

May 3<sup>rd</sup>, 2026

Transformed by the Spirit

*So, I say, walk by the Spirit, and you will not gratify the desires of the flesh.  
Galatians 5:16 (NIV)*

***Discipleship isn't about trying harder –  
it's about being \_\_\_\_\_ Gal 3:3***

The Holy Spirit is God's own presence at work within us, doing what we cannot do on our own - reshaping our desires, re-forming our loves, and slowly making us more like Jesus.

- You can have the right faith but the \_\_\_\_\_. Gal 5:16
- You can modify behavior for a season, but you cannot \_\_\_\_\_ through discipline alone. Gal 5:22-23
- Fruit is not something we produce – it's something that \_\_\_\_\_ when we are connected. John 15:5
- Our transformation begins when we can name our \_\_\_\_\_. Matt 19:16; 21-22; 26:33 & 52

### Keeping "in Step with the Spirit"

1. Pausing before reacting
2. Paying attention to inner resistance
3. Responding to conviction without shame
4. Choosing presence over productivity
5. Listening before speaking
6. Noticing what's forming your desires
7. Interrupting autopilot
8. Practicing repentance as re-orientation
9. Welcoming discomfort instead of numbing it
10. Ending the day with reflection, not review

*Because we believe that the sharing of our ideas and beliefs enhances our spiritual growth in ways teaching alone cannot - we encourage you to join a small group at Sunridge and discuss some of the following questions.*

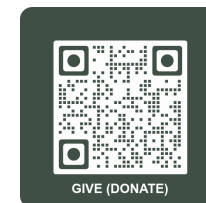
When you think about growing something—plants, fitness, a skill, or even relationships—what's something you've learned the hard way about the difference between *quick results* and *lasting growth*?

The image of *taped-on fruit* suggests that it's possible to look healthy on the outside while relying on effort rather than inner transformation. Where do you most feel the pressure to "hold it together" or appear spiritually healthy—even when you feel tired or stuck inside?

Paul asks the Galatians, "*After beginning by the Spirit, are you now trying to finish by the flesh?*" What are some subtle ways Christians today can start with grace but drift toward self-reliance or control?

The message says, "*Our transformation begins when we can name our default power source.*" When pressure hits—conflict, fear, stress, temptation—what do you tend to default to: effort, avoidance, control, distraction, prayer, something else?

Of the "keeping in step with the Spirit" practices mentioned (pausing before reacting, choosing presence, interrupting autopilot, end-of-day reflection, etc.), which one feels most needed—or most realistic—for you this week? Why?



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### TALK IT OVER

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