

# LED BY THE SPIRIT

## “Fit Check” | Led by the Spirit Ephesians 4:17-32

### How does the Holy Spirit lead us to dress differently than those around us?

Fit check?! You know, do I look good?! The way we dress represents personal taste, comfort, culture, and how we are feeling in the morning when we pick our clothes out. Sometimes we want to blend in and sometimes we want to stand out. There is nothing wrong with standing out! But sometimes we settle to stand out for superficial things while God is calling us to stand out for something that will reveal transformation and bring transformation to the world we live in.

Paul is contrasting opposites...in a letter like that it was common. He is making a point!

**Ephesians 4:17-32:** *17 With the Lord's authority I say this: Live no longer as the Gentiles do, for they are **hopelessly confused**. 18 Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him. 19 They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity.*

*20 But that isn't what you learned about Christ. 21 Since you have heard about Jesus and have learned the truth that comes from him, 22 throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. 23 **Instead, let the Spirit renew your thoughts and attitudes. 24 Put on (Ἐνδύσασθε) your new nature, created to be like God—truly righteous and holy.***

*25 So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. 26 And “don't sin by letting anger control you.” Don't let the sun go down while you are still angry, 27 for anger gives a foothold to the devil. 28 If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. 29 Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.*

**30 And do not bring sorrow to God's Holy Spirit by the way you live.** Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. 31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

### The Holy Spirit leads us from hopelessly confused...

- 17 Confused without hope: 18 mind darkness, wandering from God's BEST, = closed minds / hardened hearts = 19 no shame = lustful pleasure & eagerly practice every kind of impurity→My failure
- David Brooks Quote. See below.

...to clothed in Christ.→How does that happen?!

- **The HS renews our thoughts & attitudes.**
- **The HS helps us put on our new nature.**
  - **Our new nature is the God / Jesus nature we are both developing & disciplining.**
  - **Colossians 1:15:** *"Christ is the visible image of the invisible God. He existed before anything was created and is supreme over all creation."*
  - **2 Corinthians 3:18:** *"So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image."*
- **Our new nature is righteous & holy.**
  - **Righteous:** The type of person who does the right thing.→Do the next RIGHT thing.
  - **Holy:** Set apart - toothbrush
  - **Romans 5:9:** *"And since we have been made right in God's sight by the blood of Christ, he will certainly save us from God's condemnation."*

- **Colossians 3:12:** "Since God chose you to be the holy people he loves, you must clothe (Ἐνδύσασθε) yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience."
- **Galatians 5:22-23:** "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."
- **Does the way I LIVE reflect someone clothed in Christ?**
  - Does the way I talk reflect God? → Even in the car when no one is listening...?!
  - Does the way I treat others reflect God? → **MLK.Jr** → The way i treat others who LOOK different than me?
  - If what i think about / day dream → If that were to be put up on this video wall... would it reflect God?
  - **Recalibrate Tool** → Yearly/Monthly/Weekly → **Is my \_\_\_\_\_ clothed in Christ?**

**Even fashion needs some...** → But...rules are quite helpful!

- **Rules:**
  - 19 Stop lusting (inferred).
  - 19 Don't be impure (inferred).
  - 25 Stop lying.
  - 26 Don't be controlled by anger.
  - 28 Quit stealing (Work hard & give generously).
  - 29 Stop using foul or abusive language (Say good & helpful things to encourage).
  - 31 evil behavior. 32 Instead, be kind, tenderhearted, forgiving one another, as you've been forgiven...
- **Relationship:** Don't make God grieve (λυπεῖτε). He has sealed/guaranteed (ἔσφραγίσθητε) us! → My failure
- **But faith needs something more...RELATIONSHIP.**

→ **The Holy Spirit helps us dress better.**

**TALK ABOUT IT - Questions to GROW through with family, friends, & myself.**

1. What is the most embarrassing clothing/dress/style "phase" I've gone through? Is there photographic evidence?
2. How has the Holy Spirit renewed my thoughts and attitudes in my journey of faith?
3. If God declares me righteous & holy, do I need to grow in righteousness and holiness? How do I do that?
4. How can my relationship with the Holy Spirit go beyond rules and become a genuine expression of love for God?
5. **PRAYER:** "Holy Spirit, help me to be the kind of person who does the right thing because of love for you!"

Recalibrate Tool: <https://public.3.basecamp.com/p/GJNkkH3Za1prkiyJWMHx9AM>

Quotes: "How America Got Mean" by David Brooks

*"Over the past eight years or so, I've been obsessed with two questions. The first is: Why have Americans become so sad? The rising rates of depression have been well publicized, as have the rising deaths of despair from drugs, alcohol, and suicide. But other statistics are similarly troubling. The percentage of people who say they don't have close friends has increased fourfold since 1990. The share of Americans ages 25 to 54 who weren't married or living with a romantic partner went up to 38 percent in 2019, from 29 percent in 1990. A record-high 25 percent of 40-year-old Americans have never married. More than half of all Americans say that no one knows them well. The percentage of high-school students who report "persistent feelings of sadness or hopelessness" shot up from 26 percent in 2009 to 44 percent in 2021.*

*My second, related question is: Why have Americans become so mean? I was recently talking with a restaurant owner who said that he has to eject a customer from his restaurant for rude or cruel behavior once a week—something that never used to happen. A head nurse at a hospital told me that many on her staff are leaving the profession because patients have become so abusive. At the far extreme of meanness, hate crimes rose in 2020 to their highest level in 12 years. Murder rates have been surging, at least until recently. Same with gun sales. Social trust is plummeting. In 2000, two-thirds of American households gave to charity; in 2018, fewer than half did. The words that define our age reek of menace: conspiracy, polarization, mass shootings, trauma, safe spaces.*

*We're enmeshed in some sort of emotional, relational, and spiritual crisis, and it undergirds our political dysfunction and the general crisis of our democracy. What is going on?*

*Over the past few years, different social observers have offered different stories to explain the rise of hatred, anxiety, and despair.*

*The technology story: Social media is driving us all crazy.*

*The sociology story: We've stopped participating in community organizations and are more isolated.*

*The demography story: America, long a white-dominated nation, is becoming a much more diverse country, a change that has millions of white Americans in a panic.*

*The economy story: High levels of economic inequality and insecurity have left people afraid, alienated, and pessimistic.*

*I agree, to an extent, with all of these stories, but I don't think any of them is the deepest one. Sure, social media has bad effects, but it is everywhere around the globe—and the mental-health crisis is not. Also, the rise of despair and hatred has engulfed a lot of people who are not on social media. Economic inequality is real, but it doesn't fully explain this level of social and emotional breakdown. The sociologists are right that we're more isolated, but why?*

*What values lead us to choose lifestyles that make us lonely and miserable?*

*The most important story about why Americans have become sad and alienated and rude, I believe, is also the simplest: We inhabit a society in which people are no longer trained in how to treat others with kindness and consideration. Our society has become one in which people feel licensed to give their selfishness free rein. The story I'm going to tell is about morals." - David Brooks*

Articles:

- "How America Got Mean" by David Brooks: <https://www.theatlantic.com/magazine/archive/2023/09/us-culture-moral-education-formation/674765/>

The Holy Spirit's activity in the OT & the NT:

- **Romans 8:11**: "The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you."
- **Colossians 1:15**: "Christ is the visible image of the invisible God. He existed before anything was created and is supreme over all creation."
- **Ephesians 4:22-24**: "Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy."
- **1 Peter 1:2**: "God the Father knew you and chose you long ago, and his Spirit has made you holy. As a result, you have obeyed him and have been cleansed by the blood of Jesus Christ."
- **2 Corinthians 3:18**: "So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image."

- **Galatians 5:22-23**: "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."
- **Philippians 1:6**: "And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns."
- **1 Thessalonians 5:23**: "Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again."

## The Holy Spirit's activity in the OT & the NT:

### Old Testament:

- **Genesis 1:2** - "The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters."
- **Exodus 31:3** - "I have filled him with the Spirit of God, giving him great wisdom, ability, and expertise in all kinds of crafts."
- **Numbers 11:25** - "Then the Lord came down in the cloud and spoke to him. He took some of the Spirit that was upon Moses and put the Spirit upon the seventy elders. And when the Spirit rested upon them, they prophesied. But this never happened again."
- **Judges 14:6** - "The Spirit of the Lord came powerfully upon him, and he ripped the lion's jaws apart with his bare hands. He did it as easily as if it were a young goat. But he didn't tell his father or mother about it."
- **1 Samuel 10:6** - "At that time the Spirit of the Lord will come powerfully upon you, and you will prophesy with them. You will be changed into a different person."
- **1 Samuel 16:13** - "So as David stood there among his brothers, Samuel took the flask of olive oil he had brought and anointed David with the oil. And the Spirit of the Lord came powerfully upon David from that day on."
- **Isaiah 11:2** - "And the Spirit of the Lord will rest on him—the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the Lord."
- **Ezekiel 36:27** - "And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations."

### New Testament:

- **Matthew 3:16** - "After his baptism, as Jesus came up out of the water, the heavens were opened and he saw the Spirit of God descending like a dove and settling on him."
- **John 14:16-17** - "And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth."
- **Acts 2:4** - "And everyone present was filled with the Holy Spirit and began speaking in other languages, as the Holy Spirit gave them this ability."
- **Romans 8:9** - "But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.)"
- **1 Corinthians 2:10-11** - "But it was to us that God revealed these things by his Spirit. For his Spirit searches out everything and shows us God's deep secrets."
- **Galatians 5:22-23** - "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."
- **Ephesians 1:13-14** - "And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago."
- **1 Thessalonians 1:5** - "For when we brought you the Good News, it was not only with words but also with power, for the Holy Spirit gave you full assurance that what we said was true."

## The Trinity Scriptures: 3 "persons" in 1 "essence"

### Old Testament:

- **Genesis 1:26-27**: "Then God said, 'Let us make human beings in our image, to be like us.'"
- **Genesis 3:22**: "And the Lord God said, 'The man has now become like one of us, knowing good and evil.'"
- **Genesis 11:7**: "Come, let's go down and confuse the people with different languages. Then they won't be able to understand each other."
- **Isaiah 6:8**: "Then I heard the Lord asking, 'Whom should I send as a messenger to this people? Who will go for us?'"
- **Isaiah 48:16**: "Come closer, and listen to this. From the beginning I have told you plainly what would happen. And now the Sovereign Lord and his Spirit have sent me with this message."

### New Testament:

- **Matthew 3:16-17:** "After his baptism, as Jesus came up out of the water, the heavens were opened, and he saw the Spirit of God descending like a dove and settling on him. And a voice from heaven said, 'This is my dearly loved Son, who brings me great joy.'"
- **Matthew 28:19:** "Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit."
- **John 14:16-17:** "And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth."
- **John 15:26:** "But I will send you the Advocate—the Spirit of truth. He will come to you from the Father and will testify all about me."
- **John 16:13-15:** "When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future."
- **2 Corinthians 13:14:** "May the grace of the Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you all."
- **Ephesians 4:4-6:** "For there is one body and one Spirit, just as you have been called to one glorious hope for the future. There is one Lord, one faith, one baptism, one God and Father of all, who is over all, in all, and living through all."

#### Scriptures Use Metaphors to Speak about the Holy Spirit:

- **Wind: John 3:8** - "The wind blows wherever it wants. Just as you can hear the wind but can't tell where it comes from or where it is going, so you can't explain how people are born of the Spirit."
- **Fire: Acts 2:3** - "Then, what looked like flames or tongues of fire appeared and settled on each of them."
- **Water: John 7:38-39** - "Anyone who believes in me may come and drink! For the Scriptures declare, 'Rivers of living water will flow from his heart.' (When he said 'living water,' he was speaking of the Spirit, who would be given to everyone believing in him.)"
- **Oil: 1 John 2:20, 27** - "But you are not like that, for the Holy One has given you his Spirit, and all of you know the truth... But you have received the Holy Spirit, and he lives within you, so you don't need anyone to teach you what is true. For the Spirit teaches you everything you need to know, and what he teaches is true—it is not a lie."
- **Dove: Matthew 3:16** - "After his baptism, as Jesus came up out of the water, the heavens were opened and he saw the Spirit of God descending like a dove and settling on him."
- **Seal/Seal of Promise: Ephesians 1:13-14** - "And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people."

#### The Holy Spirit has work to do in us and through us.

- **Comforter/Advocate: John 14:16-17:** "And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth."
- **Teacher/Guide: John 16:13:** "When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard."
- **Convicter of Sin: John 16:8:** "And when he comes, he will convict the world of its sin, and of God's righteousness, and of the coming judgment."
- **Indweller of Believers: 1 Cor. 6:19:** "Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?"
- **Empowerer for Christian Living: Gal. 5:22-23:** "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."
- **Revealer of God's Wisdom: 1 Cor. 2:10-12:** "But it was to us that God revealed these things by his Spirit. For his Spirit searches out everything and shows us God's deep secrets."
- **Bearer of Witness: Rom. 8:16:** "For his Spirit joins with our spirit to affirm that we are God's children."
- **Empowerer for Ministry: Acts 1:8:** "But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth."
- **Intercessor in Prayer: Rom. 8:26:** "And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words."
- **Grantor of Spiritual Gifts: 1 Cor. 12:4-11:** "There are different kinds of spiritual gifts, but the same Spirit is the source of them all."
- **Giver of Life: Rom. 8:11:** "The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you."
- **Transformative Agent: 2 Cor. 3:18:** "So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image."
- **Interpreter of Spiritual Truth: 1 Cor. 2:14:** "But people who aren't spiritual can't receive these truths from God's Spirit. It all sounds foolish to them and they can't understand it, for only those who are spiritual can understand what the Spirit means."

- **Sealer/Assurer of Salvation: Eph. 1:13-14:** "And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago."
- **Unifier of Believers: Eph. 4:3:** "Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace."
- **Empowerer for Holiness: 2 Thess. 2:13:** "As for us, we can't help but thank God for you, dear brothers and sisters loved by the Lord. We are always thankful that God chose you to be among the first to experience salvation—a salvation that came through the Spirit who makes you holy and through your belief in the truth."
- **Empowerer for Endurance: Romans 15:13:** "I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit."
- **Agent of Baptism: Matthew 3:11:** "I baptize with water those who repent of their sins and turn to God. But someone is coming soon who is greater than I am—so much greater that I'm not worthy even to be his slave and carry his sandals. He will baptize you with the Holy Spirit and with fire."
- **Glorifier of Christ: John 16:14:** "He will bring me glory by telling you whatever he receives from me."
- **Revealer of God's Love: Romans 5:5:** "And this hope will not lead to disappointment. For we know how dearly God loves us because he has given us the Holy Spirit to fill our hearts with his love."

**SCRIPTURES: New Living Translation unless otherwise noted.**

- **Galatians 5:22-23** - *But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!*

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