

Influence Ministries

FRESH AIR

LESSON 5

TITLE: ALIVE

Welcome back to another study of Fresh Air.

Good to have you back. Let's begin tonight by talking about a very important area of our life that needs fresh air continually.

We are body, soul, and spirit.

Romans 7 & 8 talk about the struggle these 3 parts have with each other.

Each one of them wants to be in charge, they want to dominate the other 2.

For some, the part of them calls all the shots. So, if there's a physical temptation of any kind, it has complete disregard for how the soul feels and does not care about you how it does spiritually.

When the soul is in charge, emotions call the shots. And it has complete disregard for the body. In some cases, it will destroy the body of its feelings and will destroy the spiritual part of you as well.

The goal for every believer is for the spiritual man to be in charge.

Romans 8:5-6 -NIV

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.

If your sinful nature, body, and soul is in charge, then we need to figure out how to get the spirit in charge to help us like a life that is alive.

King of the mountain example... the strongest kid always wins. It is the same way in you, whatever is the strongest will win.

The goal of the lesson is to have fresh air blown back into your life so that it's lead the other two parts (body/soul).

Rom 8:9... You are controlled by the Spirit if you have the Spirit of God living in you.

Let's talk about how we can revive the spiritual part of your life. So that it's not something you do out of duty, but it's something you really enjoy.

We need to breath fresh air into your prayer life, your bible reading, your worship and your relationship with other believers. All 4 of these are critical to you having a strong spiritual life. And your spirit man is, king of the hill.

Let's start with the Bible. The book is alive. There are times with all of us that the Bible came alive. i.e., reading it, hearing it preached. Words that you've heard over and over but this time it came alive.

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You received a Rhema... meaning, the word revealed. The Bible is the revealed word of God.

The 2nd area of our lesson that needs to come alive is our prayer life.

Prayer is just a sincere conversation with God.

I would love to see you start praying a customized prayer with normal words that come from your heart.

What I believe is going to happen is, prayer is going to be this fresh air Kind of experience for you.
The area that may push you out of your comfort zone is the area of worship.

I think too often we base our worship on what we like rather than God.

Our worship is dependent on how we feel or where we are in life at that moment.

God's love language is worship. When we worship Him, He leans into us.

Worship creates an intimate relationship with God.

When we understand what's important to the other person, we're then able to love them in a deeper relationship.

Revelation 4:11

...thou hast created all things, and for thy pleasure, they were created.

We were created for God.

Real worship is not about us, it's about Him.

When we draw near to God, He draws near to us. *James 4:8*

The last area that you can grow spiritually.

It's the one you're engaged in right now... having a place to grow with other believers.
Like it or not, God way of growing us is when we connect with others.

It's not just about us and Him, but this is another part.

That's why the enemy comes against our relationships so much.

He knows unhealed relational wounds are debilitating.

We need to set the excuses aside from our bad relationship, the pain, the fear, and the personality conflicts and even the busyness and get connected to God and God's people.

That's why we're here today, to do just that.

Let me encourage you. When you focus on building your spiritual man, you're going to love how he rules your life and you're going to see your spiritual man is going to be king of the mountain.