

# Keeping in Step with the Spirit

Romans 8:1-17

June 21, 2026



## DAY 1: NO LONGER DEBTORS TO THE FLESH

**READING: ROMANS 8:12-17**

Jesus paid the debt we could never pay. Through His death and resurrection, we are no longer obligated to live under the influence of our fallen nature. The flesh—that self-ruled, rebellious part of us—lost its power at the cross. Yet we still feel its pull, like campfire smoke that clings to our clothes. Paul reminds us that we owe nothing to that old life. When old patterns whisper "you owe me," we can boldly say, "No, I don't." Christ has broken those chains. Today, recognize one area where the flesh demands allegiance, and declare your freedom in Jesus. You are a new creation, empowered by the Spirit to live differently.

**Reflection Question:** What old pattern is trying to claim authority over your life today?

## DAY 2: THE SPIRIT FORMS US INTO CHRIST'S IMAGE

**READING: GALATIANS 5:16-26**

The Spirit's mission is clear: to form us into the image of Jesus. This isn't about behavior modification through willpower; it's transformation through surrender. As we walk in step with the Spirit, fruit begins to grow—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These aren't achievements we manufacture but evidence of the Spirit's molding work. God doesn't save us and leave us on our own. He takes up residence within us, bringing our new identity to expression. This formation happens through daily surrender, not forced compliance. The Spirit works as we actively participate, choosing His influence over the flesh's demands. True freedom comes as we trust His empowering presence.

**Reflection Question:** Which fruit of the Spirit do you most need to see grow in your life right now?

## DAY 3: PRIORITIZING THE SPIRIT'S VOICE

**READING: JOHN 16:5-15**

Before your feet hit the floor, invite the Spirit into your day. This simple practice—"Holy Spirit, I want to walk with You today"—tunes your spirit to His nudges. Jesus modeled this perfectly, rising before others to be attentive to the Father. The Spirit doesn't draw attention to Himself; He always points to Jesus. He's behind the scenes, directing our gaze toward Christ, shaping who we are in Him. Throughout your day, pause and ask for wisdom in conversations, guidance in decisions, and strength in temptations. The Spirit speaks, often in a voice that sounds like your own thoughts, bringing scripture to life and directing your steps. Make space to hear Him.

**Reflection Question:** What would change if you started each morning acknowledging the Spirit's presence?

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## DAY 4: THE BATTLE BETWEEN TWO KINGDOMS

### READING: ROMANS 8:5-11

Every believer faces a daily choice: which kingdom will we live out of? The Kingdom of Darkness operates through self-rule, pride, and rebellion. The Kingdom of Light functions through surrender, humility, and obedience to the Spirit. Paul doesn't sugarcoat this tension—we do what we don't want to do and fail to do what we desire. Yet conviction from the Spirit brings confession, which breaks the power of destructive patterns. This isn't about achieving sinlessness but developing a life increasingly marked by the Spirit's influence. Choose forgiveness over bitterness, humility over pride, generosity over greed, celebration over comparison. These choices starve sinful desires and feed your new nature in Christ.

**Reflection Question:** In what specific area is the Spirit convicting you today?

## DAY 5: KEEPING SHORT ACCOUNTS WITH GOD

### READING: PSALM 139:23-24; 1 JOHN 1:5-10

"Search me, God, and know my heart." This vulnerable prayer invites the Spirit to inventory every room of your life. Don't let patterns slip into habits. Give the Spirit access to the areas you've kept hidden—the possessions that own you, the thought life clouded by lust, the complacency in your walk with Jesus. The Spirit desires to do a reshaping work, not to shame you but to set you apart for God's purposes. Confession brings us closer to the Father's heart. Find a trusted friend who can pray with you through struggles. The Spirit shouldn't be a stranger but the companion who walks with you daily, revealing the wonder of Jesus and leading you to true freedom.

**Reflection Question:** What area of your life needs the Spirit's reshaping work today?

**Closing Prayer:** Holy Spirit, thank You for dwelling within me. I surrender my life afresh to Your work. Form me into the image of Jesus. Help me walk in step with You each day, prioritizing Your voice above all others. Break the power of the flesh and lead me into the freedom found in Christ alone. Amen.