



CELL GUIDE

TOPIC	Walking in the Spirit	SPEAKER	Elder Low Kok Guan
THEME	Knowing and Experiencing God – Jeremiah 9:23-24	DATE	3 & 4 August 2019

MESSAGE SUMMARY

WALK WITH THE LORD

As we reflect on our walk with the Lord, some may be slow and idyllic, some filled with ups and downs like a roller coaster ride, some may feel as though they are running with horses, some may be walking with a limp and some may have experienced so many disappointments in their Christian walk that they no longer feel like they are walking with Him. In spite of this, it is our Heavenly Father's desire for His children to walk with Him.

WALK IN THE SPIRIT

In his sermon, Elder Kok Guan exhorts us to walk in the Spirit because it pleases our Heavenly Father. To walk in the Spirit, we must:

1) Set our souls free in Christ

Sin has its own consequences. It may affect our families and even destroy our lives. Like Paul in Romans, we may have the same desire to obey God. Yet, time and again, we do not do the good we want to do, but the evil we do not want to do, we keep on doing (Rom 7:19). Our desire to obey God and His law is weakened by our fleshly sinful nature (Rom 8:2-3).

"Thanks be to God, who delivers me through Jesus Christ our Lord!" Rom 7:25

"There is therefore now no condemnation for those who are in Christ Jesus." Rom 8:1

Thanks be to God, the solution to our struggle with sin in our lives is found in Jesus Christ our Lord. We face no condemnation in Christ Jesus.

"For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit." Rom 8:3-4

God sent His own Son to die on the cross for us so that we can be set free. If Jesus is Lord in our lives, we should be walking in obedience in the Spirit and not in the flesh as the righteous requirement of the law is fulfilled *in* us and not by us. Walking in the Spirit sets our souls free from the law of sin and death.

2) Set our minds on things of the Spirit

"For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace." Rom 8:5-6

After accepting Christ as our Lord and Saviour and being freed from the law of sin and death, His Spirit now lives in us. But our battle with sin continues. We can flee temptation by cutting it off in our minds, and turning and setting our minds on things of the Spirit. As mentioned in Rom 8:6, a mind that is set on the flesh is death. Some aspects of "death" in our mind include fears, anxieties, emptiness, darkness, guilt, and regrets.

Setting our minds on things of the Spirit would be to fill our minds with the fruits of the Spirit – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Gal 5:22-23). Conversely, to empty the mind of everything is dangerous. The idle mind is the devil's workshop.

Sometimes, walking in the Spirit does not make sense. It may even go against common sense. But instead of doing things our way, Elder Kok Guan reminds us that if we want God to intervene, we must do things God's way; walk in the Spirit! Elder Kok Guan provides the following pointers in our desire to set our minds on things of the Spirit.

- Know who you are in Christ
- Memorise scriptures
- Talk to your mentor(s)
- Train your mind to think right (Phil 4:8)

3) Set our hearts to please God

Our motivation to walk in the Spirit would primarily be to please God.

"For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God." Rom 8:7-8

The mind that is set on the flesh goes against God. Even if it wanted to, it cannot please God. Because it is not by might nor by power but by the Spirit of God that we can truly walk in the Spirit and please our Father God. Church, we must not forget that God did not just give us His Son to die for us. He also gives us His Spirit so that we might live for Him.

The reality is not everyone wants to walk with the Lord, and God will never force us. We have to do so willingly. When we are willing, the Spirit of God will enable us to walk in obedience to God's will for His glory. It is then that we become more and more like Jesus and that pleases God.

CONCLUSION

The good news gospel in Rom 8:1-8 offers us hope. If we are walking with the Lord, we would walk in the Spirit in obedience because it sets our souls free from our struggle with sin in Christ. By guarding our minds and training to set them on the things of the Spirit, we walk with a sense of purpose and find peace with God in the process. Our Heavenly Father is pleased with us as we walk in the Spirit because it is His desire for us to walk with Him.

QUESTIONS

1. Use a picture, drawing or word to describe your walk with the Lord.

2. What 3 things does the speaker say we need to do to walk in the Spirit? Which of these challenge you and why?

3. What hinders you from walking in the Spirit and how can you bring this before the Lord?