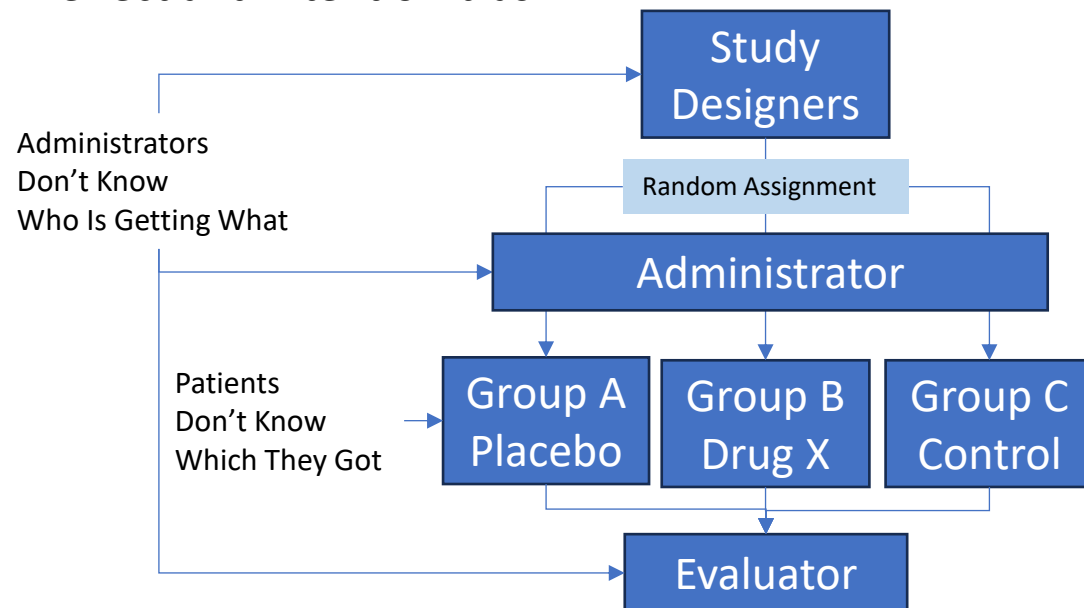


Your Intentions Have Impact

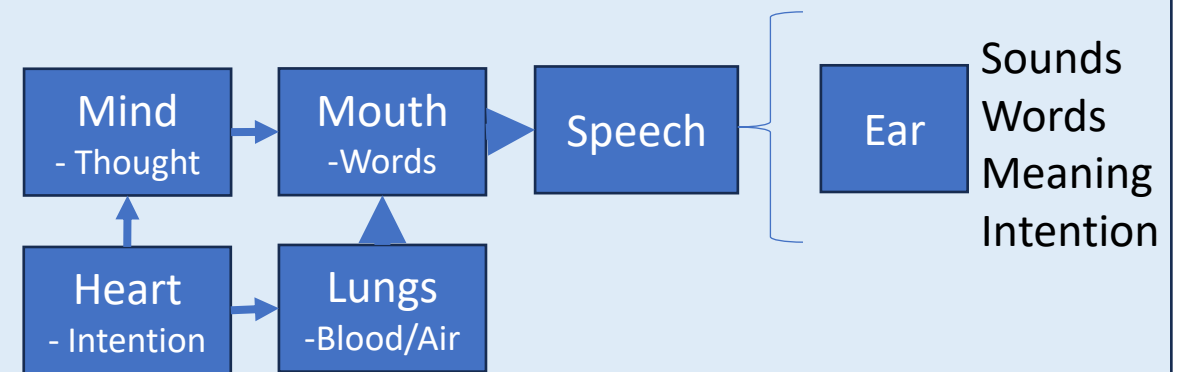
- Placebo Effect

- Your mind initiates systemic changes anticipating results
- ~50% of Patients receiving placebo treatment report significant improvement

Double Blind Studies designed to defeat placebo effect and intention bias



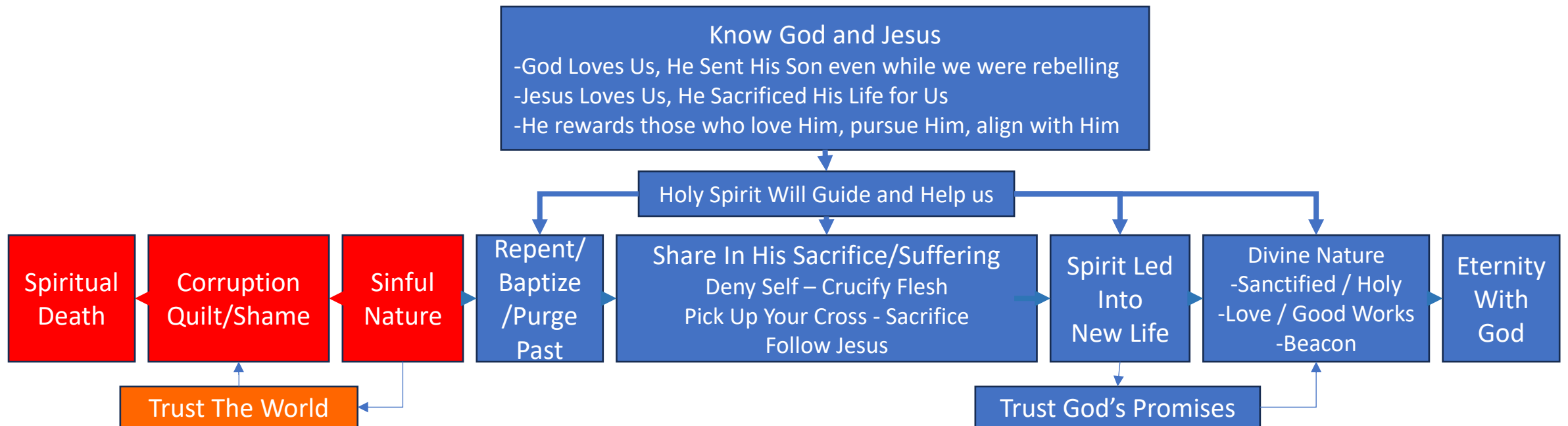
Your Intention Is Carried Forward In Your Spoken Words
Similar to blood Alcohol and a Breathalyzer



Are You Intending To Glorify God or Serve Yourself ?

God's Kingdom Works on Promises in Faith

“Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, as His divine power has given to us all things that pertain to life and godliness, through the **knowledge of Him** who called us by glory and virtue, By which he has granted to us his **precious and very great promises**, so that **through them** you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire.” 2 Peter 1:4



Jesus Used The Word Of God To Resist Satan

Matthew 4:1-11

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And when He had fasted forty days and forty nights, afterward He was hungry.

Now when the tempter came to Him, he said, "If You are the Son of God, command that these stones become bread."

But He answered and said, "**It is written**, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.' " (From Deut 8:3)

Then the devil took Him up into the holy city, set Him on the pinnacle of the temple, and said to Him, "If You are the Son of God, throw Yourself down. For it is written: 'He shall give His angels charge over you,' and, 'In their hands they shall bear you up, Lest you dash your foot against a stone.'"

Jesus said to him, "**It is written again**, 'You shall not tempt the Lord your God.' " (From Deut 6:16)

Again, the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory. And he said to Him, "All these things I will give You if You will fall down and worship me."

Then Jesus said to him, "Away with you, Satan! **For it is written**, 'You shall worship the Lord your God, and Him only you shall serve.' " (From Deut 6:13)

Then the devil left Him, and behold, angels came and ministered to Him.

Embrace His Example - Live By The Word Of God

Matthew 4:4

But he answered, "It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"

Proverbs 4:20-22

My son, give attention to my words; Incline your ear to my sayings.
Do not let them depart from your eyes; Keep them in the midst of your heart;
For they are life to those who find them, And health to all their flesh.

Hebrews 4:12

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

2 Timothy 3:16-17

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

Psalms 12:6-7

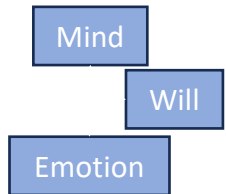
The words of the Lord are pure words, like silver refined in a furnace on the ground, purified seven times. You, O Lord, will keep them; you will guard us from this generation forever.

Apply The Word, Be A Doer of The Word

James 1:22-25

But be doers of the word, and not hearers only, deceiving yourselves.

For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.



Your Nature

- Intentions
- Thoughts
- Words
- Actions

Do The Work

- Reflect, Repent, Turn From Sin
- Understand What He Did for You
- Lay Down Your Life For Him
- Deny Your Self, Pick Up Your Cross
- Follow Him, Share In His Suffering
- Transform and Live Holy/Worthy
- Sacrifice Self To Serve Others

Word Of God – Key Messages

- God Formed You In His Image With Purpose
- Sin / Self-Serving Agendas Destroy Us
- God Loves You, He Sent His Son
- Jesus Laid Down His Life For You
- Accept Him, Trust Him, Yield To Him, Let Him Help You
- Deny Your Self / Cut Off Self-Serving Agendas
- Bury Your Old Ways, Put On New Life
- Live Worthy: Separate From Immoral & Unclean Activities
- Life In Faith: Promises or Protection, Strength, and Eternity
- New Purpose: Shine As A Beacon For The Kingdom
- Become Love: Jesus Form, Sacrifice To Serve Others

He Offers A Partnership If We Align With Him

"And we know that for those who love God all things work together for good, for **those who are called according to His purpose**". Romans 8:28

"Spread Your **protection** over them, that **all who love Your name** may be filled with joy. For You **bless** the godly, O LORD; You surround them with Your **shield of love**".
Psalm 5:11-12

"Therefore know that the Lord your God, He is God, the faithful God who keeps covenant and mercy for a thousand generations with those who **love Him** and keep His commandments" Deuteronomy 7:9

"God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those **who love him**". James 1:12

He Is A Generous Partner

“And my God will supply **every need** of yours according to his riches in glory in Christ Jesus.” Philippians 4:19

“I can **do all things** through Christ who **strengthens me.**” Philippians 4:13

“But they who wait for the Lord (Pray and then wait with expectations) shall **renew their strength**; they shall mount up with wings like eagles; they shall run and **not be weary**; they shall walk and **not faint.**” Isaiah 40:31

"Fear not, for **I am with you**; Be not dismayed, for I am your God. **I will strengthen you**, Yes, **I will help you**, I will uphold you with My righteous right hand." Isaiah 41:10

"Have I not commanded you? Be strong and of good courage; **do not be afraid**, nor be dismayed, for the Lord your God **is with you** wherever you go" Joshua 1:9

“When you pass through the waters, **I will be with you**; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.” Isaiah 43:2

Tests Are Inevitable, The Word of God Is The Rock

1 Corinthians 3:13

"Their work will be shown for what it is, because the Day will bring it to light. It will be revealed with fire, and the fire will test the quality of each person's work". This verse refers to God's judgment of Christians.

1 Peter 1:7

"So that the tested genuineness of your faith — more precious than gold that perishes though it is tested by fire — may be found to result in praise and glory and honor at the revelation of Jesus Christ".

Matthew 7:24-27

"Therefore everyone who **hears these words** of mine **and puts them into practice** is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.

But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."

How: Humble Yourself and Depend On Him

John 15:5

I am the vine, you are the branches.

He who abides in Me, and I in him, bears much fruit;
for **without Me you can do nothing.**

Proverbs 3:5-6 (NIV)

Trust in the Lord with all your heart

and lean not on your own understanding;
in all your ways **submit to him,**
and he will make your paths straight

2 Corinthians 12:9-10

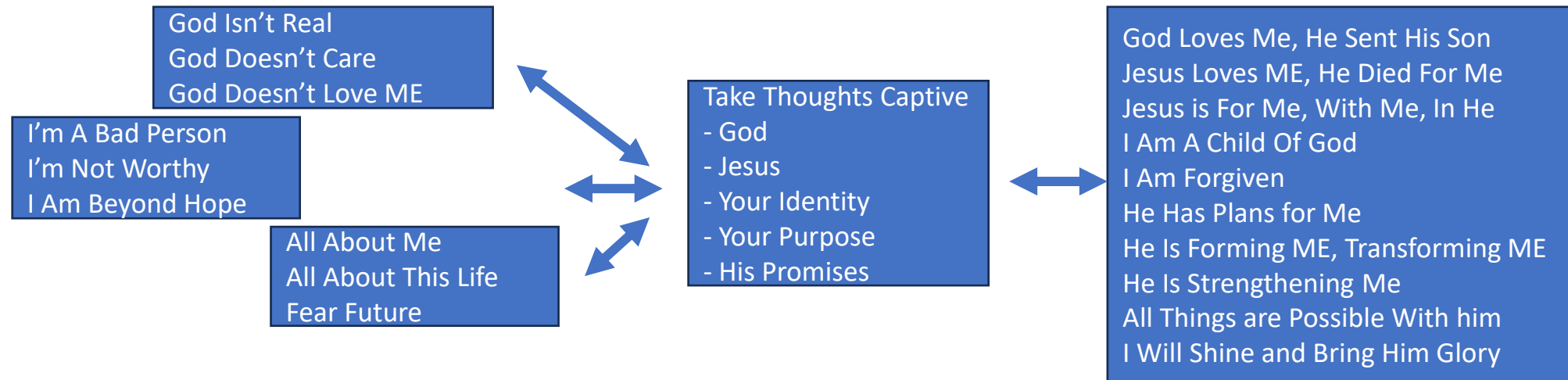
And He said to me, “My grace is sufficient for you, for **My strength is made perfect in weakness.**” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

How: Take Thoughts Captive

“For as he thinks in his heart, so is he...” Proverbs 23:7

“For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, we destroy arguments, and every lofty opinion raised against the knowledge of God, and **take every thought captive to obey Christ**” 2 Corinthians 10:5

“For **the word of God** is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and **discerning the thoughts and intentions of the heart.**” Hebrews 4:12



Example: Anxiety/Worry

Matthew 6:25-30

“Therefore I tell you, **do not worry about your life**, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?

And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?”

Jeremiah 29:11

“For I know the plans I have for you,” declares the Lord, “**plans to prosper you and not to harm you, plans to give you hope and a future.**”

Proverbs 3:5-6

“**Trust in the Lord with all your heart**, and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight

How: Trust God, Cast Your Worries On Him

1 Peter 5:7

Casting all your anxieties on him, because he cares for you.

Philippians 4:6-7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Psalms 55:22

Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.

Matthew 6:34

Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Resources

My Blog Posts

Satans Lies and The Truths To Debunk Them

<https://mygodinmotion.org/about-him-god-jesus/prayer/satans-lies/>

Bible Verses To Support Key Challenges

<https://mygodinmotion.org/about-him-god-jesus/prayer/favorite-verses/>

Satan is the father of lies. He deceives and distracts. It is helpful to recognize one of his lies and know the truth to refute it. Here are the most common lies and some pieces of truth that can help you push back on the lie.

Lies	Reference	Truths
Lie: "God doesn't exist."	Psalm 14:1 Romans 1:20 Isaiah 45:5	"The fool has said in his heart, 'There is no God.' They are corrupt, they have done abominable works; there is none who does good." "For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead, so that they are without excuse." "I am the Lord, and there is no other; there is no God besides Me. I will gird you, though you have not known Me."
Lie: "God doesn't really love you."	John 3:16 Romans 5:8 Jeremiah 31:3	"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life." "But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us." "The Lord has appeared of old to me, saying: 'Yes, I have loved you with an everlasting love; therefore with lovingkindness I have drawn you.'"
Lie: "God doesn't care about what happens to you."	1 Peter 5:7 Matthew 10:29-31 Isaiah 41:10	"Casting all your care upon Him, for He cares for you." "Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father's will. But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows." "Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you; I will uphold you with My righteous right hand."

Posted on December 15, 2024

Favorite Verses To Leverage

This is a compilation of popular verses to leverage when facing common challenges.

Click on a topic in the table below to jump to the verses for that topic, Or scroll down to go topic by topic.

Fear	Loneliness	Temptation	Anger	Health Issues
Anxiety	Depression	Addiction	Forgiveness	Financial Issues
Worry	Self-Worth	Guilt / Shame	Relationships	Grief
Stress	Doubt			

Challenge Reference Verse

Fear

Isaiah 41:10

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Psalms 23:4

"The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me;

References

John Bevere: How To Be Led By The Holy Spirit (1 Hr DiscussionVideo)

<https://www.youtube.com/watch?v=y3wNkQIGqiU>

Derek Prince: How To Be Led By The Holy Spirit (10 Part Podcast)

https://www.youtube.com/watch?v=_ggq3WDyY34&list=PL_L1za0tEXFWfQgL5cQ1m9HpDE4Py1qFZ

Rick Renner: How to be led by the spirit (1hr Sermon)

<https://www.youtube.com/watch?v=XYgEFyBpZeY>

Barry Bennet: Living by the Spirit

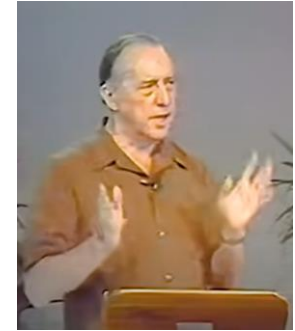
<https://www.youtube.com/watch?v=6A1SyzKHfWA>

Tim Mackie: Be Led By The Spirit

<https://www.youtube.com/watch?v=W9YKyFDoc5k>

My Blog Post

<https://mygodinmotion.org/about-him-god-jesus/how-to/be-led-by-the-spirit/>



Discussion

Does this make sense?

- Questions
- Clarification
- Other Inputs

Practical Experiences?

- Struggles / Barriers
- Strategies to Overcome
- Success / Lesson Learned

Call To Action: Walk In The Spirit

Live From His Word

Get To Know Him – His Nature, Qualities

Align Your Identity/Purpose

Understand His Promises

Identify Your Challenges

Identify Key Verses to Address Them

Learn Them

Speak Them Over Your Situation

Take Your Thoughts Captive - Trust His Promises In Faith

Feedback

- What is working: Keep doing
 - ✓ Good Content - Food for thought
 - ✓ Good Mix - Content & discussion
 - ✓ Good Format - Casual / Informal – Easy to engage
 - ✓ Graphics are good/helpful - Draw the story together
- What could be better: Suggestions to consider
 - ✓ Me: Let folks do a quick intro to get familiar
 - ✓ Me: Host to log in at 6:45 so others can get settled online and start on time
 - Me: Set dog up for success to avoid distraction
 - Me: Leave more time for discussion

Future Topics

Candidate topic for next week:

Recent Activity / Potential Topics:

- Act in Faith to Make Room For Grace!
- How do you Eat the Word of God?
- How do you Restore the Image of God?
- What does it mean to be a Branch of Jesus' Vine?
- How is God's Love perfected through us?
- Fear of God is the beginning of Wisdom!
- Top 10 Lies from Satan, and The Truth

Any hot topics on your mind?

- How to stand in Faith in end times

Next Session:
Wed 1/8

Closing

- Thank You for this opportunity, fellowship, sharing
- Thank you for the gift of Your Word, and Your Son who made it flesh
- May we See, Hear, and Embrace your Word in our Heart, and assimilate it into our flesh
- May we recognize the opportunities within us and around us
- May we seek Your face and embrace Your help to root out our selfish agendas
- May we transform into Your image and perfect the flow of Your love to others
- May we be inspired into the good works that You have prepared
- May we walk in the light as Jesus was in the light
- May we shine as a bright beacon in this dark world
- We do all in Your name to bring glory to the Father who sent You

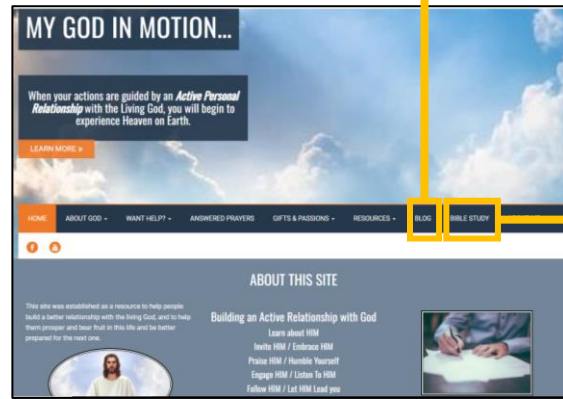
“...if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.” 2 Chronicles 7:14

“My God In Motion” Resources

Website: <https://mygodinmotion.org/>

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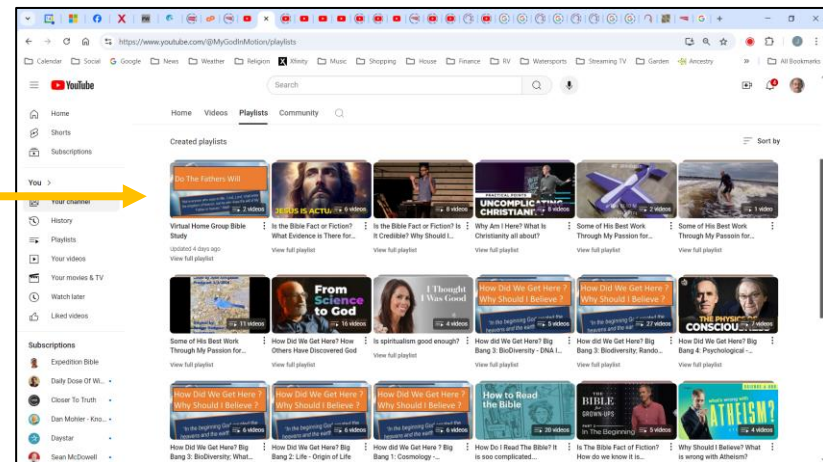
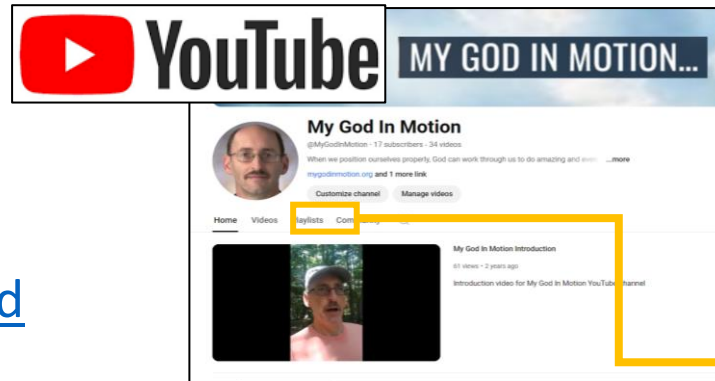
YouTube: <https://www.youtube.com/@MyGodInMotion>

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