



PACIFIC  
CROSSROADS  
CHURCH

August 13, 2017



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# Exercises

## **MONDAY**

SCRIPTURE: 2 Corinthians 13:5

MEDITATE: Reflect on this verse and the gift God has given you.

## **TUESDAY**

SCRIPTURE: Galatians 5:16

MEDITATE: Memorize this verse and reflect on one big area of your life that would look different if you were walking in the spirit.

## **WEDNESDAY**

SCRIPTURE: Galatians 5:19

MEDITATE: What works of the flesh are evident in your life? Ask yourself if you truly desire to turn away from these in repentance.

## **THURSDAY**

SCRIPTURE: Galatians 5:22-23

MEDITATE: Memorize this verse and reflect over each fruit. It's been said you are only as strong as your weakest fruit. Which fruit is least evident in your life? Ask the Spirit to help you in this area.

## **FRIDAY**

MEDITATE: Practice spiritual breathing throughout the day - breathing out (exhale deeply) the attitude or disposition you want to expel and breathing in (inhale deeply) the fruit of the Spirit you want to embody.

## **SATURDAY**

MEDITATE: How much time have you spent this week consciously "keeping in step with the Spirit?" (Gal. 5:25). Have you been more under the influence of the Spirit or the flesh?

## **SUNDAY**

MEDITATE: Review the Spiritual exercises of the past 6 days and come to worship prepared for an in-depth study of the fruit of the Spirit. Ask - is this what you want most for your life?

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# Scripture

Galatians 5:16-26

<sup>16</sup> But I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. <sup>18</sup> But if you are led by the Spirit, you are not under the law. <sup>19</sup> Now the works of the flesh are evident: sexual immorality, impurity, sensuality, <sup>20</sup> idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, <sup>21</sup> envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. <sup>22</sup> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, self-control; against such things there is no law. <sup>24</sup> And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

<sup>25</sup> If we live by the Spirit, let us also keep in step with the Spirit.

<sup>26</sup> Let us not become conceited, provoking one another, envying one another.

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# Sermon

Walk by the Spirit

Rankin Wilbourne

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## Events & News

### **Promotion Sunday, August 13**

Our children are moving up grade levels with the new school year. We are also adding two classrooms to accommodate our always growing Children's Ministry! Consider joining our CM volunteer team to serve our kids and families.

### **Women's Ministry Brunch, September 9**

Enjoy a fancy breakfast, make new friends, and establish deeper connections with other women at PCC. Cece Sykes, wife of elder Jubilant Sykes, will lead our conversation. Child care provided.

### **Community Group Fair, September 10**

Community Groups gather in homes all around Los Angeles in order to know and care for each other for the purpose of growing as followers of Jesus.

We're kicking off the Fall with a party! Join us for food and festivities after all three services, and Community Group coaches will help match you with a group.

View all events on our mobile app, on our website [PacificCrossroads.org/Events](http://PacificCrossroads.org/Events), or at the Connect Center.

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## Ministry Resources

### **Pastoral Care**

Our pastoral care team is here to care for you if you are in a difficult place. Email [pastoralcare@pacificcrossroads.org](mailto:pastoralcare@pacificcrossroads.org) or call our office at 310.551.0081.

### **Celebrate Recovery**

Join together weekly with others to celebrate God's healing power in our lives. Visit [PacificCrossroads.org/CelebrateRecovery](http://PacificCrossroads.org/CelebrateRecovery).