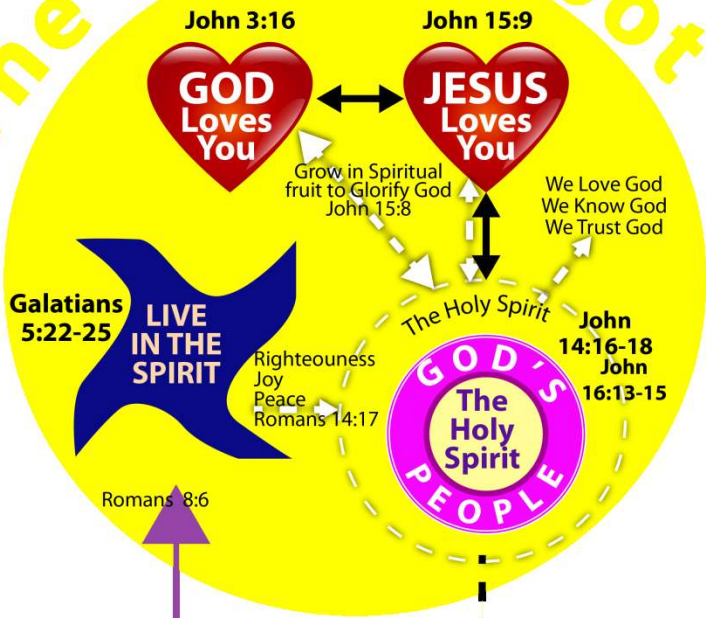


# The Sweet Spot



Acknowledge the Holy Spirit

Don't Acknowledge the Holy Spirit

**OUR CHOICES ?**

Galatians 5:19-21

Proverbs 3:5-6

**LIVE IN THE FLESH**

**Works of the Flesh**

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## How to Glorify God in Body and Spirit (aka "The Sweet Spot")

You've probably heard the scripture "Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's (1 Corinthians 6:19)."

But have you considered what "glorify God in body and Spirit means?" To glorify God means to bring **Him** pleasure - your actions reveal God's glory to others, inspiring praise. You reflect well on Him by the way you live and the choices you make. That is what makes the Christian life rewarding and exciting!

It can be challenging to do that with the stress and temptations of this world, but our God is smart. He has given us resources that not only show us the right thing to do, but gives us the strength to do it!

The diagram you see is going to walk you through how this process works. The Holy Spirit revealed it to me one morning during my bible study. I drew it out of paper and my husband Mike re-drew it into the "pretty" version you see here.

So let's get started:

To glorify God, the first thing you must do is believe that He loves you. If you don't believe that He loves you, then you will doubt that God wants the best for you. You might even secretly believe that He is out to get you! But John 3:16 makes it clear: "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."

He sent Jesus to atone for your sins so that you can be restored into a relationship with Him. This is not meant to be a "Sunday only" thing. It's meant to be a daily walk with Him so that you come to know Him and discover His plan and purpose for your life.

The second belief is that Jesus loves you. In John 15:9, Jesus says "'As the Father loved Me, I also have loved you; abide in My love." He freely gave His life for you because He loved you. He had a passion to see man reconciled to God and He believed in it so much that He was willing to pay with His own flesh and blood.

You were bought with a high price indeed - Jesus' sinless life!

Scripture says that once you believe in your heart that Jesus died for you and was raised from the dead and confess Him as your savior with your mouth, you are saved.

Now your Spirit man, which once was dead to the things of God, is now alive! You have the opportunity to love God, to know Him, and to grow in Trust of Him in your daily life.

You are now **not** the same. Once you are saved, the Holy Spirit comes to help you live a life that brings pleasure to God. He takes no pleasure in His children being tormented by fear, anxiety, worry, depression, and addictions. He wants us free!

According to John 14:16-18, Jesus makes a promise: "And I will pray the Father, and He will give you another Helper, that He may abide with you forever— the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. I will not leave you orphans; I will come to you."

Now in John 16:13-15, Jesus tells us what the Holy Spirit is supposed to do in our lives: "However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come. He will glorify Me, for He will take of what is Mine and declare it to you. All things that the Father has are Mine. Therefore I said that He will take of Mine and declare it to you."

Let's pause and think about this for a moment because I don't believe that enough preaching is done in our churches about the role of the Holy Spirit.

The Holy Spirit:

- Guides you into all truth
- Speaks to you what He hears from the Lord
- Tells you things to come
- Takes of Jesus and declares it to you

The Holy Spirit is not an angel; He is the dynamic, muscle power of God. He **is** God. Remember, we worship a trine God, one God three persons - Father, Son, and the Holy Spirit.

So the power of God lives in you and dwells with you!

Now you might wonder, if I have the power of God living inside of me, then how come life seems to defeat me? How come I deal with all of these negative emotions? How come I feel like a candy bar has power over me?

Well, it is true when you become a disciple of Christ, you now have the power of the living God inside of you. But still have your **old** mind and it must be renewed to the thoughts of God through His word - the bible.

That is why it is so important that you study the bible for yourself. All of these scriptures I am telling you about and that you see listed, I urge you to get your bible and study them out of yourself so that they become truth to you personally.

You hear the world say, "The truth will set you free" but they distort the truth. The scripture tell us what the truth is in John 8:31-32: "Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free."

So you cannot know the truth about a matter unless you know what God says about it through his word.

Now this brings us to a critical point in the diagram: every day you have choices to make and these choices determine whether you a live life that glorifies God or a life lived in the flesh only to glorify

yourself. What makes the difference? The difference is whether the choices you make are those in line with the way the Holy Spirit leads you.

Many people cite Proverbs 3:5-6 as their favorite Scripture: "trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him and he will direct your path."

However, few people really know what this means and even fewer **practice it**. To trust in the Lord means to fully rely upon him to give you wisdom to make choices in line with His will for your life. It means having confidence that makes you sure and secure.

To acknowledge Him means more than just saying, "God I know that you are there" but to fully expect that He will speak to you and guide you. Acknowledgment also means that you respect God enough to do what He tells you to do!

If you do not heed the guidance in Proverbs 3:5-6, then you are at the mercy of your old mental programming. You will make choices that gratify your flesh. Galatians 5:19 – 21 defines what this means: "now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like, of which I tell you beforehand, just as I told you in time past, that those who practice such things will not inherit the kingdom of God."

The danger of continually ignoring God's voice and disobeying him is that your heart will become hardened and your ears dull of hearing. I'm sure some of you know people who profess that they are Christians but who live lives that reflect the opposite.

Unfortunately, if they don't truly make Jesus Lord of their lives by doing the things that he says, then they will be those of whom Jesus says in Matthew 7:21-23: "Not everyone who says to Me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of My Father in heaven. Many will say to Me in that day, 'Lord, Lord, have we not prophesied in Your name, cast out demons in Your name, and done many wonders in Your name?' And then I will declare to them, 'I never knew you; depart from Me, you who practice lawlessness!'"

That is a very bad place to be! So let's not talk about that much more because since you are listening to this presentation, I don't believe that you will be counted in that number!

The other choice that you have is to heed the voice of the Holy Spirit and to obey his leading. Now how do you know if the voice that you are hearing is really the voice of the Holy Spirit? For me, I think of four guidelines:

1. The voice of the Holy Spirit is still and small. He doesn't scream at you, but his voice is quiet and reasonable.
2. The voice of the Holy Spirit always agrees with the word of God. That is why it is so important that you study the word for yourself so that you can determine if the voice you're hearing agrees with the word you are studying.

3. Does the choice have the potential to bear spiritual fruit? In Galatians 5:22-23, we are told what the spiritual fruit is: "But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law."

4. Finally, the last guideline is a companion to the notion of spiritual fruit; Does the choice bring you peace? Now notice that I did not say if the choice is easy! In all likelihood, it won't be easy simply because spiritual choices war against fleshly choices. But the good news is not only does the Holy Spirit help you make the right choices, but he gives you the power to walk them out. And he has the power to comfort you as you make those hard choices if you ask him.

In Romans 8:6, we are told that to be carnally minded is death, but to be spiritually minded is life and peace. So when we made godly choices, we have an opportunity to get to know God better and even to get to know ourselves better.

That is life in the sweet spot as my husband calls it. It is life lived in the Spirit. It is the **only** way that you can glorify God in your life. Jesus told us that the kingdom of God is within and Romans 14:17 defines what the kingdom of God is: "for the kingdom of God is not eating and drinking, but righteousness, peace, and joy in the Holy Spirit."

That is the way that God's people are meant to live. It doesn't mean that we will never face trouble, but it does mean that we can face trouble with confidence that we will emerge victorious.

As we continually affirm God's love, acknowledge the Holy Spirit, listen to his voice and obey it, we will live in the sweet spot and bear fruit that glorifies God. In John 15:8, Jesus says, "by this my father is glorified, that you bear much fruit. So you will be my disciples."

So God expects us to grow in love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control." If you are not growing in these things, then perhaps it is because your mind has not been renewed to the things of God through his word.

Today is your new beginning. As I mentioned before, I recommend that you use this presentation and the Scriptures mentioned therein begin your own Bible study so that you truly can know that God loves you and that he wants you to live the abundant life that Jesus died to give you and to bring him pleasure in the process!