**Keep in Step with the Spirit (Galatians 5: 16-26)**

***Senior Pastor Chris Kam***

“So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law. The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.” (Galatians 5:16-26)

# Introduction

Senior Pastor Chris Kam started the message by relating his conversations over the past two weeks in regards to the gifts of tongues, such as:

1. It is all right to not understand when praying in tongues as praying in the Spirit bypasses the mind and emotions. It is the Spirit interceding through us, so just pray in faith.
2. Practicing the gift of tongues is like going to the gym regularly. You will only find out know much stronger you have become over the period of time.
3. You need to desire God and get past the personal hurdle of limited understanding; in order to overcome our limitation to get what God has in mind for you.
4. We are trained to engage people with their minds. But God is training us to be people who hear Him all the time.

“In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God’s people in accordance with the will of God.” (Romans 8:26-27)

![C:\Users\TayP\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L0KRPE1N\light-bulb-and-a-star-15838-large[1].png]()The Big Idea for the message this week is:

Being baptised in the Holy Spirit is not just a one-off experience in receiving the fullness of the Spirit. It is an ongoing desire to be filled daily to keep in step with the Spirit.

We will need to keep exercising the gifts from God. Apostle Paul once wrote to Timothy to encourage him to use the gifts he received after the laying of hands (1 Timothy 4:14). Therefore, let us desire the filling of the Spirit every day, and practice our gifts daily.

And a voice came from heaven: “You are my Son, whom I love; with you I am well pleased.” At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. (Mark 1:11-13)

The word “sent” used in the original Greek version is “Ek-bal-lo”, meaning ‘to cast out, drive out, or eject by force’. That means Jesus got the boot into the wilderness to be tempted by Satan before he could begin to start His ministry. We too are not exempted of this experience. We need to driven into the wilderness by the Holy Spirit for it to sanctify us and allow God to deal with the problems in our life, and for us to learn to rely on Him.

When we declare every week during the reading of Scripture before the message, let us also reflect on the words. “*This is my Bible. It is the Word of God. It informs my mind, inspires my heart and instructs my behaviour. So help me God!”* Words from a sermon can make us wiser, and inspire us to be a better person, but unless we allow it to make a change in our behaviours and actions, God cannot help us in our issues.

# The Promise of victory over sin

“No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.” (1 Corinthians 9:27)



It is important for us to note that the struggle between Spirit and the flesh will always be there until the day we are called home to God. Whoever we ‘feed’ the most is the one who will always win. How can we ensure that the Spirit is strengthened? It is quite simple: we need to be sanctified on a daily basis.

# The Peril of victory over sin

“The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.“ (Galatians 5:19-21)



Why is it that we love to sin? It is because it is pleasurable for a moment, although the consequences may be disastrous to us. This is due to the fact that all of us are born with sin in our hearts. The devil cannot will us to do things, however we can listen to him and choose to sin; or listen to the Spirit and do what would please God.

# The Power of victory over sin

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.” (Galatians 5:23-25)

Jesus had saved us when He died on the cross, and when we accepted Him as Lord and Saviour. To sustain ourselves in the journey of faith, we are required to live each day and listen to the Spirit, to grow the Fruit of the Spirit and build the character to withstand all the challenges that may come along the journey.

For that to happen, we have to:

1. Grow on the inside (Who you are).
2. Grow on the outside (What you are).
3. Grow on the outward (What you do).

# Conclusion

The Sea of Galilee and the Dead Sea has the Jordan River as the source of their waters. Yet, one is teeming with life, while the other has no living being in it or around it. The difference between the two seas is that the Sea of Galilee receives and releases water; the Dead Sea only receives. Likewise, for us to experience life in God’s abundance we need to listen and receive the words from the Spirit, and give it out through our actions.

So take a moment. Quieten down. Listen to what God has to say to you. And act accordingly.



Sermon summary contributed by Adeliyn Lim

Prayer points contributed by Abbey Thangiah



SERMON: Keep in step with the Spirit (Galatians 5:16-26)

**Pray:**

* We will continue to grow in the Holy Spirit and practice this gift of the Spirit without prejudice.
* We will live a live with the confidence of victory over sin with the Holy Spirit.
* We will not dwell in the fleshly desires.
* We would grow in the fruits of the Spirit and keep in step with Christ.
* We will live not like the Dead Sea which is only ever receiving but be ever receiving and giving like the Sea of Galilee.
* That we to quieten down our heart and hear from our Father in heaven.

***“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.” (Galatians 5:23-25)***

**MINISTRIES & EVENTS: Alpha Course**

**Alpha 2016.**

**Pray:**

* Covering of the organizing team, leaders and helpers as they continue to serve in three Alphas a year.
* That people who started Alpha will stay to the very end.
* God will raise more people to serve as helpers and assistant leaders in Alpha.
* People will open up their hearts to the Gospel and feel comfortable to share their life with others.

***He said to them, "Go into all the world and preach the gospel to all creation. (Mark 16:5)***

MALAYSIA MY NATION: **Smoking among students**

***KUALA LUMPUR: The Health Ministry estimates smokers aged 18 and above in the country to number a staggering five million. Malaysia's population currently is 28 million. Health Deputy Director-General (Public Health) Datuk Dr Lokman Hakim said the ministry had drawn up various strategies to achieve its target of getting 390,000 smokers to quit the habit in three years. He said the move was in line with the Government's target to reduce tobacco consumption by 30% by 2025. (Thestar.com.my)***

***.***

**Pray:**

* That Christians will learn not to judge smokers but be a friend.
* Schools and colleges will play a more active role in promoting the dangers of smoking.
* Malaysians will continue to live a healthy and balanced life.
* Christians will learn to be the salt and light to the life of smokers.
* Christians who smoke will claim the power of the Holy Spirit to break the habit.

***And lead us not into temptation, but deliver us from the evil one.' (Matthew 6:13)***

* **A TRANSFORMED WORLD: The Threat of Boko Haram**

***Niger: Security forces in Niger killed around 12 fighters of the Islamist militant group Boko Haram who launched an attack in the southeastern region of Bosso close to the border with Nigeria, according to an army statement on Saturday. (Reuters)***

**Pray:**

* Christians will stand in the gap of terrorism and militant groups.
* The government will take more proactive measures to combat Bako Haram and other militant groups.
* The world will join forces in combating terrorism through the United Nations and other Global Allied organizations.
* The governments will use the aid given wisely.
* The church will rise to provide emotional support to the victims of terrorism.

***The Lord will keep you from all harm he will watch over your life; the Lord will watch over your coming and going both now and forevermore. (Psalm 121:7,8)***