



PACIFIC  
CROSSROADS  
CHURCH

August 27, 2017



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# Exercises

## MONDAY

Memorize Galatians 5, verse 17 and meditate over a place you see this collision in your own life.

## TUESDAY

To crucify begins with asking why. As you look underneath your anger, what do you see? Which idol of yours is being threatened?

## WEDNESDAY

Memorize Galatians 5:22-23. You are only as strong as your weakest fruit. Where do you see a deficit in your life? How would your life look different if this fruit were full?

## THURSDAY

Memorize Romans 8, verse 13. Do you find the language extreme? Death? Really? Do you confront the “deeds of the flesh” with this sense of urgency and gravity?

## FRIDAY

Think back to a recent panic attack or a time when your emotions hijacked your peace and joy. With the skills we’ve been noting, how might you walk in the Spirit to defuse that escalation?

## SATURDAY

Practice Spiritual Breathing for 10 minutes today. Breathing out the behavior, attitude or symptom you want to expel; breathing in the fruit of the Spirit you want to embody and experience.

## SUNDAY

Read Romans 8, one of the richest chapters in the Bible on Life in the Spirit, in its entirety. Come to worship prayerfully, expecting to encounter God.

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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

## Cultivating Christ's Character of Patience and Gentleness in Such a Time as This

Rankin Wilbourne

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## Events & News

### **Women's Prayer, September 3**

We have women's prayer meetings on the first Sunday of every month. This is a great place to meet and get connected to other women in our community. 10:30 am in the choir room at SAMOHI and 6:30 pm in the gold room at St. John's.

### **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](https://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](https://PacificCrossroads.org/CelebrateRecovery).