### SPIRITUAL FORMATION | PRAYER + MEDITATION | FASTING | SIMPLICITY | WORD | CONFESSION | SOLITUDE + SILENCE | WORSHIP + CELEBRATION | SABBATH | SERVICE









## **1 PETER 2:2-3** NIV Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, <sup>3</sup> now that you have tasted that the Lord is good.

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HEBREWS 6:1a NIV Therefore let us move beyond the elementary teachings about Christ and be taken forward to maturity...



COLOSSIANS 2:6-7 NIV So then, just as you received Christ Jesus as Lord, continue to live your lives in him, <sup>7</sup> rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.



# Infant // Child // Adolescent // Adult

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## WHERE ARE YOU?





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FORMATION | GALATIANS 5:16-25 SPIRITUAL \_\_\_\_ **~** CHAPTER



# To become like Christ, we must learn to walk with Christ.

# RHYTHMS





## GALATIANS 5:16-17 NIV

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> 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.



"To walk by the Spirit is to live with moment by moment dependency on and sensitivity to the initial promptings of the Holy Spirit." *Charles Stanley* 



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## **GALATIANS 5:19-21** NIV

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; <sup>20</sup> idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions <sup>21</sup> 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 5:22-24 NIV

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and selfcontrol. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires.



## **GALATIANS 5:25** NIV Since we live by the Spirit, let us keep in step with the Spirit.

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## DEPENDENCE OBEDIENCE

# GALATIANS 5:25 NIV

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# RHYTHMS

10 SERVICE

5 WORD

- 9 SABBATH
- 8 WORSHIP + CELEBRATION
- 7 SOLITUDE + SILENCE

- 6 CONFESSION
- 3 FASTING 4 SIMPLICITY
- 2 PRAYER + MEDITATION
- SPIRITUAL FORMATION





"By themselves the spiritual rhythms can do nothing; they can only get us to the place where something can be done." *Richard Foster*