

Breathe

KEEPING IN STEP

Have you ever thought of faith as being 'restrictive'? Often, people believe that following Jesus is all about the rules and regulations, in other words, religion. Actually, it is all about relationship with God!

Thinking Points:

1. What was your initial perception of faith and Christianity? After hearing this message, how accurate do you think that perception is?
2. Read Romans 6:14. Approaching God through the law is our default, but that will eventually lead to defeat. Our God is a God of grace, and He wants nothing more than to walk alongside humanity.
3. Faith in Jesus makes a difference. Inviting the Spirit of God to live in and out of us, will change your life and your relationship with God.
4. What are some of the differences between religion and relationship that stand out to you? Where might you be focusing more on religion than relationship in your own life?

For sin shall no longer be your master, because you are not under the law, but under grace.

Romans 6:14

Religion:

- Based on our own actions
- Achieving mindset
- Committed to something
- Following a list
- Not intimate
- Not in tune with the Holy Spirit

Relationship:

- Based on the actions of someone greater than ourselves
- Accepting and grateful mindset
- Surrendering to Someone
- Following a Person
- Intimate
- In tune with the Holy Spirit

John 15:5 records Jesus saying, "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

There is a battle between flesh and spirit going on inside us. One is trying to hold us back and the other is trying to set us free. However, we are designed to be in relationship with Jesus, with the Holy Spirit inside us. When we form a relationship with God, we experience the freedom He brings and incredible things happen...

Next Steps

1. Look at some of the differences between Spirit and flesh in your own life. Which is winning? What might you do to give the Holy Spirit some more sway?
2. Stop wrestling with religion; instead, invite the Holy Spirit into your heart to kick start that relationship.
3. A Spirit-led life produces the Fruits of the Spirit (*Love, joy, peace, patience, kindness, goodness, faith, gentleness and self-control.*) Ask the Holy Spirit to lead in your life.

John 15:5 says "I am the vine, you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

Galations 5:22-25 says "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit."

4. God longs to close the gap between us. He walked with Adam and Eve and He wants to walk beside you too.
5. Keep in step with the Spirit, tune in to what He is saying.

Galations 5:16

"So I say, walk by the Spirit, and you will not gratify the desires of the flesh."