

SOUL REVOLUTION
Developing a Spiritual Workout
Week 6 November 13, 2022
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How can we actually see and experience a new life

We all have a spiritual workout.

If you want to change your spiritual outlook you need a spiritual running partner.

Spiritual life is not about doing right things and avoiding bad things. It's about doing life in relationship **with** God.

YOUR COACH THE HOLY SPIRIT

But I say, walk by the Spirit, and you will not carry out the desire of the flesh. 17 For the desire of the flesh is against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, in order to keep you from doing whatever you want.

Galatians 5:16-17 NAS

When you walk with the Spirit you will produce the fruit of the Spirit and the nasty stuff of your life will begin to fade away.

SPIRITUAL RUNNING PARTNERS

Do not be misled: "Bad company corrupts good character." 34 Come back to your senses as you ought, and stop sinning.

1 Corinthians 15:33-34a NIV

You need people who accept and encourage each other.

Salvation does not give us good character; it gives us the opportunity to walk with God to develop good character.

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

Ephesians 2:10 NAS

ASK QUESTIONS AND LISTEN PRAYFULLY

Ask questions then celebrate your progress with your group. Pick one thing to work on. With God's help deal with that issue. God is a loving parent, kind and patient.

DEVELOPING NEW CHARACTER

Developing new character begins with what we believe. What we believe results in repeated actions. Repeated actions result in habits. Consistent habits defines our character.

IDENTIFYING FALSE BELIEFS

Truth: We always live out of what we believe.

What you truly believe about God and your life is what you will live out of and act as if it is true. But is it?

THE TRUTH WILL SET YOU FREE

"If you hold to my teaching, you are really my disciples. 32 Then you will know the truth, and the truth will set you free."

John 8:31b-33 NIV

If you believe in Jesus you get all the benefits of that relationship. Once you know what God says is true about you and your life you can develop a workout that helps you respond to that truth.

"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."

1 Timothy 4:8 NLT

STOP CARDS

Take one issue at a time as God draws your attention to it and dig up the lie you have been living by and replace it with the truth that answers that lie.