

The background features a dark blue sphere at the center, surrounded by a dense, vibrant explosion of particle trails. These trails are primarily cyan and magenta, radiating outwards in all directions, creating a sense of dynamic energy and movement. The overall aesthetic is futuristic and spiritual.

CADENCE

LIVING IN STEP WITH THE SPIRIT OF GOD



Life Group Questions

HEAD

- ✠ There's a war being waged in our soul. The combatants are the flesh, our sin nature, that unredeemed, unreconciled part of ourselves; and the Spirit of God, who is in the process of sanctifying or spiritually forming us completely.
- ✠ The Spirit of God is accomplishing two (2) things on our behalf:
 1. The Spirit is defeating our flesh in a duel to the death.
 2. The Spirit is cultivating in us the graces, virtues of Christ.

HEAD

- ✿ God expects us to do two (2) things in this text:
 1. Walk by, be led by, live by, and/or keep in step with the Spirit, so that He might produce His fruit in us.
 2. We must continually mortify/crucify the flesh. We must continue to hammer and nail it to our crosses that we take up daily.
- ✿ If at anytime in my life the works of the flesh are rearing their ugly heads, then I've ceased to walk by, to be led by, to live by, or I'm no longer keeping step with the Spirit, therefore, I need to surrender my entire being to Him in that moment – then I can get back in line and resume my synchronized CADENCE with the Holy Spirit!

HEART

- ✚ In what ways do you **identify** the “war being waged in our soul” between the flesh and the Spirit manifesting in your own life?
- ✚ PD mentioned several biblical characters who either demonstrated or lacked self-control. Which example **resonated** with you most and why?



HANDS

- ✚ This week, **identify** one area where you struggle with self-control. **Commit** to praying daily for the Spirit's help in this area.
- ✚ **Practice** "crucifying the flesh" by choosing one habit or indulgence to give up for a week. **Reflect** on how this impacts your spiritual life.
- ✚ **Set aside time** each day to intentionally "keep in step" with the Spirit through prayer, Bible reading, or meditation.
- ✚ In moments of temptation, **pause and ask yourself**, "Am I in step with the Spirit right now?" **Use** this as a prompt to realign your actions.
- ✚ **Discuss** with a trusted friend or accountability partner how you can support each other in developing greater self-control.





Five Day Devotional

Day 1: The Fruit of Faithfulness

Reading: Galatians 5:22-26

- ✚ Devotional: As we begin this journey, let's reflect on what it means to "walk by the Spirit" (Galatians 5:16). Paul presents a stark contrast between the works of the flesh and the fruit of the Spirit. Today, consider the areas in your life where you struggle with the flesh. Are there patterns of behavior or thought that consistently pull you away from God? Now, envision what your life would look like fully surrendered to the Spirit's guidance. How might your relationships, decisions, and daily actions change? Ask God to help you identify one specific area where you can start yielding more fully to the Spirit's influence today.



Day 2: Set Free from Sin & Death

Reading: Romans 7:14-25; 8:1-11

- ✚ Devotional: Romans chapter 7 characterizes the life of the unbeliever/non-Christian. In contrast chapter 8 epitomizes the Christian experience. Does your life your more accurately reflect chapter 7 or 8? If chapter 8 then great! If chapter 7, then reflect the areas of your life where you are enslaved to sin. Be courageous, specific, and vulnerable by labeling the areas. Be transparent and discuss them with a trusted friend, ask the friend to compassionately hold you accountable for repenting and experiencing victory over them in due time. Life in the Spirit is free from the power of sin and death.



Day 3: Cultivating the Fruit of the Spirit

Reading: John 15:1-17

- ✚ Devotional: Paul compares the Christian life to an athlete in training, emphasizing the need for self-discipline and self-control. In a world that often encourages self-indulgence, practicing self-control can feel countercultural. Reflect on areas in your life where you struggle with self-control. It might be in your words, actions, thoughts, or habits. How might exercising greater self-control in these areas draw you closer to God and others? Ask the Holy Spirit to empower you with self-control, remembering that this is a fruit He produces, not something we generate on our own strength.



Day 4: Self-Control in a Self-Indulgent World

Reading: 1 Corinthians 9:24-27

- ✚ Devotional: Jesus uses the metaphor of a vine and branches to illustrate our need to abide in Him. Just as a branch cannot bear fruit by itself, we cannot produce the fruit of the Spirit through our own efforts. Today, focus on what it means to "abide" in Christ. How can you stay more closely connected to Jesus throughout your day? Consider practical ways to remain in His presence, such as setting reminders to pray, meditating on Scripture, or practicing gratitude. As you abide in Christ, trust that He will cultivate His fruit in your life, transforming you from the inside out.



Day 5: Keeping in Step with the Spirit

Reading: Ephesians 4:17-32

- ✚ Devotional: As we conclude this week's devotional, let's focus on what it means to "keep in step with the Spirit" (Galatians 5:25). Paul's instructions in Ephesians 4 provide practical guidance for living out our new life in Christ. Today, examine your life in light of this passage. Are there old patterns of behavior you need to "put off"? What new, Spirit-led behaviors do you need to "put on"? Remember, this is a gradual process of transformation. Ask God to help you be more aware of the Spirit's promptings in your daily life. Commit to responding in obedience, even in small ways, trusting that as you keep in step with the Spirit, He will continue to shape you into the image of Christ.

