

Sacred Rhythms

Self Examination: Bringing Our Whole Selves Before God

Discernment: Recognizing and Responding to

the Presence of God

Galatians 5:16-26 NRSVUE

Live by the Spirit, I say, and do not gratify the desires of the flesh. For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh, for these are opposed to each other, to prevent you from doing what you want. But if you are led by the Spirit, you are not subject to the law.

- Galatians 5:16-26

19 Now the works of the flesh are obvious: sexual immorality, impurity, debauchery, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God.

- Galatians 5:16-26

22 By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit. Let us not become conceited, competing against one another, envying one another.

- Galatians 5:16-26

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the Presence of God

the Flesh vs the Spirit

the Flesh vs the Spirit

being apart from God



the Flesh vs the Spirit

being apart from God

- sexual immorality
- impurity (unclean thoughts/words)
- debauchery (lack of self control)
- idolatry
- sorcery
- enmities (hatred)
- strife
- jealousy
- anger
- quarrels
- dissensions
- factions
- envy
- drunkenness, etc

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the empowering presence of God

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the empowering presence of God

- love
- joy
- peace
- patience
- kindness
- generosity
- faithfulness
- gentleness
- self control

Self Examination helps us
become more aware of the
presence of God in our lives

Discernment is about
using the recognition of God's
constant presence in our lives
to align ourselves more completely
with God's will.

"The habit of discernment is a quality of attentiveness to God that is intimate that over time we develop an intuitive sense of God's heart and purpose in any given moment."

- Ruth Haley Barton

*If we live by the Spirit,
let us also be guided by the Spirit.*

- Galatians 5:25