



## CELL GUIDE

---

<b>TOPIC</b>	Spirit Care: The Self You Can't Neglect	<b>SPEAKER</b>	Ps Darren Kuek
<b>THEME</b>	Developing Your Inner Life	<b>DATE</b>	7 & 8 June 2025

---

# MESSAGE SUMMARY

## INTRODUCTION

In 1983, the Gimli Glider incident saw an Air Canada flight run out of fuel mid-air, forcing the crew to glide the aircraft to safety. This event underscored the importance of fuel management. Similarly, our spiritual lives require regular attention and replenishment. When was the last time you checked your spiritual tank? Life can deceive us into thinking we are fine, but neglecting our spirit will eventually lead to a sense of emptiness.

## CARE FOR YOUR SPIRIT

### 1) Know Your Spirit

Our spirit is the innermost part of us, working alongside the body and soul (1 The 5:23). It serves three crucial functions:

- a) Relationship with God: the Spirit testifies our connection with God. (Rom 8:16)
- b) Conscience: the Spirit helps to distinguish right from wrong. (Heb 9:14)
- c) Discernment: the Spirit connects us with God's discernment. (Mark 2:8)

### 2) Value Your Spirit

The spirit reflects our identity in Christ and shapes our mind, feelings and actions.

- a) Without Christ, the spirit remains dead in sin. (Eph 2:4-5)
- b) Being born again in the Spirit brings life. (John 3:3-6)
- c) In the storms of life, we can either panic in the flesh or rest in the Spirit, trusting God's kingdom perspective. (Mark 4:37-40)

### 3) Grow Your Spirit

To nurture spiritual growth, we must set our minds on the Spirit (Rom 8:5-6). Practical ways include:

- a) Engage in the Word of God: spend quiet time in scripture at least four times a week to know Jesus. (Matt 4:4)
- b) Prayer: strengthen your spirit and connection with God through prayer. (Matt 26:41)
- c) Praise and worship: experience God's love and presence through praise and worship. (Matt 14:31-33)
- d) Fellowship with other believers: connect with the community of believers. (Heb 10:25)
- e) Confess and repent of sin: as sin corrupts our spirit, keep short accounts with the Lord. (Gal 6:8)

- f) Practise rest and Sabbath: be still and know God through rest and personal retreats. (Psa 46:10a)
- g) Walk in the Spirit: seek the Lord's guidance to fill and lead you in His ways daily. (Gal 5:16)

## CONCLUSION

Walking in the Spirit manifests the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Gal 5:22-23). If this fruit is absent or fading in your life, it may be time for a spiritual top-up.

Seek the Lord and replenish your spirit. As Romans 8:5-6 reminds us, "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."

# QUESTIONS

1. Consider a period of time when you were feeling spiritually dry. How did you recognise when your spiritual tank was running low? What practices or activities helped you reconnect with God and refuel your spirit?

2. Think about a challenging situation you've faced.

A. What was your response (in the flesh or the Spirit) and how did your response impact the outcome?

B. How did that experience change the way you respond to difficult situations? How does this sermon help you to change the way you respond to difficult situations?

3. The fruit of the Spirit in Galatians 5:22-23 is a sign of a Spirit-filled life. Which of the attributes of the fruit do you see most evident in your life now? How will you nurture the attributes of the fruit of Spirit that you are weaker in?