



~Open in prayer~

MESSAGE SUMMARY:

Sometimes we find ourselves fighting old habits and mindsets that trap us in unhealthy cycles. What if coming to the altar is just the beginning? This week, let's take a deep dive into our divine makeup, and learn how our spirit, soul, and body create positive and negative changes in our lives. Are you ready to unlock the power within and turn things around?

Let's get started!

DISCUSSION QUESTIONS:

- 1.** We should run our Christian race with temperance and discipline. (Read 1 Cor. 9:24-27 and the definitions below)

Temperance – moderation or self-restraint in action; self-control

Discipline – a set or system of rules and regulations; behavior following rules of conduct.

What does today's culture say about discipline? How do kingdom concepts of discipline, temperance, and integrity challenge worldly culture?

2. Our flesh and our spirit are contrary to one another. When we do not discipline our flesh, our gifts can become disqualified. However, when we live out of our self-imposed boundaries, we live in SPIRITUAL INTEGRITY. (Read Romans 13:11-14)

Around what people / in what situations do you make provisions for the flesh?

How does Romans 13:11-14 challenge you?

3. Giving ourselves over to flesh hinders the kingdom from manifesting in our lives. Instead of peace and joy, we have strife and anxiety. 1 Peter encourages us to be alert and sober-minded, clothe ourselves with humility, and submit to authority. These are counter-cultural to our fleshly desires. (Galatians 5:16-26)

Tell of a time when you should have chosen humility or submission but didn't. What was the outcome?

4. My Spirit gives me God-consciousness. My soul gives me self-consciousness, and my body gives my world consciousness. Our spirit and bodies constantly fight each other, and our soul is the determining factor.

What we strengthen wins the battle within. (Romans 7:15- 25)

Are you currently feeding your spirit, soul, or body the most?

What boundaries/disciplines can you implement to prioritize your spirit-man over the flesh-man? (internal, relational, spiritual, etc.)

CONCLUSION

As our soul goes, our bodies go. But oftentimes, our spirit is willing, but our flesh is weak (Matt. 26:41). Take heart, if you are struggling, this means that you are still fighting! God has already given you the tools to fight and win your battle within! When we bring boundaries to the flesh and feed the spirit man, we partner with God to create the turnaround we desire!

Challenge: This week, reach out to a member of your community to establish regular accountability check-ins. Let them know how they can help you stay spiritually healthy and let the group know how they can support you.

END IN PRAYER