

The spirit is willing  
but the flesh is weak

3. Walk in the spirit



dust and breath  
flesh and spirit  
darkness and light

spirit

Ezekiel 36:27

2 Corinthians 3:6

John 3:6



Those resonating with flesh mind the things of the flesh, but those resonating with spirit, of the spirit. For the flesh mind is death, but the spirit mind is life and peace.

Therefore, the flesh mind is hostile to deity, for it is not subject to the deity law—nor can it be—and those in flesh cannot please deity.

But you are not in flesh but in spirit, since deity spirit dwells in you. But anyone who does not have messiah spirit is not of him. But if messiah is in you, the body is dead by sin, but the spirit is life by righteousness.

But if the spirit of the one who raised Jesus from dead dwells in you, the one who raised messiah Jesus from dead will also enliven your deathly bodies through his spirit dwelling in you.



So then, brothers and sisters, we are in debt but not to the flesh to resonate with flesh. For if you live resonating with flesh you are about to die. But if by spirit you put to death the practices of the body, you will live.

For whoever are led by deity spirit are deity children. For you did not receive slavery spirit for fear again, but you received adoption spirit in which we cry, abba the father.

The spirit itself witnesses with our spirit that we are deity children. And if children, also heirs; both deity heirs and joint messiah heirs, since we suffer with him so that we may also be glorified with him.

For I reckon that the sufferings of the present time are not worthy to be compared with the coming glory to be revealed in us.



resonating

2 Corinthians 3:18

Colossians 1:27

Ephesians 3:16



flesh obscuring spirit





distortions

2 Corinthians 4:4

Ephesians 5:18



be still

1 Kings 19:12

Psalm 46:10

Psalm 4:4



space for transformation

Genesis 24:63

Psalm 19:14



light and spirit

1 John 1:7

Romans 2:29



noticing → being → doing

*don't try to love more  
don't try to be more patient  
don't try to have more joy*

*offer rather to open your spirit*

*for you are fertile ground  
and it will bear much fruit within you*