

## **This Is Living - Relaxed**

### **John 3:3-8**

Jesus answered [Nicodemus], "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God." Nicodemus said to him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?"

Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. Do not marvel that I said to you, 'You must be born again.' The wind blows where it wishes, and you hear its sound, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit."

### **Are You Rowing in Your Own Strength or Sailing with Holy Spirit?**

#### **1. Is your relationship with God centered on shame and condemnation?**

### **Romans 8:1-2**

So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.

#### **2. Is your life marked by worry?**

### **Matthew 6:31-34**

"So don't worry about [everyday life], saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

#### **3. Are you intimidated by fear?**

### **2 Timothy 1:7**

"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."

### **Keys to Sailing with Holy Spirit:**

1. Talk to Him - Regularly!
2. Pray in the Spirit
3. Make Decisions in Faith
4. Keep Your Head Up / RELAX