

# DISCUSSION QUESTIONS

When life is hard, what instincts do you follow?

What drives you to a certain behavior? Are you a person who *reacts* or *responds*?

From the list of sowing into the Spirit, where are you already doing that in your life?

From the list of sowing into the Spirit, which ones do you need to focus on more?

**LIVING  
THE SPIRIT  
FILLED LIFE**



# Spirit Instincts



***Instinct:***

**An innate pattern of behavior in response to certain stimuli.**



# JUDE 1:10 NLT

But these people scoff at things they do not understand. Like unthinking animals, they do whatever their instincts tell them, and so they bring about their own destruction.

# JUDE 1:18,19 NLT

They told you that in the last times there would be scoffers whose purpose in life is to satisfy their ungodly desires.

These people are the ones who are creating divisions among you. They follow their natural instincts because they do not have God's Spirit in them.

**Spiritual Instincts gives us  
situational awareness to  
read a situation and  
respond in the best way.**

**Flesh Instincts (Reactive) vs.  
Spiritual Instincts (Responsive)**

**Sin often influences our Flesh Instincts  
(Reactive)**

**Spirit influences our Spiritual Instincts  
(Responsive)**

# ROMANS 8:5,6

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

# ROMANS 8:7

The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so.

# ROMANS 1:28

Furthermore, just as they did not think it worthwhile to retain the knowledge of God, so God gave them over to a depraved mind, so that they do what ought not to be done.

# GALATIANS 5:19-21

## ESV

Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these.



# GALATIANS 6:7-9

## ESV

Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

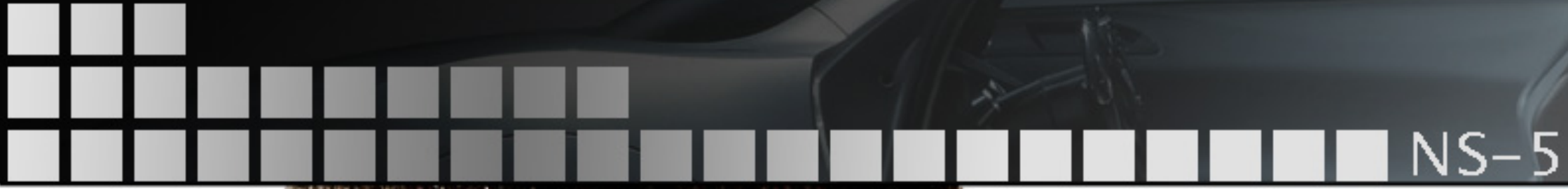
***Destruction:***

**Decomposition or rotting of an organism and the accompanying stench.**









# I, ROBOT

WILL SMITH







**“Sextech is a \$30 billion industry today, but according to an analysis report, the industry should grow to \$52.7 billion by 2026 with a huge assist from online sales. Companies are feverishly working to innovate the most intriguing products that have an intelligent response for sexual activity to take advantage of this expected growth.”**

– Forbes, Future of Intimacy

**“Could AI create unrealistic expectations for human interaction, or do they provide an acceptable outlet for sexual transgressions and exploration not appropriate in real life?”**

– Forbes, Future of Intimacy

**“For example, a developer seeking to enhance the user experience with a sex robot may design a machine learning algorithm that builds trust between the human user and robot.”**

– Frontiers, Sex Robots



**How do we sow, or pre-spond,  
into the Spirit?**

If I want to be more responding  
I need to prepare by  
pre-sponding.

- 1. Plant yourself in Humility (*Self-filled to Spirit-filled*)**
- 2. Plant yourself in Scripture (*Consuming the World to Consuming the Word*)**
- 3. Plant yourself in Community (*Being Knowledgable to Being Known*)**
- 4. Plant yourself in Expectation (*Limitation to Invitation*)**
- 5. Plant yourself in Obedience (*Prevention to Provision*)**
- 6. Plant yourself in Worship (*Closed Hands to Open Hearts*)**
- 7. Plant yourself in Hunger (*Passive to Passion*)**
- 8. Plant yourself in Repentance (*Grieving to Receiving*)**

# CLOSING THE INSTINCT GAP



**Maturity is when responding  
overrides reacting.**

# EPHESIANS 4:29-30

## MSG

Watch the way you talk. Let nothing foul or dirty come out of your mouth. Say only what helps, each word a gift. Don't grieve God. Don't break his heart. His Holy Spirit, moving and breathing in you, is the most intimate part of your life, making you fit for himself. Don't take such a gift for granted.

**He is called Holy for a reason.**

***Grieve:***

**Denotes a pain or sorrow that can only be experienced between two people who deeply love each other.**



**He is not merely an influence;  
He is a person, and may easily  
be sorrowed. Grieving the Spirit  
is like hosting Him with a nest  
of thorns.**

**“Grieving the Holy Spirit produces a lamentable result. In the child of God it will not lead to his utter destruction, for no heir of heaven can perish; neither will the Holy Spirit be utterly taken away from him, for the Spirit of God is given to abide with us for ever. But the ill-effects are nevertheless most terrible. You will lose, my dear friends, all sense of the Holy Spirit’s presence: He will be as one hidden from you—no beams of comfort, no words of peace, no thoughts of love—there will be what Cowper calls, ‘an aching void the world can never fill.’”**

– C.H. Spurgeon

**“To grieve the Holy Spirit is like letting corrosion build up on a battery so that the power of the battery cannot be accessed.”**

– Tony Evans

# 1 THESSALONIANS

## 5:19

Do not quench the Spirit.

***Quench:***

**To extinguish or choke out a fire.**

# 1 THESSALONIANS

## 5:19 ISV

Do not put out the Spirit's fire.

**Grieving the Spirit comes  
through sins of commission.**

**Quenching the Spirit comes  
through sins of omission.**

**Repentance is the kindling on the altar of our souls that keeps the flame of the Spirit from being extinguished.**



# LEVITICUS 6:12

## NASB

The fire on the altar shall be kept burning on it. It shall not go out, but the priest shall burn wood on it every morning.

# 2 CORINTHIANS 7:10

Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

**More repentance leads to fewer  
regrets.**



**Renewal happens when the  
sorrow of the Spirit meets the  
sorrow of my sin.**

# ROMANS 2:4 NASB

the kindness of God leads you to repentance