

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

RHYTHMS



RHYTHMS

- 1 SPIRITUAL FORMATION
- 2 PRAYER + MEDITATION
- 3 FASTING
- 4 SIMPLICITY
- 5 WORD
- 6 CONFESSION
- 7 SOLITUDE + SILENCE
- 8 WORSHIP + CELEBRATION
- 9 SABBATH
- 10 SERVICE





SPIRITUAL FORMATION

GALATIANS 5:16-18 NIV

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ 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. ¹⁸ But if you are led by the Spirit, you are not under the law.

GALATIANS 5:22-24 NIV

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. 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.

JOHN 14:16-17 NIV

“And I will ask the Father, and he will give you another advocate to help you and be with you forever— ¹⁷ the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.”

“Twice Paul speaks of being ‘led’ by the Spirit (Rom. 8:14, Gal. 5:18). Both times the reference is to resisting one’s own sinful impulses as the flip side of one’s practice of righteousness... Leads is rightly taken to mean ‘guides,’ but the guidance in view here is not a revealing to the mind of divine directives hitherto unknown; it is, rather, an impelling of our wills to pursue and practice and hold fast that sanctity whose terms we know already.”

- J. I. PACKER, *Keep in Step with the Spirit*



We keep in step with the Spirit by following the way of Jesus in faith.