



GOD THE SPIRIT – TRANSFORMER (9)

START HERE:

One thing we know for sure about the Holy Spirit is this: he works in the lives of Jesus’ followers, slowly shaping and changing them from the inside out, into the people God designed and intended them to be.

It’s not an easy process. It’s not a fast process. It’s not necessarily an enjoyable process sometimes.

But it’s always a good process.

You’ve probably experienced a powerful back-and-forth tug-of-war in your mind and heart. One side says, “I want, I deserve, I will, I’m in charge.” The other side says, “God loves, God wills, God says, God is God.”

Take note: this back-and-forth tug-of-war is not a battle among equals. Not even close.

Jesus covered the penalty for our sins when he died on the cross. Then he defeated the power of sin when he rose from the dead. The power that lives in you (God’s Spirit) is greater than the power that lives in the world (see 1 John 4:4).

So though the back-and-forth tug-of-war is real, it can be overcome with the Spirit’s help. He has the power to change your desires, thoughts, attitudes, and actions if you allow him to.

READ THIS: Galatians 5:16-26

THINK ABOUT:

List the behaviors and attitudes of people controlled by the:

sinful nature

Holy Spirit.

EXTRA THINGS

*Paul, the author of Galatians, often wrote about the old or sinful nature, but the word he used is sometimes translated simply as **flesh**.*

The wisest and smartest people have different ideas about what Paul meant. Did he mean all humans are born naturally sinful? Did he mean all humans, simply because they are flesh-and-blood, desire things that aren’t good for them?

One thing he certainly did not mean is that flesh itself is bad, evil, or sinful. God created human beings as flesh-and-blood creatures – even became flesh himself – and declared that his whole creation was very good.

The problem isn’t flesh. The problem is all the ways that people give in to the flesh and allow their sinful nature to control the bodies God made for his purposes.

EXTRA STUFF

[You Speak](#) by Audrey Assad:

*You liberate me from my own noise and my own chaos,
From the chains of a lesser law
You set me free.*

*In the silence of the heart you speak,
and it is there that I will know you and you will know me.*

*You satisfy me till I am quiet and confident
In the work of the Spirit I cannot see.*

[From the Inside Out](#) sung by For King and Country

In what ways and circumstances does your sinful nature try to control your life?

In what ways and circumstances do you currently allow the Spirit to control your life?

How will you surrender more control of your thoughts, attitudes, and actions to the Spirit?

AM: Throughout the day, make a conscious decision to surrender your life to the Holy Spirit, letting him control your thoughts and actions.

PM: What is one area of your life in which the Spirit is working to transform your thoughts and actions? How is he doing that?

Dear Lord - Help me to surrender my entire self to you - my thoughts, my attitudes, my actions, and my desires. I want to give your Spirit control so that he can transform me into the person you created me to be. Amen.