

# Galatians 5:16-25

## “How to Grow in Your Faith? (Part 3)”

### Pastor Bruce Zachary

**intro.** Bodily exercise plan; cf. spiritual – what are the most important disciplines to grow as a disciple?

**Subject:** How you can grow in your faith

**Object:** Implement a spiritual exercise plan

**Review:** 1. Bible, 2. prayer, 3. authentic community, 4. worship, service

**A. Walking in the Spirit [Gal. 5:16-25]: resisting temptation and fasting**

**1. Christ’s followers realize conflict between the Spirit and flesh [16-18]**

**a. If led by the Spirit you’ll experience progressive victory over the flesh**

**i. Cf. self-discipline**

**2. Christ’s followers repent from works of the flesh [19-21]**

**a. Lack of progress, and no desire to repent may reveal a person is not saved [21]**

**3. Christ’s followers reveal the fruit of the Spirit [22-25]**

**4. Christ’s followers resist temptation [1Cor. 10:13] No temptation has overtaken you except such as is common to man. But God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.**

**C.S. Lewis “No one knows how bad they are until they try to be good”**

**a. We are not alone in our struggles, and God has provided a way to overcome**

**b. Discover where you are tempted + create accountability [exercise partner]**

**i. When we fail remember: 1Jn.1:9 God is faithful to cleanse us if we confess**

**5. Christ’s followers fast: Say, “no” to the flesh to say, “yes” to God**

**a. Jesus models fasting [Mt. 4:1-11], & presumes His disciples will fast [Mt. 6:6]**

**b. The early church fasted for spiritual strength and direction [Ac.13:1-2]**

**c. Fasting can relate to the denial of pleasant things as well as no food [Dan. 1]**

**What are some things that we can fast from for a season to focus on God?**

## B. Sharing your faith: relational evangelism

**1. Jesus Great Commission:** Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, *even to the end of the age. Amen.* [Matt. 28:19-20]

**2. Jesus' great example [Jn. 4:4-24]: The Samaritan woman at the well**

**a. Relate: befriend and build relationship where you live, work, study, and play**

i. Treat people like a person rather than a project or program

ii. Margin in our lives to love neighbors

**b. Create: help people to discover + desire the glory and goodness of God**

**a. share your experience with Christ [your story/testimony]**

i. explain how has Jesus changes your life

b. look for bridges to share (the gospel)

**i. Play, stay, pray, say**

**c. Convict: help people to see their need of a Savior**

**d. Reveal: help people to discover Jesus as their Savior**

**3. Jesus' instruction to pray: The harvest truly *is* plentiful, but the**

**laborers *are* few. Therefore pray the Lord of the harvest to send out laborers into His harvest.** [Matt. 9:37-38]. Then the apostles went out

**What tips would you give about sharing your faith?**

## C. Giving: Kingdom Generosity and Investment

**1. God the Father's example: For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.**

[John 3:16]

God has graciously and generously given

**2. God's people are to support the work of His Kingdom**

**a. Provide for ministry, ministers and the house of God [Num. 18:26]**

**b. Tithe: Abraham gave 1/10<sup>th</sup> of spoils to God's priest [Gen.14]**

**i. Jesus affirms the tithe [Lu.11:42]**

ii. Jews per Mosaic law gave @ 23% for tithes & offerings [+ Roman taxes]

**3. Giving is an expression of worship and investment in the Kingdom**

**a. Make God the first priority and declare your trust in His provision**

**i. Lay up treasure in heaven Mt. 6:20**

**4. Give regularly, proportionally, and cheerfully [1Cor. 16:2, 2Cor. 9:6]**

**a. Reap in proportion to sow**

**Conc.**

**Implement a spiritual exercise plan:**

**1. Bible**

**2. Prayer**

**3. Authentic community**

**4. Worship**

**5. service**

**6. Resisting temptation and fasting**

**7. Sharing your faith**

**8. Giving**